



**Adventist 港**  
**Health 安**  
Adventist Medical Center  
港安醫療中心

**Taikoo Place 太古坊**

📍 19 Floor, Oxford House, Taikoo Place,  
979 King's Road, Quarry Bay, Hong Kong  
香港鰂魚涌英皇道979號太古坊濠豐大廈19樓

☎ (852) 2309 5040

📞 (852) 9226 9656

✉ rehab@adventistmedical.hk



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# REHABILITATION SERVICES

## 復康服務



# Rehabilitation Services at Adventist Medical Center 港安醫療中心 — 復康服務

Our Health and Wellness Center situated in Taikoo Place offers a wide variety of services. These include Physiotherapy, Occupational, Speech and Music Therapy, Podiatry, Dietician and Counseling Services as well as exercise classes. A lifestyle management professional is available for consultation.

Our holistic approach aspires to boost your mental, physical and emotional well being. We also provide you with the tools to assist you to manage your own health.

## Physiotherapy Approach

Incorporates Eastern and Western treatment modalities to accelerate your recovery from injury or illness. Our exceptionally skilled therapists are trained in both traditional and complimentary physiotherapy modalities including acupuncture.

我們位於太古坊的復康中心，提供一系列不同類型的服務，包括物理、職業、言語及音樂治療、足病診療、營養諮詢、心理輔導和運動課程。我們的健康生活顧問十分樂意為您提供各項諮詢服務。

復康中心提供全方位療程，照顧病人身、心、靈三方面的需要。同時，我們也備有各種醫療設備及資源，協助病人優化健康管理。

## 物理治療方法

我們的治療方法揉合東、西方醫學精髓，加快病人的康復速度。中心的專業治療師有豐富的治療經驗和技巧，同時具備各種傳統及輔助療法的訓練，當中包括針灸等療法。



## Physiotherapy Services 物理治療服務

### 心臟復康 Cardiac Rehabilitation

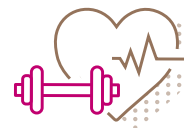
# 01

Helps you rebuild your life both physically and emotionally.

Physiotherapy concentrates on improving physical fitness so that you are able to return to work and activities more easily. It is suitable for anyone who has had a heart attack, or an intervention to clear blocked arteries. Lifestyle education helps to modify risk factors such as high cholesterol or blood pressure. Guidance on diet assists in shedding excess weight.

心臟復康的重點在於協助患者重建身心健康。

為了幫助病人重過正常生活或重返工作崗位，物理治療師會集中改善病人的體能。復康療程適合心臟病發患者，或曾接受冠狀動脈介入治療（俗稱通波仔）的病人。通過改善生活模式，我們能幫助病人控制引起心臟問題的風險因素，包括高膽固醇或高血壓。同時，我們亦會為病人提供營養指導，協助病人減重。



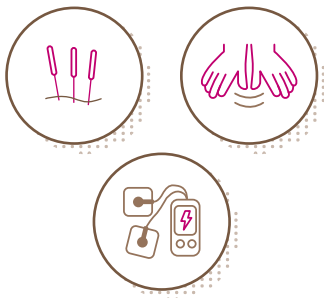


## 運動創傷 Sports Injuries

# 02

If you are suffering from muscle, joint or ligament sprains and strains, physiotherapy will speed up your recovery. We use a variety of techniques including manual therapy for soft tissue and joints, acupuncture, muscle imbalance stretching and strengthening exercises and postural correction. Electrotherapy may be used for pain relief and to promote tissue healing. Analysis of sporting technique and correction ensures that you can return to the sports activity you love with confidence.

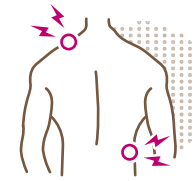
如病人有肌肉、關節或韌帶扭傷和拉傷的問題，物理治療將能加快康復進度。我們的物理治療師採用不同的治療方法來舒緩痛楚，包括針對軟組織和關節的手法治療、針灸、改善肌肉不平衡的伸展動作、肌肉鍛鍊運動及姿勢矯正。另外，電療可用於緩解疼痛及促進組織癒合。通過分析患者的運動習慣及進行相關的改善訓練，復康療程可讓患者重拾運動裝備，繼續享受運動的樂趣。



## 頸及背痛 Neck and Back Pain

# 03

Pain management using manual techniques such as soft tissue or joint manipulation, acupuncture and electrical modalities are used to alleviate pain. Specific exercises to strengthen the core or stretch tight muscle groups are taught to maintain or promote good posture. Advice on office ergonomics is also an important component to prevent recurrence.



