

物理治療服務

ReHabAid Centre
復康專科及資源中心



服務申請及查詢

復康專科及資源中心

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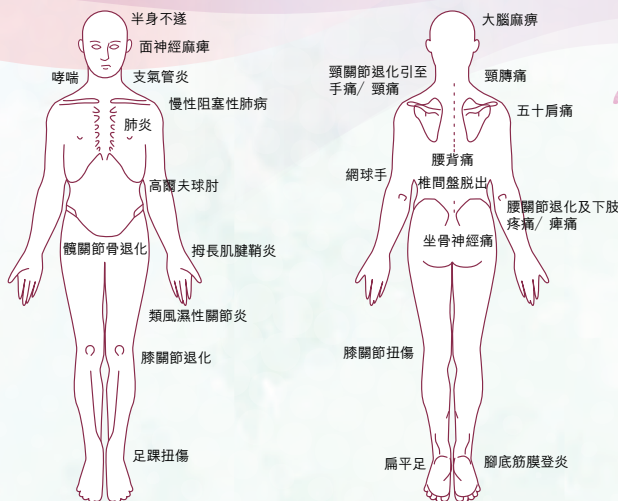
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本中心物理治療服務由註冊物理治療師主理，為各類痛症或功能障礙患者進行治療，從而改善患者的活動能力，協助其保持或恢復健康。物理治療師亦會為有需要人士提供專業意見，設計合適的訓練目標及個人運動計劃，預防痛症發生，同時增強體魄。

適合接受物理治療之病例：

- 肌肉或關節勞損，如：頸背痛、坐骨神經痛、肩周炎、網球肘、哥爾夫球肘、膝痛、腳跟痛及其它痛症
- 運動創傷，如：關節扭傷、韌帶扭傷及創傷性骨折等
- 職業性筋肌勞損，如：腕管綜合症、彈弓手、職業創傷等
- 心臟或肺部疾病，如：肺炎、哮喘等
- 兒科物理治療，如：肺炎、支氣管炎及兒童發展性問題等
- 老人科物理治療，如：中風、整體身體機能退化、帕金森症、長者防跌訓練及治療、關節炎等
- 手術前的預備訓練及手術後的復康

註：每個診斷個案必須具備註冊西醫的轉介信



服務內容

門診服務，包括：

- 電力治療：**透皮神經刺激、干擾波治療、超聲波治療
- 熱力治療：**熱敷、蠟療
- 牽引治療：**頸部/腰部牽引治療
- 冰凍治療：**冰敷
- 手力治療：**拉筋法、按摩/深壓法、關節舒整治療
- 胸肺科物理治療：**姿位排痰法、呼吸運動
- 運動治療：**頸背部運動、姿勢改善運動、體適能訓練諮詢
- 老人科物理治療：**中風後康復運動、平衡力訓練、身體機能訓練、痛症治療
- 小兒科物理治療：**兒童發展障礙治療、發展性協調障礙、兒童腦癱瘓
- 神經科物理治療：**腦部受損、中風、小兒痲痺

體適能評估及健康生活模式的建議

到診服務

為行動不便人士提供上門到診服務，服務內容包括：評估、治療、教導照顧技巧及代購保健產品、家居安全評估等。在有需要時，亦會安排病人返回中心進行治療。

復康
ReHabAid
Society
資源協會

服務社區超過35年

Physiotherapy Service



Service Inquiry and Referral

Rehabaid Centre

G/F., Core S, Yuk Choi Road, The HK Polytechnic University, Hunghom, Kowloon
 Tel 2364 2345 Fax 2764 5038

Rotary Rehabaid Centre for Children

G/F., 7 Sha Wan Drive, Pokfulam, Hong Kong
 Tel 2817 5196 Fax 28198041

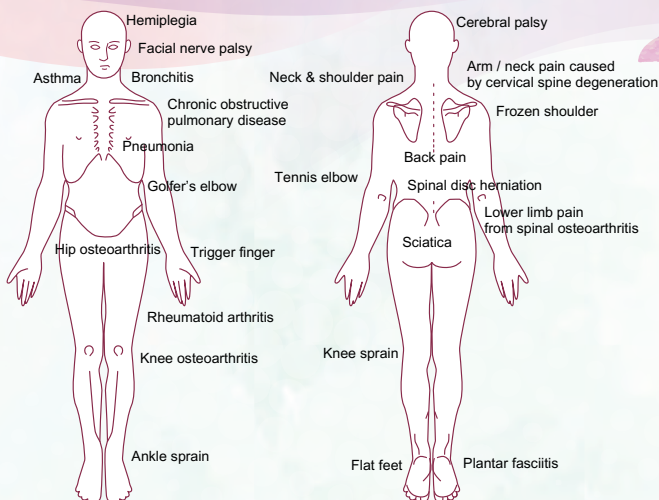
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Registered Physiotherapist provides treatments for clients with pain or other functional disabilities, improving their mobility and help to maintain or restore health. Physiotherapist can also provide professional advices for clients and design customized exercises and training programs to enhance fitness and prevent injuries.

Physiotherapy treatment for:

- Muscle / joint strains: neck & back pain, sciatica, frozen shoulder, tennis elbow, golfer's elbow, knee pain, ankle pain, or other pain cases
- Sports injuries: sprained joint & ligament, traumatic bone fracture, etc.
- Occupational musculoskeletal disorders: carpal tunnel syndrome, trigger finger, occupational injuries, etc.
- Cardiovascular diseases: pneumonia, asthma, etc.
- Pediatric physiotherapy: pneumonia, bronchitis, child developmental disorders, etc.
- Geriatric physiotherapy: stroke, deterioration of body functions, Parkinson's disease, fall prevention & treatment, arthritis, etc.
- Pre-surgery training & post-surgery rehabilitation

Note: Referral letter from registered doctor is required for each diagnostic case.



Services:

Centre-based treatment, including:

Electrical therapy:

TENS (Transcutaneous Electrical Nerve Stimulation), interferential therapy, ultrasound therapy

Heat therapy:

hot compress, wax bath

Traction: cervical / lumbral traction therapy

Ice therapy: cold compress

Manual therapy:

stretching, massage / deep friction, joint mobilization

Chest physiotherapy:

postural drainage, breathing & coughing exercises

Exercises:

neck & back exercise, postural exercise, mobilizing & strengthening exercise, stretching exercise

Geriatric physiotherapy:

stroke rehabilitation exercise, balance training, functional training

Pediatric physiotherapy:

treatment for child developmental disorders, developmental co-ordination disorder, cerebral palsy

Neurological physiotherapy:

treatment for brain damaged, stroke, poliomyelitis
 Fitness assessment & healthy lifestyle recommendations

Domiciliary service

Home-based services for people with special needs, including: assessment, treatment, education on care skills and procurement of rehabilitation equipment, home environment assessment, etc. Cases will be referred for centre-based treatment if needed.



Serving the community for over 35 years