

# Rehabilitation

## 復康專科

### 認識痛症與脊骨神經學

課程編號：DFNS9053

報名代碼：2445-1857NW



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近年，頸椎退化有年輕化趨勢，由脊椎引起的痛症，例如：頸痛、肩週炎、腰背痛、脊柱側彎等越來越普及，當中有近半數人更患有腳部問題。

本課程由註冊脊醫講解引致脊骨及關節痛症的成因，並且針對足部痛症如：膝痛、足踝痛、足底筋膜炎、足後跟疼痛等，教授學員正確的護脊健康運動；同時介紹最新的治療方法。

HK\$2,950

12小時

粵語輔以英語

### Advanced Certificate in Exercise Rehabilitation and Nutrition Therapy for Sports Injuries

Programme Code: HS190A

Application Code: 2370-HS190A



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Treatment of sports injuries at the right time with proper technique, equipment and diet are crucial for full recovery. The combination of nutrition and physical therapies is essential to promote optimal outcomes. This programme aims to provide knowledge and skills in the areas of exercise rehabilitation and nutrition therapy for those who are interested in the treatment of sports and exercise injuries, such as athletes, personal trainers, coaches, nutritionists, dietitians and other health professionals. In addition to the basic principles of exercise rehabilitation and nutrition therapy, cutting-edge scientific based strategies and practical skills for injury recovery will also be covered.

- R** Applicants shall:
- hold a bachelor's degree awarded by a recognised university; OR
  - hold an Associate Degree or a Higher Diploma awarded by a recognised institution with at least 1 year related work experience; OR
  - have gained four passes in the HKCEE plus English Language at Level 2 with at least 3 years related work experience; OR
  - have gained in the HKDSE Examination Level 2 in 5 subjects including English Language with at least 3 years related work experience; OR
  - (i) be mature students over the age of 25 with extensive work experience; AND (ii) provide evidence of English proficiency, such as HKCEE or HKDSE English Language at Level 2.

HK\$16,800  
Application Fee: HK\$150

5 months

English

Level 4 (Reg. No.: 21/000348/L4) Validity Period: 01 Jun 2021 - on-going

### 長者基本物理治療技巧基礎證書

課程編號：HS159A

報名代碼：2440-HS159A



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此課程為學員提供基礎物理治療技巧和長者復康的理論與技巧，以協助院舍內或家庭中的長者進行基礎運動治療、預防摔跤及常見的神經系統疾病例如帕金森氏症或中風患者的物理治療方法。

**R** 申請人應該具備基本中文閱讀及書寫能力。

HK\$8,800  
報名費用：HK\$150

4個月

粵語

**Q** 資歷架構級別：2 資歷名冊登記號碼：19/000096/L2  
資歷名冊登記有效期：2019年5月6日 - 持續有效

善用持續進修  
基金  
2.5萬元  
(申請年齡  
無上限)

擁有全港  
最多最廣  
課程

See legend on page 033 圖像說明於第033頁

**R** Minimum Entry Requirements 基本入學要求 (P.017)

**S** Fee 學費

**D** Duration 修業期

**M** Medium of Instruction 教學語言

**Q** Qualifications Framework 資歷架構

**E** Exemption 豁免

**S** Short Course 短期課程

For more and latest programme information, please visit our website  
有關最新課程資訊及詳情，請瀏覽學院網站 [hkuspace.hku.hk](http://hkuspace.hku.hk)