

# 水中運動治療

## Aquatic Sports



### 保養及減輕關節負擔

做運動和注重保養是世界的大趨勢，但是在陸上，我們身體承受著全身體重，反而在水中，浮力可以減輕體重，減少對關節的壓力，對肥胖人士或關節退化人士幫助更大。當我們在水中活動時會感到阻力，愈用力快速活動，阻力愈大，單單是在水中行走時抵抗水阻，已經可達到強化肌肉與訓練心肺耐力的效果。

另外，水中運動治療於室內恆溫泳池進行，和暖的池水配合輕量運動，能促進身體血液循環，舒緩繃緊的肌肉。運動治療師會利用水的特性，對肌肉和關節特性的認識，配合浮條、浮板、水啞鈴等水中運動器材進行一系列針對性的肌力訓練與伸展運動，更會加插一些簡單的游泳動作，可為腰膝痛患者舒緩痛症。水療池的水深一般只會及胸，不能游泳的人士同樣合適。

雖然水是一個安全又有效的運動媒介，但也有須要注意的事項。急性痛症或復康初期的水中運動須由運動治療師指導進行，因為錯誤動作或運動過量有機會使痛症加劇。另外，有心臟病、尿道炎、未癒合傷口、傳染性皮膚病等等病症之人士並不適宜進行水中運動治療。

香港中華基督教青年會設有為腰膝痛等痛症患者而設的水中運動治療課程及評估。歡迎致電 2540 0526 向本會必街會所查詢。

香港中華基督教青年會  
運動治療師

### Aquatic Sports Class Relieves Pain

Participating in sports and taking good care of body are the major issues nowadays. In order to reduce joint pressure, we would use water for helping. Resistive property of water assists muscle training.

Aquatic sports class performs in warm water pool promotes blood circulation and relieves muscle stiffness. Sports therapist would use devices like floating noodles, dumbbell and floating board to achieve specific strengthening and stretching. The class will be held in shallow area of the pool, which also suit people without swimming ability.

Sports therapist's guidance is especially indicated for people with acute pain or in early rehabilitative stage, because improper exercise posture or intensity might worsen the condition. People with heart problem, infective skin conditions, and opened wound might not be suitable for aquatic sports.

For the details of Aquatic Sports Class, please feel free to contact us on 2540 0526 for any enquiry.

Sports Therapist,  
Chinese YMCA of Hong Kong

# 水中

## 運動治療課程 Aquatic Sports Class



水中運動特別適合生活節奏急速緊張或缺乏適當運動訓練的都市人。如勉強做運動，身體容易於運動時受傷。於暖水池內進行運動及伸展，有助強化肌肉，同時減輕肌肉的疲勞感，更能增強平衡力和全面的身體控制能力，提升工作與運動表現。

Aquatic Sports Class are suitable for working population who have lack sports training. If we go beyond the limit of our body, we might get injured easily during sports. Undergoing sports and stretching in warm water can strengthen muscles and decrease the muscles fatigue. Also, it can improve the balance and control of the whole body which can enhance job efficiency as well as sports performance.

課程編號 Course Code	日期 Date				假期 Holiday	時間 Time	星期 Day	堂數 Session	費用 Fee
4921.PT.2206.110	13/6	20/6	27/6	4/7	/	10:30 - 12:00	— MON	4	\$1,275
4921.PT.2207.110	11/7	18/7	25/7	1/8	/	10:30 - 12:00	— MON	4	\$1,275
4921.PT.2208.110	8/8	15/8	22/8	29/8	/	10:30 - 12:00	— MON	4	\$1,275

**導師 Instructor:** 運動治療師 Sports Therapist

**名額 Quota:** 10 人 persons  
(1 位運動治療師對 10 位學員 Therapist/ Student ratio about 1:10)

**對象 Target:** 18 歲或以上之本會會友 Members of aged 18 or above

**上課地點 Venue:** LG2 游泳池 LG2 Swimming Pool

**查詢 Enquiry:** 2540 0526 (李曉嵐 Kenix Lee)

### 備註 Remarks

課程於泳池淺水區進行，無需懂得泳術。 Lesson will be launched in shallow area, no swimming ability is needed.

費用包括一次 15 分鐘水療評估。 Course fee include a 15-minute hydrotherapy assessment.

不設補堂及調堂。 No make-up classes.

公眾假期不用上課。 No lesson on public holidays.

學員必須於課程開始前繳交課堂費用。 The course fee must be paid before the course commence.