

PILATES 普拉提運動



服務收費 Service Charge

個人化服務收費 Service Charge of Individualized Training

\$ 350 (一節, one session)

\$ 1,600 (共五節, total 5 sessions)

\$ 3,000 (共十節, total 10 sessions)

註: 每節30分鐘

Remarks: Each session lasts 30 mins

預約 Appointment

歡迎市民大眾、大學教職員、同學及親友聯絡診所，預約個人化普拉提運動訓練服務。

Service of individualized Pilates training 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

電話 Tel : 2766 6734

傳真 Fax : 2142 1369

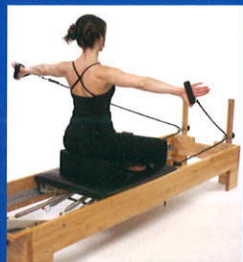
地址 Address: 九龍紅磡香港理工大學A座地下AG056室
AG056, G/F, Core A, The Hong Kong Polytechnic
University, Hunghom, Kowloon

電郵 Email : rsclinic@polyu.edu.hk

網頁 Website : www.rehabclinic.org



PILATES 普拉提運動



普拉提運動是由Joseph Hubertus Pilates 於二十世紀初創立，主要集中訓練主體軀幹肌肉，以達至肢體活動協調的效果。肌肉力量、柔軟度及身體姿勢都是重點鍛練的環節。

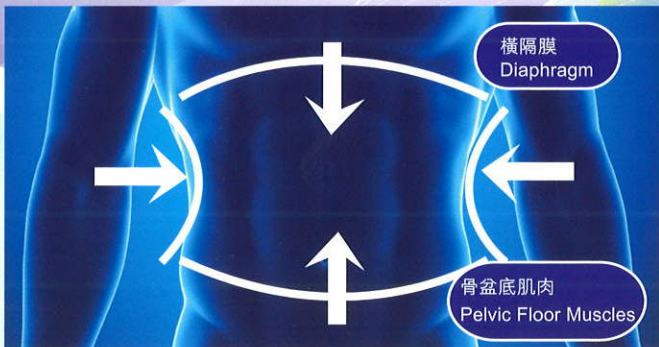
Pilates exercise was developed by Joseph Hubertus Pilates in early 20th century. It focuses on the specific training of core abdominal and lower back muscles for trunk stability, allowing the whole body to move with coordination. Balance of muscles strength and flexibility together with the postural alignment of the body are always emphasized during the training.

軀幹核心肌肉的重要性

軀幹核心肌肉各自有其功能，例如骨盆底肌肉用作承托內臟、橫隔膜協助我們呼吸、腹部及背部肌肉協助我們活動軀幹。當這些軀幹肌肉有理想的控制及協調時，更有效穩定及保護脊柱。

患有腰背痛人士的軀幹核心肌肉力量較弱及反應一般比較遲緩，如能及早強化軀幹肌肉提高它們的活動效能，便能減少痛楚並且有效防止傷患。

另外，軀幹肌肉的控制與運動創傷有密切關係。通常膝部曾有創傷的運動員，軀幹肌肉活動效能較低。



Trunk muscle and core stability

Trunk core muscles have their own functions, for instance, the pelvic floor muscles help to support the internal organs at the pelvic region whereas the diaphragm helps us to breath. Our trunk movements are generated by the work of the back and abdominal muscles. When these core muscles work together, they help in improving the stability of the core as well as protection of the spines within the core area.

Core muscles for those people with lower back pain are weaker in general and there is also delayed response for these muscular activities. Therefore, in order to reduce pain and prevent injuries, proper training for these core muscles is necessary.

Besides, there is a close relationship between the control of core muscles and sports injury. Athletes with knee injuries tend to have poor core muscles activities.

臨床普拉提

自90年代初，物理治療師揉合普拉提訓練於復康治療中，主要用於復康治療及預防傷患。物理治療師首先進行個別評估及檢查，再為參予者設計及教授合適的普拉提健身運動。運動期間，物理治療師亦會從旁指導及協助，以確保安全，並持續評估參與者於普拉提健身運動的表現。



Clinical Pilates

Physiotherapists began to incorporate Pilates training and equipment into the rehabilitation for patients in early 1990s. Clinical Pilates becomes a modified form of therapeutic exercise used by physiotherapists to assist in rehabilitation and prevention of injury. Clients are individually assessed by the physiotherapists and specific training is given to target their own musculoskeletal problems. Close supervision and graded exercises will ensure safety and prevention of injury for clients.

臨床普拉提訓練對你有何幫助？

- 改正你的姿勢
- 改善你的身體意識
- 提昇你的肢體協調能力
- 提昇柔軟度及肌肉力量的素質，並於兩者中取得平衡
- 增強你的動態核心穩定性
- 減少痛楚，並且防止傷患

What can Clinical Pilates benefit you?

- Correct your posture and body alignment
- Improve your body awareness
- Enhance your co-ordination
- Build balance between flexibility and strength
- Increase your dynamic core stability
- Reduce musculoskeletal pain and prevent injury

此項訓練適合以下人士：

- 有姿勢上的問題
- 現在或曾經有肌肉骨骼傷患或痛楚
- 欲增強體能

This training is suitable for those who:

- have postural problems
- have or have had musculoskeletal pain or injury
- want to improve fitness level

註：因各人身體狀況有所差異，如欲進一步確定自己是否適合進行普拉提運動，建議先預約物理治療師作有關評估。

Remarks: While the health conditions vary among different people, you are recommended to have an assessment session with physiotherapist to ensure your adaptability to the Pilates training.