在疼痛管理方面，我們使用手法治療如軟組織或關節矯正術、針灸及電療，幫助病人舒緩痛楚。通過適當的運動訓練及糾正姿勢，有助病人強化核心肌肉群及伸展繃緊的肌肉。物理治療師亦會就病人的工作環境，提供符合人體工學的改善建議，進一步提升治療效果及舒緩病情。

## 復康前後的準備 Pre and Post Rehabilitation

# 04

Following surgery to the shoulder, knee, spine or ankle an individual graduated exercise program enhances recovery and helps to regain strength, flexibility and function. It accelerates a successful return to physical, sporting and recreational activity.

接受肩膀、膝蓋或足踝手術後，我們會為病人度身訂造專屬他們的漸進式運動鍛煉計劃，幫助他們回復健康，恢復受傷部位的肌力、靈活性及功能，令他們重拾日常生活，繼續進行他們喜歡的運動及活動。

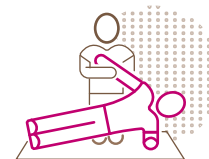


## 癌症復康 Oncology Rehabilitation

# 05

A progressive exercise program to help to increase your energy levels, improve your mental health and decrease anxiety. If you have swollen limbs caused by damage to the lymphatic system, interventions include manual lymphatic massage, compression bandaging, skin care advice and exercises.

我們會為病人提供漸進式運動計劃，幫助病人改善心理健康及舒緩焦慮。如病人有四肢淋巴水腫問題，我們會建議病人接受適當的治療措施，包括淋巴按摩、壓力治療、皮膚護理建議及運動。





# 06

## 婦女健康 Women's Health

Our physiotherapists are able to assist you with any muscle or joint problems arising on your journey through pregnancy, childbirth and menopause. These include back pain, blocked milk ducts when breast feeding or stress incontinence after childbirth.

我們的物理治療師能為女士處理懷孕、分娩及更年期時所遇到的肌肉或關節問題，包括背痛、哺乳時出現的乳腺管堵塞，以及在分娩後出現的壓力性尿失禁。



## Wellness Programs 健康課程

# 07

	Health talks	健康講座
	Multidisciplinary disease oriented packages	跨專科的復康計劃
	Wellness workshops	健康工作坊
	Various exercise classes	各種運動課程



## 職業治療 Occupational Therapy

# 08

Occupational therapists assist individuals who have difficulty performing their daily activities such as showering or toileting. These tasks are broken down, so that they become manageable. Strategies, techniques and suggestions for home adaptations are conveyed to individuals, so that they can be as independent as possible. The Occupational therapist is also involved in cognitive training to improve memory and decrease behavioral problems. They also help children with concentration and learning difficulties.



職業治療師能幫助病人應付日常起居生活需要，如淋浴、如廁。治療師會適當地將這些活動分成簡單的學習步驟，令病人更容易掌握。同時，職業治療師會為病人提供一些技巧及建議，從而幫助他們獨立處理這些問題。對於認知障礙症患者，職業治療有助提升患者的記憶力及減少他們行為上的問題。此外，職業治療師也能幫助兒童解決專注力不足及學習上的困難。

## 足病診療 Podiatry



# 09

A podiatrist specializes in the assessment and treatment of the feet. This includes advice on taking care of your feet and recommending comfortable shoes and orthotics (insoles). Our podiatrist can also treat and alleviate foot problems including: corns and calluses, in growing toenails, verrucas and warts, flat feet and diabetic foot care.

