

資深的物理治療師提供一系列個人化的評核、運動和復康治療，以迎合每位客戶的個人需要。



### 姿勢評估

姿勢評估可助您檢查您的姿勢是否正確。

姿勢評估可幫助您：

- 找出和改正早期未形成痛症的姿勢問題；
- 改正及確認任何其他相關的肌肉關節及骨骼毛病；
- 提供最佳的解決辦法。

姿勢評估適合任何人士，尤其那些正在迅速發育的年青人。

### 肌肉關節/運動創傷的復康

若您遇有肌肉痛楚、背痛，又或是患上骨質疏鬆、關節炎、慢性勞損或曾接受人工關節手術，我們的物理治療師可評核您創傷的情況及需要，設計適合您的復康計劃，幫助您改善肌肉骨骼的功能、減低病患的問題，助您享受健康人生。

一般來說，復康治療包括徒手治療、電療和漸進式的運動方案，以提升您康復的進度，預防您受到進一步的創傷。

### 骨科創傷的復康

經驗豐富的物理治療師與骨科專科醫生緊密合作，提供骨科方面的輔助治療。另外，該部門亦提供手術後的復康治療，協助病人回復更佳的活動範圍，改善健康生活。

住院：

- 教導您相關的運動，預防併發症，如肌肉萎縮和關節僵硬等；
- 為您選擇助行器或輔助工具，以改善您身體的活動。

門診：

- 手術後，持續提供治療，以改善身體的活動；
- 幫助您復康，並以完全復原為目標。



### 彼拉多斯氏Pilates運動

彼拉多斯氏運動是物理治療的一項練習，其重點是要分析和治療體格、關節及肌肉痛症有關的姿勢及活動不平衡；利用一系列特定的器械(彼多拉斯器械)和地墊上的運動，可達致加強肌力的效果。

彼拉多斯氏運動可特別鍛練橫腹肌、加強其他肌肉的力量、改善線條和修正肌力失衡，尤其為產後的媽媽帶來裨益。

對於肌肉的調節大有幫助，尤其適合因照顧小孩而患有背痛和頸痛的女士，又或患有產後盆骨痛的女士。

### Gyrotonic® 運動

Gyrotonic®為許多運動人士及舞者鍾愛，以達致提升身體柔軟度、肌力和修身功效。Gyrotonic®是一種具療效的調節身體功能運動，尤其適合姿勢欠佳和脊骨活動模式較差的人士。

本院的Gyrotonic®運動由明德合資格的物理治療師教導，她們均擁有該方面的合格訓練。

該套系統由一個塔式輪和一套輪盤組成，可讓您做出全方位和打圈動作，並同一時間伸展及加強肌肉的鍛鍊。此外，Gyrotonic®可助您協調肌肉的力量，透過更大幅度的動作，您的韌帶和肌腱的力量可得以增強。這套先進的全方位運動系統亦可用於康復治療，為曾動過脊椎手術的病人進行療程。

### 應力性失禁及骨盆底肌肉運動

許多新媽媽因生產而令骨盆底肌肉減弱或損傷，以致遇有應力性失禁的問題及令性交感覺減弱。

我們富有經驗的物理治療師將利用觸診法來評核您骨盆底肌肉的肌力和控制能力，再為您設計出特定的練習，讓您在於家中練習。若您感到下腹肌肉減弱，令您有失禁的煩惱，我們將教導您練習和加強該組的肌肉。

歡迎致電預約或查詢：

明德物理治療中心

電話：2849 0760

星期一至五上午8時至下午7時

星期六上午8時至下午6時

† 需預先預約

# PHYSIOTHERAPY CENTRE 物理治療中心



明德國際醫院

Celebrating our first 100 years 慶祝首個100周年誌慶

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

**Our team of experienced physiotherapists provide a wide range of assessments, exercise and rehabilitation programmes that are individualized to meet each client's personal needs.**



### Postural Assessment

The postural assessment programme examines the way our whole body functions mechanically.

#### An assessment can enable you to:

- Identify, prevent and correct any problems which may be present in the early and usually painless stages associated with mechanical problems
- Correct and identify the causes of any pre-existing musculo-skeletal problems
- Provide solutions for their appropriate management.

The assessment is suitable for all, and especially beneficial for teenagers during those years of rapid growth and physical change.

### Musculoskeletal/Sports Injury Rehabilitation

If you suffer from muscle pain, back pain, osteoporosis, arthritis, repetitive stress injuries or have had a joint replacement, 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.

### Orthopaedic Care

Our experienced physiotherapists work closely with orthopaedics specialists to assist in your care. Post-operative care is provided to help you return to the highest level of movement and improve quality of life.

#### In-patient:

- Teach you relevant exercises to prevent complications, such as muscle wasting or joint stiffness
- Prescribe walking aids or assistive devices to enhance your mobility

#### Out-patient:

- Post-operative care to provide continuity of care and sustain improvements
- Help you rehabilitate and target to achieve full recovery

### Pilates

Pilates is a physiotherapy exercise focused on the analysis and treatment of postural, muscle and movement imbalances associated with musculo-skeletal pain.

It utilizes a unique approach to resistant muscle training with specialized (Pilates) "slings and springs" apparatus as well as floor and mat.

Pilates exercises increase the strength, tone and balance of abdominal muscles which is especially beneficial after pregnancy.

Excellent for muscle toning and particularly good for those who have back pain, neck pain and those suffering from post-partum pelvic pain.

### Gyrotonic® Expansion System

Gyrotonic® methodology is embraced by athletes and dancers who seek to increase flexibility, strength and conditioning of their bodies. This therapeutic body conditioning system is ideal for those who have developed poor posture or a poor spinal movement pattern.

Sessions are taught by Matilda's certified physiotherapists with qualified Gyrotonic® trainer certification.

With a handle unit and a pulley tower, Gyrotonic® equipment facilitates 3-dimensional and rotational movement with emphasis on multiple joint articulation. It also enables development of co-ordinated power in muscles and strengthening of ligaments and tendons through increasing range of motion. This advanced system can also be deployed for rehabilitation programme for patients who have had spinal surgery.

### Stress Incontinence & Pelvic Floor Exercise

Many new mothers suffer from stress incontinence and decreased sensation during intercourse due to weakening and damage of the pelvic floor after pregnancy.

Our experienced physiotherapists will assess the strength and control of your pelvic floor muscles using palpation, and then design a specific home exercise programme for you. If you are experiencing any weakness of abdominal muscles that contribute to the incontinence problem, we will also teach you how to practice and strengthen your abdominal muscles.

For booking and enquiries, please call our

**Matilda Physiotherapy Centre**

Tel: 2849 0760

8:00am - 7:00pm (Mon ~ Fri)

8:00am - 6:00pm (Sat)

<sup>†</sup> By appointment only