



肌少症增肌計劃

Sarcopenia Programme

「肌少症」是指身體的骨骼，持續性、全身性、普遍地重量下降、功能衰退。不只會造成肌力下降，也會影響到活動力與生活質素，同時也會增加慢性疾病、認知障礙、死亡等風險。
Sarcopenia is the age-related progressive loss of muscle mass and strength. It will not only affect mobility and quality of life but also increase the risk of chronic diseases, cognitive impairment and mortality.



**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



循序漸進地進行肌力強化運動
Progressive Resistance and Aerobic Training



監察及處理病人在運程中可能出現的不適及痛症
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



查詢電話 Enquiry No.

+852 3893 6281