



接受下列人士轉介個案

- 醫生
- 物理治療師
- 其他健康護理專業人員
- 健體教練

評估

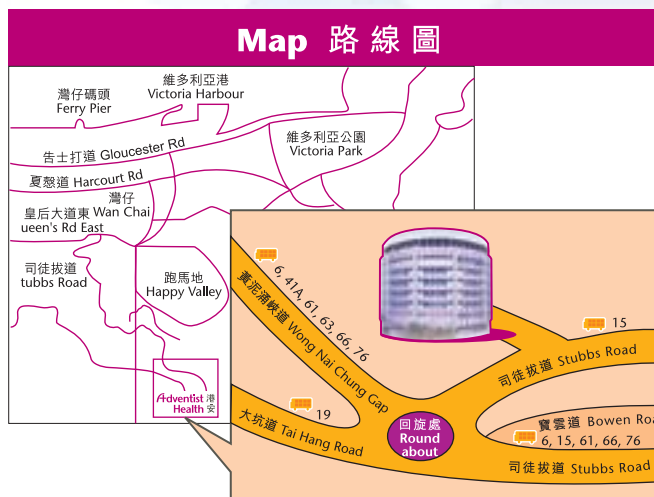
分析：生物力學
神經肌肉控制

- 姿勢
- 肌力平衡
- 動態平衡

透過鍛鍊

- 針對性席上運動
- 「彼拉多斯氏」器械鍛鍊
- 席上運動班

A Certified B.E.T. Pilates Facility



Bus 巴士

6, 15, 66 Central Bus Terminal 中環巴士總站
76 Causeway Bay 銅鑼灣
19, 41A, 63 North Point 北角

Minibus 專線小巴

5, 24M

Taxi 計程車

Available to and from the front entrance of Hospital
乘計程車可直達本院大門前

Parking 停車場

Parking is available for a fee for patients and visitors
本院設有收費停車場供病人及其家人使用

Rehabilitation Centre 康復中心

Address : 7/F., 40 Stubbs Road, Hong Kong
地址：香港司徒拔道40號7樓

Tel 電話：2835-0558

Fax 傳真：2574-8858

Website 網址：www.hkah.org.hk

Email 電郵：rehab@hkah.org.hk

The First Hong Kong Hospital to be Accredited by JCI in 2006
Trent Accreditation since 2006

全港首間榮獲國際JCI評核認可醫院 (2006)
英國國家衛生服務「卓越」評核認可 (2006)

Adventist 港
Health 安
Hong Kong Adventist Hospital
香港港安醫院

B.E.T. Pilates Service
(Biokinetik Exercise Technique)
彼拉多斯健體美姿運動



What Is “B.E.T.” Pilates?



B.E.T. (BIOKINETIK EXERCISE TECHNIQUE) **Pilates** is an exercise rehabilitation approach based on the PILATES Method and developed for physiotherapy interventions. The focus is on the analysis and treatment of postural, muscle and movement imbalances associated with musculoskeletal pain syndromes.

B.E.T. Pilates utilises a unique approach to mat exercises and to resisted muscle training on specialised (Pilates) “slings and springs” apparatus.

The development of dynamic trunk stability and optimal biomechanical balance is the key to the success of this approach in the management and prevention of musculoskeletal dysfunction.

All **B.E.T. Pilates** services are provided by registered physiotherapists.

Conditions Suitable For B.E.T. Pilates Service



- Inefficient movement patterns
- Muscle Imbalance
- Postural pain, faulty alignment and dysfunction
- Longstanding musculoskeletal pain
- Subacute spinal & peripheral injuries
- Recurrent spinal & peripheral injuries
- Post-partum pelvic pain or incontinence
- Osteopenia and early osteoporosis
- Repetitive soft tissues strain injury

the POWER

力發從心
自控機能

to stay

in CONTROL

Referrals Are Accepted From



- Physicians
- Physiotherapists
- Other health care professionals
- Athletic Trainers

Assessment



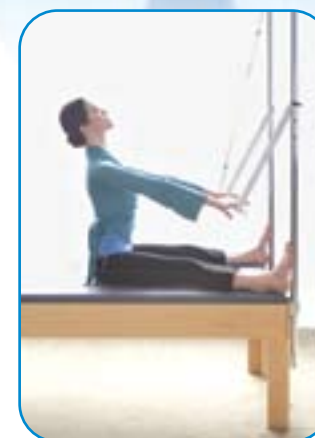
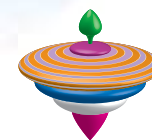
Analysis of: Biomechanical Efficiency
Neuromuscular Control

- Postural Alignment
- Muscle Balance
- Movement Balance

Retraining Via



- Individualised Floor Exercises
- Training on the PILATES apparatus
- Specialised Floor Exercise Classes



何謂「彼拉多斯健體美姿運動」 “B.E.T. Pilates” ?



B.E.T. (BIOKINETIK EXERCISE TECHNIQUE) **彼拉多斯**是一種物理治療運動復康方法，著重分析和治療因姿勢不正、肌力活動失衡而產生的肌肉與骨節痛症。

B.E.T. 彼拉多斯採用獨特的蓆上運動方法，並透過彼拉多斯氏 (Joseph H. Pilates) 的復康健身器械進行肌肉鍛鍊。

要有效防治肌肉與骨節病症，關鍵正是促進姿勢的穩定及力量的平衡。

各項 **B.E.T. 彼拉多斯**服務均由註冊物理治療師提供。

適合於下列症狀：



- 效率欠佳的動態模式
- 肌力失衡
- 錯誤姿勢引致的痛楚及症狀
- 持續的肌肉及骨節痛楚
- 非急性的脊骨及其他關節損傷
- 翻發性的脊骨及其他關節損傷
- 產後盤骨痛楚或失禁
- 骨質疏鬆
- 重覆性軟組織勞損及損傷