



痛症 物理治療



服務申請及查詢

復康專科及資源中心

九龍紅磡香港理工大學育才道S座地下
Tel 2364 2345 Fax 2764 5038

扶輪兒童復康專科及資源中心

香港薄扶林沙灣徑七號地下
Tel 2817 5196 Fax 2819 8041

Email: admin@rehabaidsociety.org.hk
Web: www.rehabaidsociety.org.hk

捐款

如欲資助本會，幫助殘疾人士改善生活質素，可透過以下途徑捐助：

1. 郵寄支票（抬頭請寫復康資源協會）
2. 直接存入香港上海匯豐銀行（戶口號碼：004-198-4-013514）
3. 繳費靈（商戶編號9475，請以電話號碼為賬單編號，然後致電18033或登入www.ppskh.com捐款）
4. 電子網上銀行捐款（請登入個人網上銀行，選擇商戶名稱「復康資源協會」，並以電話號碼作為賬單編號捐款。）
5. 攜以下條碼到任何一間7-ELEVEN便利店捐款。

捐款港幣100元以上，可憑收據免稅。



本中心痛症物理治療服務由註冊物理治療師提供一對一的專業評估、治療及諮詢，並設計合適的訓練目標及度身訂做個人治療計劃，配合多元化的治療方式舒緩痛症，提升關節活動能力，強化肌肉及預防復發。

物理治療可舒緩之病症包括

骨骼肌肉及關節病症

- 退化性關節炎
- 肩/頸/腰/背痛
- 椎間滑脫
- 沾黏性關節囊炎(肩周炎)
- 網球肘/高爾夫球肘(手肘痛)
- 運動創傷(肌肉拉傷、關節或韌帶扭傷、創傷性骨折)
- 手術前的預備訓練及手術後的復康
- 顫顫關節疼痛(牙齦痛)
- 椎間盤突出



神經相關痛症

- 坐骨神經痛
- 腰椎管狹窄症
- 顏面神經癱瘓
- 手腳麻痺

職業性筋肌勞損痛症

- 腕管綜合症
- 彈弓手/板機指
- 狹窄性肌腱滑膜炎(媽媽手)
- 足底筋膜炎(腳跟痛)
- 職業創傷



運動治療 Therapeutic Exercise



註：每個診斷個案必須具備註冊西醫的轉介信

門診 / 上門服務

電力治療：經皮神經電刺激、干擾波治療、超聲波治療、雷射治療等等

冷熱治療：冰敷、熱敷

牽引治療：頸部、腰部牽引治療

手法治療：拉筋治療、按摩/深壓法等軟組織放鬆術、肌筋膜放鬆、關節鬆動治療等等

運動治療：肌耐力訓練、姿勢矯正運動、神經肌肉再教育訓練、體適能訓練等等

其他：衝擊波治療、針灸治療、肌肉運動膠布等等

針灸治療 Acupuncture



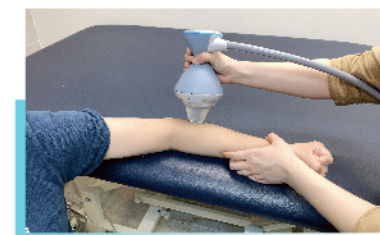
超聲波治療 Ultrasound Treatment



干擾電波治療 Interferential Current Therapy



衝擊波治療 Shockwave Therapy





Physiotherapy for Pain Management



Service Inquiry and Referral

Rehabaid Centre

G/F, Core S, Yuk Choi Road, The HK Polytechnic University, Hungghom, Kowloon, Hong Kong

Tel 2364 2345 Fax 2764 5038

Rotary Rehabaid Centre for Children

G/F, 7 Sha Wan Drive, Pokfulam, Hong Kong

Tel 2817 5196 Fax 2819 8041

Email: admin@rehabaidsociety.org.hk

Web: www.rehabaidsociety.org.hk

Donation

You can help improve the quality of life of people with disabilities through contribution in the following means:

- Cheque by mail (Cheque payable to REHABAID SOCIETY).
- Deposit to HSBC (The Hong Kong & Shanghai Banking Corporation Limited - Account No. 004-198-4-013514).
- PPS (merchant code 9475). Please register your phone number as bill number.
- For online banking services, please select "Rehabaid Society" from the payee list. Use your phone number as the bill number for donations.
- Bring the barcode below to any 7-ELEVEN Store to make your donation.

Donations over HK\$100 are tax deductible with receipt.

7-11 (ISDC)



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The physiotherapy service is provided by registered physiotherapist, with one-to-one consultation, assessment, and intervention, along with individualized treatment plan with patient-and-family-centred goals, aiming for pain relief, increased joint mobility, muscle strengthening and prevention with a vast variety of treatment interventions.

Common Pain Disorders including

Musculoskeletal Disorders

- Degenerative Arthritis
- Shoulder/ Neck/ Back Pain
- Spondylolisthesis
- Adhesive Capsulitis (Frozen shoulder)
- Tennis Elbow/Golfer's Elbow
- Sports Injury (muscle strain, joint or ligament sprain, traumatic fracture)
- Pre-operative training and post-operative rehabilitation
- Temporomandibular joint (TMJ) pain
- Herniated Disc

Neurogenic Disorders

- Sciatica
- Lumbar Spinal Stenosis
- Bell's Palsy
- Numbness of Hands and Feet

Occupational/Overuse Pathologies

- Carpal Tunnel Syndrome
- Trigger Finger
- De Quervain Disease (Mommy's Thumb)
- Plantar Fasciitis
- Occupational Injury

肌內效貼布 Kinesio taping



Remark : Referral letter from medical doctor is required for service

Centre-based / Home Therapy

Electrotherapy : Transcutaneous Electrical Nerve Stimulation (TENS), Interferential Current Therapy (IFT), Ultrasound, Laser Therapy, etc

Thermotherapy : Cryotherapy, Hot Pad

Traction Therapy : Neck and Back Traction

Manual Therapy : Stretching, Soft Tissue Mobilization, Joint Oscillation, etc

Therapeutic Exercise : Endurance Training, Postural Training, Neuromuscular Re-education, Physical Fitness Training, etc

Others : Shockwave, Acupuncture, Kinesio taping, etc

雷射治療 Laser Therapy



手法治療 Manual Therapy

