

## 常見疑問 (Q & A)



倒模鞋墊與加熱成形矯正鞋墊有什麼分別?  
What is the difference between custom-made orthotic and heat-molded orthotic?

	倒模鞋墊 Custom-made orthotic	加熱成形矯正鞋墊 Heat-molded orthotic
製造過程 Procedure	加熱成形矯正鞋墊由一個已製的模開始，透過高溫熱熔後，倒出適合閣下的鞋墊，方法快捷及準確，免去以往取鞋墊的等候時間。 The heat-molded orthotic is heated and fitted by the practitioner to achieve a customized orthotic. It is simple and precise.	兩者都是根據閣下的實際問題，度身訂造鞋墊。 Both are tailor-made and customized according to corresponding problems.
功能 Function	功能上並無任何分別。 There is no difference in function.	
製造時間 Duration	製造需時，約2-3星期。 It spends 2-3 weeks for the production process. 需調節多次，花費時間。 It requires re-adjustment for several times.	省卻很多時間，但仍能保持其準確性。 The procedure is simple and precise. 調節次數比較少。 It minimizes the re-adjustment time.



加熱成形矯正鞋墊主要有什麼類別?  
How many types of heat-molded orthotic?

類別 Types	功能 Function	圖示 Diagram	類別 Types	功能 Function	圖示 Diagram
運動型 SPORTS	用於運動時 For sporting activities		高度硬度型 FIRM DENSITY	用於嚴重後跟外翻的患者 For severe pronation	
軟性型 SOFT DENSITY	用於年長病患、 糖尿病患及關節炎患者 For Diabetics and Geriatrics including arthritis sufferers		小童型 MULTICOLOR	用於小童 For children	
中等硬度型 MID DENSITY	用於中度後跟外翻的患者 For medium pronation		高跟鞋型 HIGH HEEL	用於女性高跟鞋款 For ladies with low heel to high heel court shoes	

治療師會按閣下需要，選擇2/3或全長長度，以配合閣下的鞋款，提供最舒適的效果。  
Two lengths of insole are available (i.e. 2/3 length and full length). The therapist will prescribe the best insole for the clients so as to fit their shoes well.



兒童應該在什麼年紀開始接受足部檢查及使用鞋墊呢?  
What is the best time for children to receive foot examination and wear foot orthotic?

- 由於出生至四歲的兒童足部有厚的脂肪墊，遮蓋了足弓，形成一個假的扁平足。  
There is a thick fat pad in the sole since birth. It results in fake flat foot.
- 四歲後，此脂肪墊會慢慢被身體吸收，足弓開始形成。  
After age of 4, the fat pad will be absorbed by body and the foot arch will appear.
- 我們建議兒童可以在四至六歲開始接受足部檢查。當然，假如懷疑你的小孩骨骼結構生長異常，也可以在四歲前接受足部檢查。  
We strongly advise children aged 4 - 6 to receive foot examination and wear foot orthotic. It is also appropriate to receive foot examination before the age of 4 if you suspect that his / her bony growth differs from normal.



## 服務收費 Service Charge

服務 Service	收費 charge
訂造鞋墊 Prescription of insole 費用包括足部及下肢檢查及三個月內跟進一次 (逾時不作後補，建議提早預約) Foot & lower-limb examination and one follow-up session within 3 months included (Advanced appointment is recommended.)	每對 \$ 1400 / pair
訂造第二對或以上鞋墊 (三個月內) Prescription of 2nd or more pair(s) of insole (within 3 months) 費用不包括足部及下肢檢查及跟進服務。如需檢查，將當作重新訂造鞋墊 (每對\$1400) 計算。 Foot and lower-limb examination and follow-up service are excluded. If foot and lower-limb examination is required, the insole prescription will be charged at \$1,400.	每對 \$ 800 / pair
足部及下肢檢查 Foot and lower-limb examination 費用包括足部檢查報告一份 a brief report included	\$ 400

備註Remarks:  
■ 如需額外配件(適用於長短腳及前掌外翻或疼痛等情況)，每件配件將另收\$50。  
If orthotics additions (applicable to situations of leg length discrepancy and forefoot valgus or pain etc) are required, it will be charged at \$50/pc.  
■ 首次訂造鞋墊之免費跟進服務必須於三個月內進行。如三個月後有需要再作鞋墊修改或諮詢有關問題，每次收費為\$200。  
The free follow-up service for the first-time prescription of insole is only valid for 3 months. While further follow-up or consultation is necessary after 3 months, it will be charged at \$200/session.  
■ 所有額外跟進及諮詢服務則每次收費\$200。  
Extra follow-up or consultation will be charged at \$200/session.

### 預約 Appointment

歡迎市民大眾、大學教職員、同學及親友聯絡診所，預約並接受檢查及訂造鞋墊。  
Service of the Clinic is offered to the general public, PolyU staff, students and their family members. Please contact the Clinic for advanced appointment.

