



**HKU
Med**

LKS Faculty of Medicine
HKUMed Sports Health
港大醫學院運動健康



Scope of Services 服務範圍



**Diagnosis and Management
of Sports Injuries**
運動損傷的診斷與管理



Rehabilitation



康復



Injury Prevention
預防創傷



Cardiac Fitness Service



心臟健康服務



Service Targets 服務對象

Athletes and community
players at all levels
不同程度的運動員和運動愛好者



Consultation Fee 診症收費

Please refer to the Clinic's
website for service fees
請到訪本診所網站查看收費詳情



Location 地點

HKUMed Sports Health Clinic
HKU Health System Clinical Centre
2/F, HKUMed Academic Building, 3 Sassoon Road,
Pokfulam, Hong Kong
(footbridge linking to Queen Mary Hospital)

港大醫學院運動健康診所
香港大學醫療系統臨床中心
香港薄扶林沙宣道3號醫學院學術樓2樓
(經天橋連接瑪麗醫院)



For more information, please visit our website
歡迎透過網站了解更多資料
<https://sportshealth.hku.hk/>



HKUMed Sports Health Clinic 港大醫學院運動健康診所



Appointment & Enquiries
預約服務及查詢



852-3910 3350



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The HKUMed Sports Health Clinic (SHC)

is dedicated to becoming a clinical and research centre specialising in sports-related injuries and performance enhancement. Supported by a multidisciplinary team of practitioners, we offer a range of services including diagnosis, treatment, management, and rehabilitation of sports injuries, tailored to athletes of all levels, from community participants to elite professionals and active individuals experiencing physical activity-related injuries.

At SHC, we are committed to provide holistic care that combines our findings in clinical services, research, and education to help our patients achieve their potential and performance goals, setting standards in sports health and recovery.

港大醫學院運動健康診所致力成為一所專門從事運動健康臨床及研究的中心。我們的跨學科團隊為公眾、運動愛好者及專業運動員提供不同的運動創傷診斷、治療、管理及復康服務。

透過匯聚臨床、研究及教學的成果，我們致力協助運動員及運動愛好者發揮潛能，實現卓越的運動表現，為運動健康與復康領域樹立標準。

Services 服務



Diagnosis and Management of Sports Injuries 運動損傷的診斷與管理

Assessment and diagnosis of sports-related injuries, followed by treatment plans based on the type and severity of the injury.

對運動創傷進行評估和診斷，然後根據創傷的類型和嚴重程度制定治療計劃。



Rehabilitation 康復

Promote recovery and help patients return to sports activities as quickly and safely as possible.

促進康復，幫助患者儘快且安全地重投體育活動。



Injury Prevention 預防創傷

Training and advice to prevent sports-related injuries, with a special focus on individuals recovering from recent injuries.

提供預防運動創傷的訓練和建議，特別針對正在康復的患者。



Cardiac Fitness Service 心臟健康服務

Key approaches to best sports performance and avoid injuries 如何提升運動表現、預防創傷



Dynamic stretching before activity; static stretching after

活動前進行動態伸展；活動後進行靜態伸展



Focus on core stability, balance, and muscle symmetry

專注於核心穩定性、平衡和肌肉對稱性



Correct movement patterns reduce injury risk (e.g., landing mechanics)

正確的活動模式可降低受傷風險（例如落地方式）



Avoid sudden increases in intensity / duration ("10% Rule for training load" – increasing your training load by no more than 10% per week)

避免突然增加強度 / 持續時間（「10% 訓練負荷規則」 - 即每週增加訓練負荷不超過 10%）



Ensure you have protective gear, such as helmets, braces, mouthguards, and proper footwear for specific sports activities

進行特定運動時，配戴防護裝備如頭盔、護具、護齒器和合適的鞋等



Maintain electrolyte balance to support recovery

平衡電解質以促進恢復



Schedule rest days and optimise sleep before activities

定期安排休息日、活動前優化睡眠



Modify your activities while exercising during hot weather (e.g., prioritise indoor activities, adjust timing, and reduce intensity)

在酷熱天氣期間，調整您的活動（例如優先選擇室內活動、調整時間和降低強度）