

# BONE HEALTH Programme

## 護骨健恆計劃

骨質疏鬆會使骨頭密度減少，從而引致意外骨折風險增加，同時亦會增加腰背痛及寒背風險。

Osteoporosis will reduce bone density, leading to increased risk of fracture, low back pain and stooped posture.



針對性個人化  
運動計劃  
Personalised  
Exercise Plan



經科學實證的  
檢查及運動計劃  
Evidence-based  
Practice



醫學監督下  
進行運動  
訓練  
Medically  
Supervised

### 計劃內容 Programme Details

#### 檢查內容 Assessment



身體成份及體脂比率  
Body Composition



肌肉力量及柔軟程度  
Strength and Flexibility



其他肌肉骨骼問題  
Other Musculoskeletal  
Condition

#### 計劃目標 Goals



建立健康運動習慣  
Establish Exercise Habit



循序漸進地進行重量訓練  
Progressive Resistance and Aerobic Training



全身震動訓練系統  
Whole Body Vibration Training Programme



監察及處理病人在運程中可能出現的不適  
Monitor and Manage Possible Discomfort



優惠價 Special Offer HK\$12,000  
原價 Original Fee HK\$15,000

12次諮詢及訓練 12 Sessions of Physiotherapy Consultation and Training

詳情請聯絡尚至醫療物理治療部查詢 For more programme details, please contact our Physiotherapy Department



中環皇后大道中122號尚至醫療大樓12樓  
12/F, Virtus Medical Tower, 122 Queen's Road Central, HK  
星期一至五 Mon-Fri | 9:30am-6:30pm  
星期六 Sat | 9:30am-1:30pm



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