

任何年齡的人都可以出現骨骼及關節的損傷，尤其是熱愛運動的活躍人士和辦公室上班一族，他們往往因姿勢不正確或過度使用肌肉而造成骨骼疾病。

明德國際醫院擁有一支由多部門組成的醫療人員隊伍，幫助您預防、診斷及治療急性或慢性的骨骼問題。



骨科診所

骨科診所位於明德醫務中心，提供全面的設施，為病人治療背部、手部、手腕、肩膀、髖部、足踝及膝下等的骨骼、肌肉、軟骨、關節和韌帶問題。

運動醫學及痛症管理也是我們的專科治療服務範圍之一。

骨科手術

我們擁有高質素的醫療隊伍和先進的設備，閣下可在親切和舒適的環境下獲得優質的服務。

本院的手術室配備了超潔系統，可隔離細菌和塵埃，特別適合許多嶄新及微創的骨科手術、運動創傷手術及複雜的大型傳統手術。

疾病預防及其他支援服務

骨質檢查 (DEXA)

您可能並未察覺自己患上骨質疏鬆症，直至開始出現較嚴重的病徵，如腕骨或股骨骨折、下背痛、身高縮減或駝背。

最常用的測試方法是「DEXA骨質密度X光檢查」。

「DEXA骨質密度檢查」量度脊柱及髖部的骨質密度，是診斷骨質疏鬆及長期跟進骨質密度變化的「黃金標準」。這項檢查也可用來量度全身、脊椎、手腕和足部的骨質密度。

骨質檢查一般需時約15分鐘，用以及早診斷是否患有骨質疏鬆症。我們亦提供量度身體脂肪分布的全身掃描。



復康及手術後的輔助服務

若您患有肌肉痛楚、背痛、骨質疏鬆、關節炎或慢性勞損，我們的物理治療師可評核您的創傷情況及需要，設計適合您的復康計劃，幫助您改善肌肉及骨骼的功能，紓緩症狀，助您享受健康人生。

一般來說，復康治療包括徒手治療、電療及漸進式的運動，以提升您的康復進度，預防您受到進一步的創傷。



我們經驗豐富的物理治療師與骨科專科醫生緊密合作，提供手術後的復康治療，目標是協助病人完全復原，預防肌肉退化及關節僵硬等併發症。如有需要，我們可以協助您選擇助行器或輔助工具，以改善您的活動能力。



飲食諮詢服務

手術不但對身心健康帶來衝擊，對於我們的新陳代謝也構成影響，尤其是大型及複雜的手術。透過營養師的意見，您可以達至最理想的營養水平，從而促進康復。在手術前後，您可透過營養評估和諮詢服務，預防手術後所產生的併發症，包括傷口癒合欠佳、肌肉損耗及因免疫力減低而受感染。

在您接受治療期間，我們的註冊營養師可以協助您調校膳食，或設計配合您身體狀況的餐單。

歡迎致電預約或查詢：

明德醫務中心

電話：2849 1500 / 2849 1515

星期一至日上午8時至晚上10時

† 需預先預約

Examples of orthopaedic procedures conducted at Matilda International Hospital are:
部分明德國際醫院提供的骨科手術包括：

