



防跌 康復治療計劃

Fall Prevention



平均每年有**約四成**長者都是因跌倒而受傷，而跌倒後一年內死亡風險會增加**三成**。
Fall accounts up to **39.4%** of all injury over a 12-month period, and increases **30%** of mortality rate within a year.

 **針對性個人化計劃**
Personalised Plan

 **經科學實證的
檢查及治療**
Evidence-based Practice

 **醫學監督**
Medically Supervised

計劃內容 Programme Details



識別跌倒風險
Fall Risk Assessment



家居改裝建議
Home Modification Advice



循序漸進的運動課表
Progressive Exercise Programme



照顧者錦囊
Care Giver Advice



助行器配置
Walking Aids Prescription



改善肌力及平衡
Improve Balance and Strength

 **費用 Fee HK\$10,000**

10次諮詢及訓練 10 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



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星期一至五 Mon-Fri | 9:30am-6:30pm
星期六 Sat | 9:30am-1:30pm



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