足病治療師專門評估雙足的健康，並提供適當的治療建議，包括給予護理足部的小貼士、挑選舒適的鞋及矯形器（鞋墊）等。我們的足病治療師亦會治療及紓緩各種足部問題，例如雞眼及足繭、腳甲內生、病毒疣、扁平足及糖尿病患者的足部護理。



## 言語治療 Speech Therapy

# 10

Many diseases can affect a patient's ability to understand others and express themselves. Speech therapy can help people who are not able to make speech sounds or cannot speak clearly. These include children with speech delay or learning difficulties. Adults suffering from a stroke or the elderly with swallowing difficulties. Teachers, sales people or singers may suffer from voice strain and voice therapy is an option for them.

不少疾病有可能影響病人的言語理解及表達能力，而言語治療則能改善相關問題，包括患有發音障礙、語音發展遲緩、學習障礙症的兒童，曾經中風的成人或患有吞嚥困難的長者。另外，從事教育、行銷行業的人士及歌手，均有可能出現聲音繃緊的狀況，而聲線治療則是一個很好的治療選擇。



## 矯形治療 Orthotic Treatment

# 11

An orthosis is an orthopedic appliance or apparatus used to support, align, prevent or correct deformities or to improve the function of movable parts of the body.

The Orthotist typically makes insoles to support the arch of the foot or a scoliosis brace to improve the alignment of the spine. Tailor made splints or braces for upper or lower limbs as prescribed by a doctor.

矯形器是一種矯形器具或設備，用於支撐、調整、預防或矯正身體變形的部份，並可改善身體的活動能力。

骨科醫生通常使用鞋墊來支撐足弓，或使用脊柱側彎支架改善側彎的問題。按照醫生的要求，我們會為病人度身訂造合適的四肢夾板或背架。







## 心理輔導 Counseling

# 12

Services are for families or individuals and include partnership or marriage counseling, child / teen counseling, depression and low self esteem as well as life transitions and personal growth. A professional counselor is trained to talk to people about their experiences and help them process unpleasant emotions in a non judgmental way. It empowers clients to deal with their problems and supports them with their personal growth.

我們提供一系列的心理輔導服務，包括家庭、婚姻、伴侶、兒童、青少年輔導，治療抑鬱症及自我認同感問題、有關人生轉變及個人成長的輔導。我們的專業心理輔導師會持非判斷式立場，聆聽及處理病人不愉快的情緒，藉此鼓勵及支持病人勇於面對成長中所遇到的問題。



## 音學治療 Music Therapy

# 13

Music has healing power. Through the rhythm, dynamic, tempo, pulse, melody, harmony in music, people can be motivated, driven and elicited, both psychologically and physically. Our Registered Music Therapists offers tailor-made programs for individuals in need of professional guidance and support in music therapy. Children with developmental delay or learning difficulties or children or teenagers who have behavioral or emotional dysfunction would benefit. It is also beneficial for elderly clients suffering from dementia or cognitive impairment

音樂擁有良好的治癒能力，通過音樂的節奏、動感、旋律及和聲，從而在心理及生理上得到鼓勵及激發。我們的註冊音樂治療師，會為每位有需要接受治療的人士，度身訂造專業的療程。音樂治療有助發展遲緩或有學習障礙的兒童、或有行為或情感功能障礙的青少年，重拾日常生活的步伐。同時，音樂治療也能改善患有認知障礙的長者的病情。



## 營養師諮詢 Dietician

# 14

Lifestyle Medicine is “the utilization of evidence-based lifestyle intervention such as nutrition, exercise, stress management and lifestyle modalities in the prevention, management and treatment of diseases and health related problems”. Our registered dietitian possesses Lifestyle Medicine qualifications, who can provide nutrition and lifestyle consultation on various chronic diseases and weight management. We offer tailor made services, including consultation, follow up as well as e-coaching via mobile phone.

養生醫學（Lifestyle Medicine）的理念是通過個人化的生活方式改變，包括營養吸收、適合的運動、情緒管理等，以達到預防或控制疾病的目的。我們的註冊營養師持有生活形態醫學的專業資格，能夠為各種長期病患患者，針對營養管理、改變生活習慣等方面提供個人化的顧問服務，同時亦會借助智能手機跟進患者的進度，令患者可以最舒適及方便的方式，開展及執行營養師的建議。

