



足脊健康初步評估 Foot & Spine Preliminary Evaluation

姓名 Name: _____ 年齡 Age: _____ 性別 Sex: _____

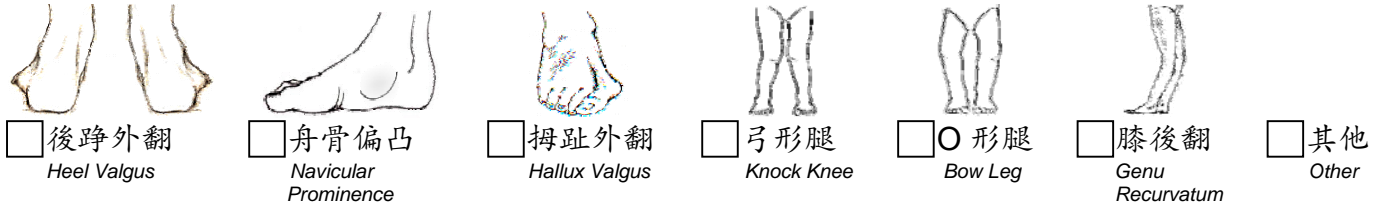
A) 脊椎側彎徵狀 Scoliosis Symptoms :

- 良好
Good
- 輕微
Mild
- 較差側彎
Moderate
- 嚴重側彎
Severe
- 寒背
Kyphosis

B) 常見足部毛病 Common Lower Limb Problems :



扁平的程度是按照所屬年齡組別的標準作比較 *Foot flatness is a comparison to the standard within each age group*



C) 足患的影響 Drawbacks of the foot symptoms :

會導致容易出現以下情況 *could rise the problems as follow :*

- 1) 下肢(小腿)容易疲倦 2) 足底痛 3) 膝痛 4) 腰痛 5) 容易跌倒
- Leg (calf) tired Foot pain Knee pain Back pain Easily Fall*

D) 建議治療方法 Suggested Measures :

<input type="checkbox"/>	足部 / 脊部	正常, 尚未需要跟進
	<i>Foot / Spine</i>	<i>is Normal, no need to follow up yet</i>
<input type="checkbox"/>	足患 / 脊患	問題比較輕微, 只需保持觀察。(可穿著保健鞋作預防措施)
	<i>Foot / Spine</i>	<i>problem is mild, but need to keep awareness (Healthcare shoes might acts as prevention)</i>
<input type="checkbox"/>	足患 / 脊患	問題較為嚴重。(切忌只穿保健鞋作矯正)
	<i>Foot / Spine</i>	<i>problem is relatively severe (Never use healthcare shoes as an only measure)</i>

本報告乃初步評估, 只供參考, 如欲詳細檢查或深入了解, 您可

Preliminary evaluation is for a reference only, for detail assessment or consultation, you can:

1. 致電 3583 5606, 預約矯形師作進一步跟進

Dial 3583 5606 for appointment booking of orthotic treatment by therapist

醫院地址: 深水埗青山道 113 號寶血醫院地下陳登復康治療中心 [深水埗地鐵站 D 出口]

Hospital Address: Chan Dang Rehabilitation Centre, G/F, Precious Blood Hospital (Caritas), 113 Castle Peak Road, Sham Shui Po (MTR Station D Exit)

或登入以下網址了解更多足患資訊:

OR get helpful info from URL

寶血(明愛)醫院陳登復康治療中心網址: <http://www.ccdrc.hk/default/index.php>

Precious Blood Hospital (Caritas) Chan Dang Rehabilitation Centre

協辦機構網址: <http://www.alliedhealth-rehab.com/feet.html>

Co-organizer URL



2. 自行聯絡專業人士或醫生作跟進

查詢及預約時間 Enquiry and appointment booking:

星期一至五 (Mon to Fri) : 10:00am → 1:00pm / 2:00 → 7:00pm 【 敬請預約 】

星期六 (Sat) : 10:00am → 1:00pm / 2:00 → 5:00pm [by appointment]



保健鞋只能起預防作用, 並不能矯正扁平足及治療足患。

對於扁平足程度為《較差至塌陷》者, 只穿著保健鞋, 往往耽誤治癒, 甚至惡化足患

所以特別提醒家長們切忌胡亂選購, 有疑問就請盡快搵專業人士諮詢

Healthcare shoes only acts as prevention rather than correction or cure. When feet flatness is moderate to collapse, just using healthcare shoes could delay the cure, even worsen the situation.

So, never casually choose footwear and enquire professionals once feel unsure.