Shoulder 肩膊：

Shoulder Arthroscopy
肩關節內窺鏡手術

Shoulder Stabilisation
肩膊固定手術

Arthroscopic Rotator Cuff Repair
內窺鏡肌腱修復手術

AC Joint Surgery
鎖骨手術

Repair of Superior Labrum
Anterior Posterior (SLAP) Lesion
上關節唇破裂修復手術

Hand, Wrist & Elbow

手、手腕及肘部：

Arthroscopy of Wrist & Elbow
手腕及肘部內窺鏡手術

Microsurgery Reconstruction
顯微外科重建手術

Golfer Elbow Release
高爾夫球肘鬆解手術

Dupuytren's Contracture Release
掌腱膜攣縮手術

Hip 髖部：

Hip Arthroscopy
髖部內窺鏡手術

Birmingham Hip Resurfacing
伯明翰髖表面翻修手術

Femoro-Acetabular Impingement
股骨撞擊手術

Knee 膝部：

Autologous Chondrocyte
Implantation
軟骨細胞移植手術

Anatomical Double-Bundle ACL
Reconstruction
膝關節雙十字韌帶重建

Unicompartmental & Total Knee
Replacement
半膝及全膝替換手術

Biological Knee Replacement
生物膝關節替換手術

Spine 脊椎：

Intervertebral Disc Replacement
人工椎間盤軟骨替換手術

Minimally Invasive Spinal Surgery
微創脊椎手術

Posterior Lumbar Interbody
Fusion (PLIF)
後側椎間融合術

Transforaminal Lumbar interbody
Fusion (TLIF)
微創椎間孔腰椎融合術

Foot & Ankle 足部及踝部：

Arthroscopy of Ankle
足踝內窺鏡手術

Autologous Chondrocyte
Implantation
軟骨細胞移植手術

Arthroscopy of Ankle
踝部內窺鏡手術

Hallux Valgus Correction
拇趾外翻矯正手術

Achilles Tendon Repair
阿基里斯肌腱修補手術

ORTHOPAEDIC SERVICE

骨科服務



明德國際醫院
Celebrating our first 100 years
慶祝 100 周年

41 Mount Kellett Road, The Peak, Hong Kong
香港山頂加列山道41號

Main line 總機：2849 0111 Website 網站：www.matilda.org



Bone and joint injuries can happen to people of all ages, especially those who engage in vigorous sports and office workers due to improper posture or overuse of muscles.

Matilda International Hospital offers full facilities and a multi-disciplinary team of health care professionals to help you prevent, diagnose and treat your orthopaedic problems, whether they are acute or chronic.



Orthopaedic Clinic

The Orthopaedic Clinic located at our Health Centre provides facilities for specialist medical care for patients who have injuries or problems associated with the bone, muscle, cartilage and ligaments in different parts of the body, such as back, hand, wrist, shoulder, hip, ankle and knee.

Specialist services on sports medicine and pain management are also available.

Orthopaedic Surgery

Offering a quality service in a friendly, comfortable environment with highly skilled and well-qualified staff.

Our ultra-clean operating theatres ensure a bacteria and dust free environment and are specially designed for many modern and minimal invasive treatments for orthopaedic and sports-related problems to compliment major conventional surgery.



Early Diagnostic & Support Services

DEXA Bone Densitometry (Dual Energy X-ray Absorption)

You may be unaware that you have osteoporosis until serious signs start to appear. These may be a fractured wrist or hip, lower back pain, loss of height or a hunched back.

The most widely used technique to measure bone density is Dual Energy X-ray Absorptiometry (DEXA).

DEXA bone density studies of the spine and hip are considered the "gold standard" for diagnosing osteoporosis and following changes in bone density over time. Bone density measurements can also be done of the total body, spine, wrist and foot.

A bone mineral density examination takes around 15 minutes and helps diagnose osteoporosis early. We also provide full body scanning for detailing fat distribution.

Rehabilitation and Post-operative Assistance

If you suffer from muscle pain, back pain, osteoporosis, arthritis or repetitive stress injuries, our physiotherapists can assess your needs, then design a tailored rehabilitation programme for you to help improve your functional capacity, reduce symptoms and improve your well-being.

Rehabilitation is offered through manual therapy, electrotherapy and progressive exercise to speed up your healing process and prevent you from further injury.

Our experienced physiotherapists also work closely with orthopaedic surgeons to provide post-operative care to you with the aim of achieving full recovery and prevent complications such as muscle wasting or joint stiffness. If necessary, we can prescribe walking aids or assistive devices to enhance your mobility.



Dietary Advice

Surgical procedures impact not only the physical but also mental and metabolic well being particularly when the operations are major and complex. By seeking advice from our dietitian, you can optimise your nutritional level to enhance your recovery. A nutritional assessment before and after surgery can help prevent post-operative complications such as poor wound healing, muscle wasting and impaired resistance to infection.

Our dietitian can also modify your food choices or tailor the menu to fit your medical condition.



For booking and enquiries, please call our

Matilda Health Centre

Tel: 2849 1500 / 2849 1515

8:00am - 10:00pm every day

[†] By appointment only