

4. Chronic Pain Physiotherapy Programme

The programme aims at controlling pain and restoring daily physical function through a cognitive behavioral approach using advanced equipment and facilities.

5. Acute & Rehabilitation Services for Medical Conditions

Acute chest physiotherapy service is provided for patients with critical illnesses or after surgery, including in intensive care unit. We also provide tailor-made rehabilitation programs for patients with pulmonary disease, cardiac disease, diabetes mellitus and hypertension to maximise functional independence.

6. Paediatrics

Our team provides education and therapeutic exercise training for children with physical, neurological and chest problems.

7. Obstetrics, Gynaecology & Women's Health

Our team offers antenatal and postnatal education and exercise trainings. Physiotherapy also helps to manage pelvic pain or incontinence. Fitness training and weight control exercise programmes are also available.



Rehabilitation Devices

A broad range of rehabilitation devices, including but not limited to walking aids and exercise equipments, are available for purchase.

物理治療中心 Physiotherapy Centre

For enquiries and appointments,
please contact us at:

Physiotherapy Centre

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Tel: 2835 8685

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Out-patient Service Hours (By appointment only)

Monday to Saturday: 9:00 am – 5:00 pm

Closed on Sundays and Public Holidays

www.hksh-hospital.com

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養和醫院
Hong Kong Sanatorium & Hospital

物理治療中心
Physiotherapy Centre



About us

Equipped with state-of-the-art rehabilitation facilities and equipment, the Physiotherapy Centre of Hong Kong Sanatorium & Hospital is committed to serving the community with excellent care and quality services. Physiotherapy aims at controlling pain and symptoms so as to optimise patients' functional ability, helping them achieve independence and improve quality of life.

Cutting-Edge Rehabilitation Equipment and Facilities

1. **Antigravity Treadmill** reduces weight borne by the legs so as to facilitate restoration of walking or running ability.
2. **Gyrotonics exercises** improve body flexibility and core stability.



3. **Powerplate** produces a wholebody mechanical vibration. Together with exercises, it improves bone density, muscle strength and flexibility.
4. **Extracorporeal Shockwave Therapy** helps resolving calcified tendinitis and reduces chronic inflammation leading to pain relief and functional restoration.
5. One-to-one **Hydrotherapy** service.
6. **Primus RS** is a sophisticated work and function simulator. It enables the patients to simulate daily activities, functional 3D movements, work-specific tasks, etc. It provides functional evaluation and training.



7. **Lokomat robot-assisted gait training** improves walking pattern and speed in patients with neurological impairments, such as stroke.

Professional Services

We provide both inpatient and outpatient services. Quality service is provided by physiotherapists specialised in different clinical areas:

1. Physiotherapy after Orthopaedic Surgery, Musculoskeletal or Sports Injuries

Services include manipulation and mobilisation, electrotherapy, acupuncture, therapeutic exercise, fitness training and functional restoration. Rehabilitation is more effective with special programmes and advanced equipment:



- a. **Post-Total Knee Replacement Physiotherapy Rehabilitation Programme**
- b. **Physiotherapy Programme** for office workers, which includes ergonomics consultation
- c. **Post-Anterior Cruciate Ligament Reconstruction Physiotherapy Rehabilitation Programme**
- d. **The Sports Physiotherapy and Smartfit Programme** allow athletes to resume training within a short period of time after injury

2. Neurology and Geriatrics Physiotherapy Rehabilitation Programme

Individualised exercise programmes are provided to patients with neurological or geriatric problems in order to facilitate functional recovery. Both the Lokomat Robotic System and Antigravity Treadmill facilitate gait training and speed up recovery. Specific functional training of the arms can improve strength and control.

3. Oncology Physiotherapy Rehabilitation Programme

The life expectancy of cancer patients has increased in the last few decades. Cancer-related fatigue and disabilities can last for years after cancer treatment. Aerobic and functional training can alleviate these problems. Together with pain relief treatments & management of lymphedema by manual lymph drainage and bandaging, patients' quality of life would be enhanced.