



養和醫院在推廣運動醫學及社區健康方面，一向不遺餘力。由養和醫院及香港理工大學合辦的「**Smartfit 智Fit健康運動計劃**」，結合本院的卓越服務及大學的學術知識，銳意提供最全面、最優質的運動物理治療服務。計劃以本地研究實證為本，集各類運動專項的評估、分析及訓練於一身，再加上先進器材及專業意見，讓您得以提升表現，減低受傷機會，盡情享受運動帶來的樂趣！

目標：

1. 體能評估
 - 讓您更清楚自己的體能狀態
 - 找出弱點，建議改善方法
2. 度身訂造的特定運動訓練
 - 透過循序漸進的重點訓練，優化訓練效果
 - 助您保持身體健康，減低運動受傷風險

精確評估及先進訓練器材

Primus RS 運動復康系統

養和醫院率先引入Primus RS系統作運動復康的評估及訓練。高度精密的電腦化系統，不但可協助評估及訓練，更能提供準確數據，作分析及監察進度之用。



踏出重要一步，
為下一次的毅行者或馬拉松賽事作好準備！

適合以下人士：

- 首次參賽，需作全面評估及訓練
- 熱愛遠足或長跑，希望提升表現或避免受傷
- 患有筋肌勞損，有意尋求運動治療

目的：

- 以量化方式評估體能
- 識別及改善體能上較弱的環節
- 提高應付遠足及長跑的耐力
- 因應參與者的需要，設計重點訓練
- 定期評估體能，監察訓練進度

特點：

實證評估

專業人員會根據運動物理治療學中有關遠足及長跑的最新實證，進行特定量化評估，並按正常標準評定綜合等級表現。

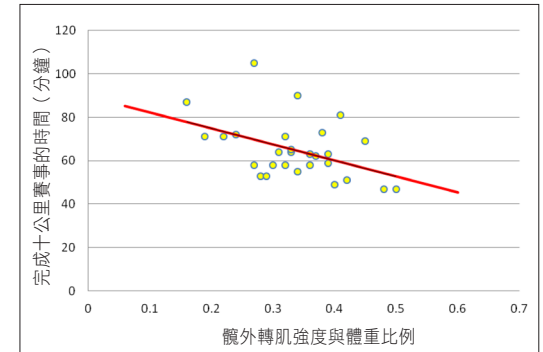
個別訓練

本計劃會因應不同人士的需要，提供重點訓練。持續每兩星期一次的評估，有助監察您的訓練進度。訓練計劃亦會根據評估結果作出調整，以達致最佳效果。

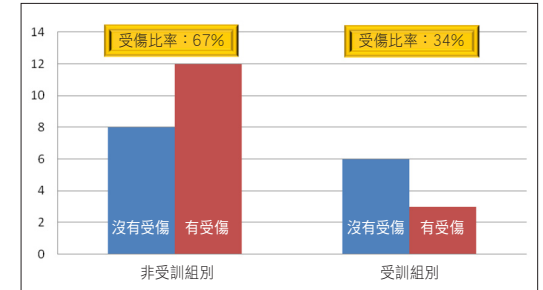
成效已獲印證

一項有關香港十公里跑手組別的研究(n=28)發現，運動員於功能及肌肉強度測試的表現愈佳，完成賽事所需的時間便愈短。本院毅行者隊伍亦於二零一零年參與另一項研究，結果顯示接受訓練組別的參加者在首次評估時，腿部柔韌度較低，髖部力量較弱，膝部亦較易在運動期間痠痛。研究發現受訓組別及非受訓組別的受傷比率分別為34%及67%，顯示參加者接受訓練後，其受傷百分比明顯下降，證明本計劃能有效減低運動期間的受傷機會。

髖部肌肉力量愈強
完成十公里競賽的時間愈短



六星期訓練計劃有助減低
毅行者參賽人士的受傷比率



物理治療部

香港跑馬地山村道二號
養和醫院李樹培院十九樓

辦公時間：

星期一至五：上午九時至下午十二時三十分、
下午一時三十分至八時

星期六、日：上午九時至下午五時

(公眾假期休息)

查詢或預約，歡迎聯絡我們

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Hong Kong Sanatorium & Hospital (HKSH) has always been committed to the development of sports medicine and community health. The clinical excellence of HKSH coupled with the academic expertise of The Hong Kong Polytechnic University enables us to take a leading role in the provision of sports physiotherapy services, and together we develop the “Smartfit Programme”. It is a series of sports-specific evaluation, analysis and training systems conducted on the basis of scientific evidence from local studies. With state-of-the-art equipment and unparalleled expertise, the Programme will furnish you with effective and professional advice on injury prevention and performance enhancement. Now let us enjoy the fun of sports!

Objectives:

- Evaluation of the physical capacity
 - Give a better understanding of the physical profile
 - Identify the weaknesses and provide suggestions for improvement
- Highly individualized sports-specific training
 - Optimize impacts of training by focused and progressive training
 - Help you stay in good health and minimize the risk of sports injury

State-of-the-Art Equipment for Evaluation and Training

Primus Rehabilitation System

HKSH pioneers in the use of Primus RS for evaluation and training in sports rehabilitation. The computerized system not only enables functional evaluation and training, but also provides data for analysis and progress monitoring.



The first step to getting ready for the next Trailwalker or marathon!

Suitable for:

- First-timers who need comprehensive evaluation and training
- Enthusiastic distance walkers or runners who look for performance enhancement or injury prevention
- People suffering from musculoskeletal disorders and seeking exercise therapy

Aims:

- Quantitative evaluation of physical profile
- Identify and improve inadequate areas
- Strengthen the physical conditions for distance walking or running
- Design tailor-made and focused training
- Re-evaluate physical ability for progress monitoring

Features:

Evidence-based evaluation

A selected quantitative evaluation based on up-to-date evidence in sports physiotherapy on distance walking and running is conducted, and the composite graded performance is assessed according to the normal standard.

Individualized training

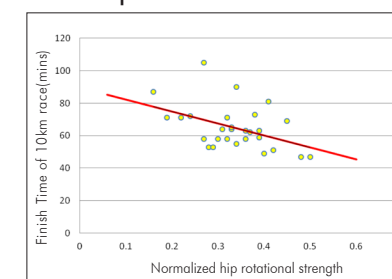
Focused training is provided in accordance with individual needs.

Ongoing and on-time evaluations will be conducted every two weeks to monitor the training progress. Training programmes will also be revised accordingly to optimize the results of training.

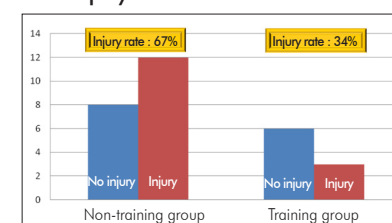
Proven Results

A cross-sectional study on a group of 10km runners (n=28) in Hong Kong revealed that the better the performance of an athlete in functional and physical tests, the shorter the time to complete the race. In another study on HKSH Trailwalker teams in 2010, subjects in the training group had significantly less flexible legs, weaker hip strength in the first evaluation which showed that they were more prone to knee pain. But after training, results showed that the incidence of injuries was lower for the training group. The injury rate of the training group was 34% versus 67% of the non-training group, which proves the success of the Programme in reducing sports injuries.

Better hip strength leads to faster completion of a 10km race



A six-week training programme can reduce the injury rate of Oxfam Trailwalker



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Saturday to Sunday: 9:00am – 5:00pm
(Closed on Public holidays)

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智Fit健康運動計劃



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