

## 仁安醫院 Union Hospital

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歡迎您聯絡我們查詢及預約普拉提運動計劃。

Please call us for further information on how and when to start your Pilates training. Bookings are essential.

請自備輕便運動衣履。

Please prepare casual sports wear and shoes for exercises.



### 交通設施 Traffic Facilities

本院設有免費穿梭巴士，行走本院及大圍港鐵站。

Free Union Hospital Shuttle Buses run between the Hospital and Tai Wai MTR Station.

專線小巴 Green Mini Bus : 68K (由沙田及大圍港鐵站開出)

(From Shatin and Tai Wai MTR Stations)

公共巴士 Buses : 46P, 46X, 80, 80P, 85B, 87B, 89B, 249X, 281M, 286X, 287X (由九龍開出 From Kowloon)

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# Pilates Exercise Programme

## 普拉提運動計劃



仁心、安心、貼您心

Caring • Reliable • Empathetic

## 動出健康人生 *Movement for Better Life*

假如您有著不同的痛症或姿勢問題，普拉提運動訓練可能幫到您。現在就開始利用普拉提作深層肌肉訓練，加強身體穩定性，減低受傷的機會。普拉提運動可以幫助您：

- 鞏固軀幹核心穩定性
- 改善肌肉柔韌性
- 建立深層肌肉張力
- 矯正姿勢
- 加強肢體的協調
- 提升您對體位的意識

If you are enduring body pain and postural problem, Pilates exercise training may help. Let's train your core muscle with Pilates exercise to increase your body stability. Thus, preventing further injuries. Pilates exercise can help you in:

- Increasing core stability
- Building deep muscle tone
- Enhancing coordination
- Improving flexibility
- Correcting posture
- Promoting body awareness

## 普拉提運動 *Pilates*

普拉提是一項現代的健體方法，由約瑟·普拉提於二十世紀初創立。普拉提有別於其他的健身運動，它全面地融合了各種鍛鍊身體的元素，包括呼吸方式、平衡、協調、加強肌肉的力量、耐力和柔韌性。普拉提集中提升軀幹的控制和對身體的意識，是非常適合渴望由淺入深進行身體鍛鍊和改善姿勢的您。

Pilates is a modern physical fitness system named after its inventor Joseph H. Pilates in the early 20th century. Pilates incorporates various elements in terms of breathing control, balance, co-ordination, strength, endurance and flexibility. It differs from many other forms of exercises as it stretches one's body and mind. It is perfect for those who would like to start physical training from easy to hard, to correct posture, as well as to get a better control and understanding of their bodies.

## 臨床普拉提與物理治療 *Clinical Pilates & Physiotherapy*

針對長期的筋骨痛症、脊骨手術後的康復治療、不良姿勢、以及運動創傷，物理治療師會為您提供以復康為本的普拉提訓練。

物理治療師會為每位普拉提運動計劃的參與者進行詳盡的檢查，再設計迎合您身體需要的鍛鍊辦法。我們會使用普拉提專用的儀器，並配置 Combo chair, fitball 及 BOSU，以輔助您進行普拉提運動鍛鍊。

個別教授的運動課堂每節為時 45-60 分鐘，我們建議課堂每星期進行一至兩次。要知道您是否適合普拉提運動，可向醫生或物理治療師查詢。

Our physiotherapists can provide a rehabilitation-oriented Pilates training programme suitable for those who need to work more on any chronic musculoskeletal pain, post-spinal surgery, poor posture and post-sports injuries.

The programme includes an initial examination with full physical history taking. The physiotherapist will devise a personalized training programme specific to your needs.

We use equipment including reformer, semi-trapeze tower, Combo chair, fitball & BOSU, with a trained physiotherapist who guides you through a series of controlled movements.

Each private Pilates session lasts for 45-60 minutes. We recommend our clients to attend once to twice a week. To see if you are fit for Pilates, you may consult your doctor or physiotherapist.

