



註：本院的運動醫學團隊正為個別運動團體，包括專業及業餘體育團隊，例如球隊、跑會、比賽等提供個人化的體檢服務及賽事體檢優惠。

Note: Our Sports Medicine team can tailor-make regular and competition-specific health check programmes for individual amateur or professional sports organisations, such as sports teams or running clubs.



有需要人士，可與中大醫院業務拓展部聯繫

If you are interested, please reach out to our Business Development team

WhatsApp: (852) 5213 2232

電郵 Email: business@cuhkmc.hk



Your Health 為你健康
Our Purpose 盡力盡心

運動全康檢查計劃 Sports Well Programme

香港中文大學醫院 CUHK Medical Centre

地址 Address :

香港新界沙田澤祥街9號香港中文大學醫院1樓
1/F, CUHK Medical Centre, 9 Chak Cheung Street,
Shatin, New Territories, Hong Kong

電話 Telephone:

預約及查詢 Enquiry and appointment:

個人預約及查詢 (Individuals): (852) 3946 6388

網上預約表格 Online Booking:

https://bit.ly/CUHKMC_SPORTS_WELL_FORM

團體預約及查詢 Enquiry and appointment

(For groups):

電話 Telephone: (852) 3946 6199

微信 WeChat: CUHKMC_BD

WhatsApp: (852) 5213 2232

電郵 Email: business@cuhkmc.hk



香港中文大學醫務中心@傑志 CUHK Medical Clinic@Kitchee

地址 Address :

香港新界沙田石門安睦街23號賽馬會傑志中心地下
(港鐵石門站A出口)

G/F, Jockey Club Kitchee Centre, 23 On Muk Street,
Shek Mun, Shatin, New Territories, Hong Kong
(MTR Shek Mun Station - Exit A)

電話 Telephone:

預約及查詢 Enquiry and appointment:

電話 Telephone: (852) 3946 6980

香港中文大學醫學中心有限公司「香港中文大學醫院」保留更改以上所有條款及細則的權利而毋須另行通知。如有任何爭議，香港中文大學醫學中心有限公司「香港中文大學醫院」保留最終決定權。本文一律以英文版本為準。

CUHK Medical Centre Limited retains the right to amend any of the above terms and conditions without prior notice. In case of dispute, CUHK Medical Centre Limited reserves the right of final decision. If any discrepancy arises between the English version and the Chinese version, the English version shall prevail.



CUHKMC/HU/SOPC/PRES/SPORTS/2024/09



CUHK Medical Centre

@cuhkmedicalcentre

運動有益身心，很多人都喜愛於工餘時間運動。除了踢足球、打籃球、健身、瑜伽外，近年不少運動愛好者更愛上長跑（例如馬拉松）、越野跑、長途單車，甚至三項鐵人等較高強度運動，更積極參加本地及海外賽事，挑戰自我。

為了配合運動人士的健康需要，中大醫院運動醫學團隊特設「運動全康檢查計劃」，以客觀方式了解自身健康狀況，更有效地預防受傷，同時無憂地享受運動樂趣。

A sporty lifestyle is welcome for its obvious health benefits. Beyond the more common sports - football, basketball, gym and yoga, many are engaged in higher intensity options such as long-distance running (e.g. Marathon), cross country running, long-distance cycling and triathlon, challenging one's limit with participation in events local or abroad.

In order to meet the health needs of the active, the CUHK Medical Centre Sports Medicine team specifically designed the Sports Well Health Check Programme for an objective evaluation of health conditions, so you can better prevent injuries and enjoy the joy of sports.

計劃特色 Programme Features



- 專業的運動醫學分析 - 由中大醫院運動醫學團隊設計及主理，並由專科醫生主導
- 以人為本，靈活設計 - 根據運動愛好者的相關運動進行分析及評估
- 貫穿兩大運動健康主線 - 設A、B兩項計劃，A計劃針對心臟健康，B計劃針對運動受傷評估，兩項計劃均包含肌肉骨骼體格分析，切合實際需要
- Professional sports medicine analysis – programme designed and managed by CUHK Medical Centre Sports Medicine team, and implemented by medical specialists
- Flexibility to suit every need – analysis and assessment based on your specific sporting needs and preference
- Addresses the two facets of sports health – Plan A encompasses musculoskeletal and cardiac health analyses, while Plan B focuses on injury assessment. Both plans are designed to cater to the distinct needs of sports lovers

Plan A 運動全康綜合評估計劃 Integrated Assessment Plan



由專科醫生從運動醫學角度分析運動人士的肌肉骨骼及心臟健康，有助評估隱性心血管疾病，以及運動受傷的風險。

Assessment and evaluation on your musculoskeletal and cardiac health by medical specialists based on sports medicine principles, effective in uncovering latent cardiac conditions and lowering the risk of injury.

