



養和醫院

HONG KONG SANATORIUM & HOSPITAL

www.hksh.com

香港跑馬地山村道2號 2 Village Road, Happy Valley, Hong Kong Tel : (852) 2572 0211 Fax : (852) 2835 8008

## Hong Kong Sanatorium & Hospital Launches Comprehensive Sports Medicine Services

A Holistic Approach that combines Injury Prevention, Treatment and Rehabilitation



(5 March 2009, Hong Kong) Hong Kong Sanatorium & Hospital (HKSH) launches today the comprehensive sports medicine services. The services are provided by a team of specialists, including orthopaedic surgeons, cardiopulmonary physicians, physiotherapists, trainers, dietitians and orthotists in a pleasant and ambient environment. Through the deployment of advanced equipment, the Hospital aims to provide recreational sportsmen and general public with holistic sports medicine services that combine injury prevention, treatment and rehabilitation.

In recent years, the Hong Kong people are more health-conscious that they spend more time to keep fit, to fight obesity, diabetes and hypertension. With excitement of the Beijing 2008 Olympic Games, Hong Kong Marathon and other sports activities, the sports fever is going higher. However, many Hong Kong people pay little attention to sports knowledge. Some of them may lead a busy life, some of them may look for fast result and some may ignore the importance of sports knowledge. As a result, the number of sports injury is increasing.

“At present, comprehensive sports medicine centres are operated mainly by institutions, which are not freely available to the general public. People encounter sports injuries can only visit orthopaedic surgeons, physiotherapists and clinics scattered all over town. This is inefficient and inconvenient,” said Mr. Wyman Li, Manager (Administration), HKSH, who is a keen sportsman.

Besides, it is not uncommon that local physiotherapy clinics will put older patients who suffered from serious illnesses or chronic diseases together with younger patients who suffered from sports injuries under the same environment for treatment. As such, it may affect treatment result as well as psychological well-being of the patients.



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In view of the above, two years ago, HKSH collaborated with the Physiotherapy Department of the Sheffield Hallam University, UK, which gave professional advice to the Hospital in establishing a comprehensive Orthopaedic and Sports Medicine Centre. With the completion of the new Physiotherapy Department and the expansion of Orthopaedic and Sports Medicine Centre after recruitment of two experienced specialists in Orthopaedics and Traumatology, Dr. Wong Wai Kwok Jimmy and Dr. Tang Wai Man, the two departments join hands with other related departments and launch the one-stop sports medicine services.

“Sometimes people do not know if it is safe to take up certain sports, for example, long distance running. These people may need assessment and advice from the professionals before they take up the sports. We have heard news of serious sports related injuries. I believe some of these unhappy incidents could be avoided through education and proper training in muscle strengthening, flexibility and improvement of skills. We hope to promote sports for health and fun and that everyone can play sports safely,” said Dr. Wong Wai Kwok Jimmy, Specialist in Orthopaedics and Traumatology, HKSH.

When people are injured, an accurate diagnosis is crucial. Apart from professional knowledge, skills and clinical experience of orthopaedic surgeons, fast and accurate diagnostic imaging is equally important. The MRI is an example.

After treatment, patients need to receive proper rehabilitation in order to speed up recovery. The professional team at HKSH comprises orthopaedics specialists, physiotherapists and nursing professionals that help patients recover, reducing repetitive injury and preventing degenerative changes in tissues.

In terms of facility, the newly expanded Physiotherapy Department is well furnished with advanced rehabilitation and gym equipment. Therefore, patients or recreational sportsmen can do various exercises and train up different physical capabilities, such as cardio-respiratory function, muscle power and flexibility. One of the highlights is the hydrotherapy, which is equipped with underwater treadmill and visual monitoring system. Patients can conduct exercise or treadmill exercise underwater while physiotherapist can monitor patient’s activity and give appropriate instruction so as to enhance treatment result.

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### **About Hong Kong Sanatorium & Hospital**

Hong Kong Sanatorium & Hospital (HKSH) is one of the leading private hospitals in Hong Kong. It is owned by the Li Shu Fan Medical Foundation (LSFMF), which is a not-for-profit organization. HKSH is committed to fulfilling LSFMF's vision of providing quality health care and advancing medical education and research, with an overriding concern for the public good.

For more details, please visit [www.hksh.com/eng](http://www.hksh.com/eng)

### **About Orthopaedic and Sports Medicine Centre**

The Orthopaedic and Sports Medicine Centre is established on 5th March 2004 in the Hong Kong Sanatorium & Hospital. It was the first and only facility in Hong Kong's private hospitals, in response to the demand for comprehensive services in orthopaedics and sports medicine. It aims to provide complete health care and preventive treatment for a variety of disorders, including trauma and tumours.

The Centre is managed by orthopaedic specialists who are leading experts in such fields as tumour management, hand, upper limb and microsurgery, sports medicine, joint replacement and spine. The Centre also works closely with the Physiotherapy Department to design training and rehabilitation programmes for patients to restore physical capabilities.

For more details, please visit [www.hkeye.org/eng/services/sms/ortho/ortho\\_main.html](http://www.hkeye.org/eng/services/sms/ortho/ortho_main.html)

### **Li Shu Fan Medical Foundation**

The Li Shu Fan Medical Foundation was established in March 1963 to promote and support medical education, research and charity in Hong Kong. Since inception, the non-profit Foundation has by far been the single largest shareholder of the Hong Kong Sanatorium & Hospital (HKSH), which supports the development and improvement of HKSH. Any excess of income over costs can only be used to support medical research, educational activities and the development and improvement of services.

For more details, please visit [www.hkeye.org/eng/LSF %20Foundation/LSF Foundation\\_main.html](http://www.hkeye.org/eng/LSF_%20Foundation/LSF_Foundation_main.html)

### **For media enquiry, please contact:**

Sharon Lun

Corporate Communications Manager

Hong Kong Sanatorium & Hospital

Tel : 2835-7855

Email : sharonlun@hksh.com