### 診症時間 Opening Hours

Mon to Fri 星期一至五：上午9:00 am — 晚上8:00 pm  
(午膳時間 Lunch time：中午12:30 pm — 1:30 pm)  
Sat 星期六：上午9:00 am — 下午5:00 pm  
(午膳時間 Lunch time：中午1:00 pm — 2:00 pm)  
星期日及公眾假期休息 Closed on Sundays and Public Holidays

### 聯絡我們 Contact Us

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THE HONG KONG  
POLYTECHNIC UNIVERSITY  
香港理工大學

## 康復治療診所 REHABILITATION CLINIC

## 足部護理及治療服務 PRIMARY FOOT CARE SERVICE

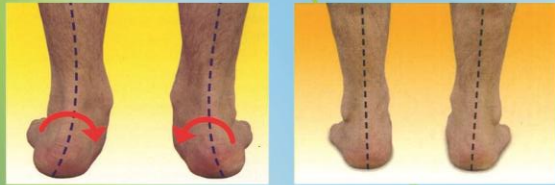


康復治療科學系  
Department of Rehabilitation Sciences



## 常見之足部問題 Common Foot Problems

### 後足外翻 Pronated Feet



後足外翻 Pronated Feet

正常足 Normal Feet

後足外翻情況嚴重時更可形成以下其他足部問題：  
Severe pronated feet may cause following foot problems:



### 扁平足 Flat Foot

### 足底筋膜炎 Plantar fasciitis



### 大拇趾外翻 Hallux Valgus

#### 其他足部問題 Other foot problems:

高弓足	High arch foot
跟腱炎	Achilles tendonitis
拇球痛 (前掌腳)	Mortons Neuroma (Metatarsalgia)
入字腳及八字腳	In-toed & Out-toed foot
X形腿及O形腿	Knock knee & Bow leg
長短腳	Leg length discrepancy

嚴重時，足部問題更會引發脊椎側彎、膝痛及腰背痛等情況。  
In severe conditions, untreated foot problems would lead to scoliosis in the spine, knee pain and lower back pain.



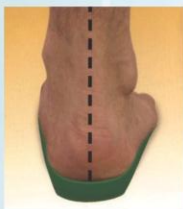
## 預防足患小貼士 Advice to avoid and manage foot problems

### 1 配備合適的鞋及矯正鞋墊 Wear suitable shoes and insole

無論兒童或成年人，因內足弓下陷而引起的足患，皆可透過穿著合適的矯正鞋墊，令情況得以改善。  
It is highly recommended that either children or adult could wear the appropriate orthotic insole to improve the foot problems caused by collapsed foot arch.



矯正前 Without Orthotics



矯正後 With Orthotics

### 2 適當的足部運動 Perform foot exercises

### 3 均衡飲食，防止體重過胖 Keep balanced diet to prevent overweight

### 4 每年定期作足部檢查 Undergo foot evaluation annually

### 5 避免穿著尖頭鞋、超過兩吋的高跟鞋、鞋底過硬或圍度過迫的鞋子 Avoid wearing narrowed shoes, high-heel shoes (of more than 2-inch high) or shoes with extreme rigid base



## 訂造鞋墊服務 Insole Prescription Service

本診所為大眾提供足部和下肢詳細檢查及專業鞋墊訂造服務，詳情如下：  
The Rehabilitation Clinic provides foot / lower-limb assessment and orthotics prescription services:



### 第一步：足部及下肢檢查 Step 1: Foot and Lower-limb Examination



足底形態分析  
Foot prints analysis



足部後跟斜度量度  
Rearfoot angle measurement  
9.04

其他檢查如：步態分析、長短腳量度、前掌外內翻量度、脛骨外內旋量度、拇趾外翻量度、膝部形態等。  
Other examinations include: Gait analysis, leg length measurement, forefoot evaluation, tibial torsion, hallux valgus and knee angle measurement etc.



### 第二步：分析問題及提出建議 Step 2: Problems Analysis and Advice

- 護足運動建議
- 轉介到相關的醫療專業 (如骨科醫生及物理治療) 作進一步評估
- 衝擊波治療建議
- 訂造鞋墊建議
- Suggestions on exercise
- Referring to other professionals (e.g. orthopedic specialist or physiotherapist) while necessary
- Shockwave therapy advice
- Orthotics prescription advice



### 第三步：加熱成形矯正鞋墊製作 Step 3: Orthotics Prescription

加熱成形矯正鞋墊發源地來自澳洲，由100%EVA高品質的材料所製造，提供理想的支撐力。

物理治療師會根據閣下的腳部問題，選擇合適物料及款式的鞋墊，配備合適的配件，為閣下製作鞋墊。加熱成形矯正鞋墊適用於任何人士，包括學童、成人及老年人。

The heat-molded orthotics are designed in Australia. They are made from 100% EVA and are able to be fully customized to achieve better outcomes.

Orthotics of appropriate types and with suitable materials are prescribed by physiotherapists. The orthotics are suitable for ALL ages including children, adult and the elderly.