- 綜合運動醫學問卷 General sports medicine survey
- 心肝腎功能血液檢查 Blood test for cardiac, liver and renal function assessment
- 心电图報告及分析 Electrocardiogram analysis
- 肌肉骨骼及心臟健康臨床評估
Clinical assessment on musculoskeletal and cardiac health

優惠價：港幣 (HKD) \$2,800
Special Price

原價 Listed Price: 港幣 (HKD) \$3,930

評估肌肉骨骼及心臟健康

Assess your musculoskeletal and cardiac health

| | | |
|---|---|--|
| 血液檢查 Blood test | 全血圖 | Complete Blood Picture/ Complete Blood Count |
| | 肝功能檢測 (谷丙轉氨酶) | Liver function test (ALT) |
| | 腎功能檢測 (肌酐) | Renal function test (Creatinine) |
| | 全血脂分析 包括：總膽固醇、高密度膽固醇、 低密度膽固醇、非高密度脂蛋白膽固 三酸甘油酯及總膽固醇與高密度膽固 醇比率 | Lipid Profile - Total cholesterol - Lipoprotein cholesterol (High/Low/Non-high density) - Triglycerides - Total cholesterol/HDL ratio |
| 心电图 Electrocardiogram | 糖尿病監測 (空腹血糖) | Diabetes assessment (Glucose Fasting) |
| | 糖化血紅素 (HbA1c) | |
| 運動醫學 臨床評估 (需時約30分鐘) Sports Medicine Clinical Assessment (takes about 30 minutes) | 偵測心臟活動，評估心律不整、心室肥厚、心病變等異常 Assessment for heart activity, and potential conditions such as arrhythmia, ventricular hypertrophy, cardiomyopathy | Medical history assessment and health evaluation Evaluate condition based on related sports' intensity, any injury or pain conditions, and their effects on your ability to carry out sports activities |
| | 綜合體格檢查 量度身高、體重，計算體重指標(BMI)， 檢查肌肉關節靈活度 | General health check Height and weight measurement, body mass index, flexibility and mobility of muscles and joints |
| | 心血管疾病風險分析 | Cardiovascular disease risk assessment |
| 專科醫生 解讀報告 Report review and recommendations by medical specialist | 專科醫生解讀血液檢查、心臟檢查、肌肉骨骼檢查報告，為檢查者提供運動建議 Medical specialist assessment and recommendation on sports activities based on blood test, cardiac test, and musculoskeletal test reports | |

*凡參加以上計劃人士，經醫生評估後，可按個人需要，以港幣\$1,150元另選由物理治療師主理的「功能性評估」，包括肌肉骨骼評估、步姿分析、力量測試等。有關「功能性評估」的詳情可參考Plan B相關內容。

Plan B 運動全康受傷風險評估計劃 Injury Risk Assessment Programme

骨科專科醫生和物理治療師會分析患者的運動背景，評估受傷風險，以及分析重複性受傷的原因。需要時，運動醫療團隊會為檢查者提供醫療跟進建議，或轉介至合適專科跟進。

Orthopaedic surgeon and physiotherapist will analyse your sports background, and assess the risk of injury and/or the reason for recurring injuries. When needed, our sports medicine team will provide advice on your medical and follow-up options, or refer to the appropriate specialist.

- 因傷患(包括舊有傷患或重複性受傷)而影響運動表現的人士
Sports players with past or recurring injuries affecting their performance
 - 前十字韌帶受傷 Anterior cruciate ligament tear
 - 肌肉撕裂 Muscle tear
 - 脛脛束症候群 Iliotibial band syndrome (ITBS)
 - 重複性足踝扭傷(慣性拗柴) Repetitive ankle sprain
 - 肩旋轉肌受傷等 Rotator cuff tear
- 愛好運動而欲減低受傷機會的人士
Sports lovers who wish to lower their risks of injuries



優惠價：港幣 (HKD) \$2,250
Special Price

原價 Listed Price: 港幣 (HKD) \$3,000

評估受傷風險，以及分析重複性受傷的原因 Assess the risk of injury and/or the reason for recurring injuries

| | | |
|---|--|--|
| 骨科專科醫生 診斷及 物理治療師 臨床評估 Clinical assessment and evaluation by orthopedic surgeon and physiotherapist | 病歷分析及健康狀況評估 了解運動習慣，評估相應的運動形式、 運動量及強度 分析身體狀況，以及傷患痛症(如有)的受 傷頻率、嚴重性，對運動表現的影響等 | Medical history assessment and health evaluation Review of sports habits for assessment on sports load and intensity Review of body condition, injury or pain conditions and their severity (if any), and their effect on sports performance |
| | 綜合體格檢查 量度身高、體重，計算體重指標(BMI) | General health check Height and weight measurement, Body Mass Index (BMI) |
| 肌肉骨骼評估： 檢查關節的靈活度和肌肉的柔韌度 | 步姿分析： 採用Walkerview跑步機，配備3D鏡頭 和壓力感應設備，實時分析跑步或步 行步態，提供客觀數據評估運動受傷 風險 | Musculoskeletal assessment: Review flexibility and mobility Gait analysis: Leveraging the 3D cameras and pressure sensors on the Walkerview treadmill, assess walk or run posture in real-time and leverage data for injury risk assessment |
| 力量測試： 通過等速肌肉力量測試、握力測試等， 有助瞭解肌力、耐力、爆發力等 | | Strength test: Review muscle strength, endurance and power via isokinetic muscle strength test and grip strength test |

*For those who choose the aforementioned plans can enhance their package by including a 'Functional Assessment' conducted by our physiotherapist at a discounted price of HKD \$1,150. This personalised assessment, which addresses individual needs such as musculoskeletal evaluation, gait analysis, strength testing, and more, can be added after undergoing a doctor's evaluation. Please refer to Plan B for a more detailed information about the 'Functional Assessment'.