

腦科或長者復康運動

Neurology and Elderly Rehabilitation Exercises

物理治療師會為病人或長者作個別評估後設計運動，如步行運動、平衡訓練、伸展運動、強化肌肉運動等。

Physiotherapist carry out a comprehensive assessment and devise a suitable exercise programme, on stretching, strengthening, gait and balance training.



婦女小便失禁治療

Stress Urinary Incontinence

婦女於生產後或步入中年都會容易出現小便外滲的情況，女物理治療師會個別評估及教授會陰肌肉運動、膀胱訓練及失禁護理。

In women, physical changes resulting from pregnancy, childbirth and menopause often contribute to stress urinary incontinence. Our female physiotherapists provide advice on pelvic floor exercises and bladder training accordingly.



其他服務 Other Services

復健產品租售

Rehabilitation Device Rental / Purchase

本院配備復健產品，可供選購；當中包括手指固定托、護膝、護腕、電熱氈等。我們亦設有輪椅及助行架租售服務。

We provide a wide range selection of rehabilitation devices, such as finger splints, knee braces, wrist splints, or electric blankets. We also provide the service of wheelchairs and walking aids rental/purchase.

職業治療服務

Occupational Therapy Service

本院亦提供職業治療的駐院預約服務，包括手術後的復康支架或壓力衣製造等。

Occupational Therapy service is available by appointment, to provide custom made splints required post-operatively or pressure garments.

有關體重管理的運動指導

Weight-management Exercise Programme

為有意控制體重人士設計運動計劃

Tailor-made exercise programmes for weight-management.

服務時間 Service Hours

星期一至五：上午八時三十分至下午七時三十分

星期六：上午八時三十分至下午一時

星期日及公眾假期休息

Monday to Friday: 8:30 am to 7:30 pm

Saturday: 8:30 am to 1:00 pm

Sunday and Public Holidays: Closed

以上服務內容如有更改，恕不另行通知

The above services are subject to change without prior notice.



物理治療服務

Physiotherapy Service



物理治療 服務

Physiotherapy Service



本院物理治療部本著「**全人醫治。盡心關懷**」的宗旨，為門診及住院病人提供不同範疇的復康治療服務。

Our Physiotherapy Department provides holistic services in both in-patient and out-patient settings, catering for a wide range of rehabilitation needs.

服務範疇 Scope of Service

骨科 Orthopaedics

- ▶ 運動創傷 Sports Injuries
- ▶ 骨折 Fractures
- ▶ 勞損 Repetitive Strain Injuries
- ▶ 姿勢不良 Faulty Postures
- ▶ 手術後復康等 Post-operative Care
- ▶ 五十肩 Frozen Shoulder
- ▶ 網球肘 Tennis Elbow
- ▶ 姆指狹窄性肌腱滑膜炎 De Quervain's Tenosynovitis
- ▶ 十字韌帶受傷 Anterior/Posterior Cruciate Ligaments Injuries
- ▶ 足底筋膜炎 Plantar Fasciitis
- ▶ 足踝扭傷 Ankle Sprain
- ▶ 椎間盤突出 Prolapsed Intervertebral Discs



腦科及長者復康科 Neurology and Elderly Rehabilitation

中風、帕金森症、腦退化症和面癱等
Stroke, Parkinson's Disease, Dementia, Facial Nerve Palsy

內科及外科 Internal Medicine & Surgery

肺炎、過量痰涎積聚、手術前後的強化肺部功能
Pneumonia, Sputum Retention, pre- or post-operative Chest Care

婦女健康 Women's Health

小便失禁、乳房手術後淋巴水腫、哺乳期的乳腺阻塞
Urinary Incontinence, Lymphoedema after breast surgeries, Mastitis during breast feeding

兒科 Paediatrics

斜頸、足部畸異、扁平足、脊柱側彎等
Torticollis, Congenital foot deformities, Flat foot, Scoliosis

治療方法 Treatment

- ▶ 臨床普拉提運動 Clinical Pilates Training (with reformer and trapeze table)
- ▶ 衝擊波治療 Shockwave Therapy
- ▶ 運動治療 Exercise Therapy
- ▶ 手法治療 Manual Therapy
- ▶ 頸腰牽引治療 Back and Neck Traction
- ▶ 針灸治療 Acupuncture
- ▶ 超聲波治療 Ultrasound Treatment
- ▶ 電刺激治療 Electrical Stimulation
- ▶ 短波治療 Shortwave Diathermy
- ▶ 胸肺科拍痰抽痰 (只限住院病人) Chest Physiotherapy (In-patient only)

臨床普拉提運動 Clinical Pilates

在治療師的指導下利用臨床普拉提運動儀器“TRAPEZE TABLE”及“REFORMER”進行普拉提運動。治療師會根據患者的需要，逐步提升難度；透過鍛鍊深層肌肉，減輕頸腰痛及改善不良姿勢。Making use of Clinical Pilates equipment “TRAPEZE TABLE” and “REFORMER” to facilitate the practice of Pilates exercise. Physiotherapist will give guidance on progressive training, to improve posture and core stability, and to relieve neck and back pain.

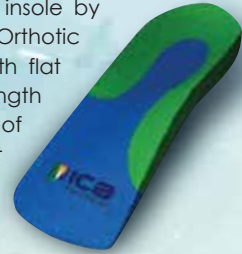


矯型鞋墊 Orthotic Insole Prescription



物理治療師為病人檢查後，利用不同的配墊及熱溶方法，即時製造個人的矯型鞋墊，以紓減因足部問題（如扁平足、高弓足、長短腳等）對姿勢、步姿及痛症（如足底筋膜炎、跖骨痛、膝痛、髕關節痛及腰背痛等）的影響。

Physiotherapist, after a lower limb biomechanic assessment, tailor-makes an orthotic insole by adding inserts and heat moulding. Orthotic insoles are beneficial for patients with flat feet, high arch feet and leg-length discrepancy, by minimizing the effect of faulty feet alignments to posture, gait and pain (plantar fasciitis, bunions, metatarsalgia, knee pain or even hip and back pain).



衝擊波治療 Extracorporeal Shockwave Therapy (ESWT)

體外衝擊波最初乃應用於泌尿系統結石的碎石治療，近年應用於治療筋膜炎及其他慢性痛症有顯著效果。例如：足底筋膜炎、網球肘、哥爾夫球手、跟腱炎。

ESWT, developed from the lithotripsy technology for kidney or bladder stone, is widely applied on orthopaedic conditions like plantar fasciitis, tennis elbow, golfers' elbow, Achilles' tendinitis.

