

仁安醫院物理治療部 Union Hospital Physiotherapy Department

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交通設施 Traffic Facilities

本院設有免費穿梭巴士，行走本院及大圍港鐵站。
Free Union Hospital Shuttle Buses run between the Hospital and Tai Wai MTR Station.

專線小巴 Green Mini Bus : 68K (由沙田及大圍港鐵站開出)
(From Shatin and Tai Wai MTR Station)

公共巴士 Buses : 46P, 46X, 80, 80P, 85B, 87B, 89B, 249X, 281M, 286X, 287X (由九龍開出 From Kowloon)

診症時間 Consultation Hours

仁安醫院物理治療部
Union Hospital Physiotherapy Department

星期一至五 Mon to Fri : 8:00am - 7:00pm
星期六 Sat : 8:00am - 5:30pm



Accredited by The Australian Council on Healthcare Standards since June 2010



ISO 9001:2015 FS66763

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物理治療部

PHYSIOTHERAPY DEPARTMENT

仁心·安心·貼您心

Caring · Reliable · Empathetic

使命 DEPARTMENT MISSION

- 為香港社區提供一個高質素、高效率及全面性的物理治療服務
We aim to provide a high quality, efficient and comprehensive physiotherapy service to the community of Hong Kong
- 由經驗豐富的醫護人員提供專業及貼心護理
Supported by the hospital's full medical team consisting of resident and visiting medical officers and specialists
- 先進的物理治療設備及完善的運動器材供康復訓練之用
A gymnasium with state-of-the-art equipment to facilitate rehabilitation and enhance physical fitness

設備 FACILITY

本部門除備有先進的物理治療設備外，還有完善的運動器材供康復訓練之用，而本部門物理治療師具有運動治療之經驗，能提供專業的運動指導，助您達致長遠及持久的康復及健體目標。

The Department is well equipped with advanced state-of-the-art physiotherapy equipment as well as a gymnasium with an extensive range of exercise equipment for rehabilitation. Besides, the staff are experienced in the sports and exercise therapy, thus helping participants to achieve long lasting rehabilitation and physical fitness goals.

服務 範疇 SERVICE SCOPE

- ◆ 急性及慢性骨科復康
Rehabilitation of Acute and Chronic Orthopaedic Conditions
- ◆ 運動創傷之預防及康復
Sports Injuries Prevention and Rehabilitation
- ◆ 手術前後之復康護理
Pre- and Post-surgery Rehabilitation
- ◆ 中風及腦部創傷復康
Neurological Rehabilitation
- ◆ 胸肺科復康
Pulmonary Rehabilitation
- ◆ 兒科治療
Paediatric Conditions
- ◆ 婦產科治療
Obstetric and Gynaecological Conditions
- ◆ 公眾健康教育
Health Promotion and Education
- ◆ 普拉提運動計劃
Pilates Programme



普拉提運動計劃 Pilates Programme

針對長期的筋骨痛症、脊骨手術後的康復治療、不良姿勢、以及運動創傷，物理治療師會為您提供以復康為本的普拉提訓練。

物理治療師會為每位普拉提運動計劃的參與者進行詳盡的檢查，再設計迎合您身體需要的鍛鍊辦法。我們會使用普拉提專用的儀器，並配置 fitball 及 BOSU，以輔助您進行普拉提運動鍛鍊。

個別教授的運動課堂每節為時 60 分鐘，我們建議課堂每星期進行一至兩次。要知道您是否適合普拉提運動，可向醫生及 / 或物理治療師查詢。



Our physiotherapists can provide a rehabilitation-oriented Pilates training programme suitable for those who need to work more on any chronic musculoskeletal pain, post-spinal surgery, poor posture and post-sports injuries.

The programme includes an initial examination with full physical history taking. Over a series of exercise sessions the physiotherapist will devise a personalized training programme specific to your needs.

We use equipment including reformer, half-trapeze tower, fitball & BOSU, with a trained physiotherapist who guides you through a series of controlled movements.

Each private Pilates session lasts for 60 minutes. We recommend our clients to attend once to twice a week. To see if you are fit for Pilates, you may consult your doctor and / or physiotherapist.