

# Subsidy Program for Pelvic Floor Muscles Training 盆底肌治療資助計劃

Childbirth, weight gain, menopause, long-term constipation, chronic cough, and other factors may contribute to weakened pelvic floor muscles, may bring about vaginal laxity, frequent urination, or urinary incontinence.

針對生育、肥胖、更年期、長期便秘、慢性咳嗽等原因，有機會出現陰道鬆弛、尿頻、尿滲等問題。

## Treatment period 修護椅治療

6 to 8 sessions in total, usually scheduled twice per week.

共有6節或8節兩種療程，建議每週進行2次，每次1節。

## Eligibility 合資格人士

- 18 years old or above
- Hong Kong Permanent Resident
- Individual monthly income not more than HK\$13,000
- Hong Kong Registered Doctor's referral for Physiotherapy
- Weakened pelvic floor muscles
- 年滿18歲或以上
- 香港永久性居民
- 個人每月收入不多於港幣\$13,000
- 由香港註冊醫生發出的物理治療轉介信
- 盆底肌肉無力



☎ (852) 2835 0569    ✉ foundation@hkah.org.hk



Facilities Support 配套設施：

**Rehabilitation Center located at Hong Kong Adventist Hospital - Stubbs Road**  
香港港安醫院 — 司徒拔道的復康中心

Terms and Conditions 條款及細則:

- Each beneficiary must inform the respective Rehabilitation Center 24 hours in advance if he/she is unable to participate in an upcoming physiotherapy session
- In order to avoid no show for a reserved physiotherapy session, each beneficiary needs to pay HK\$100 for each session (beneficiaries on CSSA are exempted from this payment)
- Please provide Hong Kong Identity Card copy, address proof and the latest Salaries Tax for application
- Patients will be asked to fill in a questionnaire before and after their treatment. Feedback for improvement will also be provided to patients
- The first treatment session will include initial assessment and pelvic floor muscles training
- Hong Kong Adventist Hospital - Stubbs Road reserves the right to update the fee schedule, brochure, terms and conditions. Any change of fee schedule will be announced and notices will be published in advance, in accordance with the statutory notice period. Any other changes except the fee schedule may be made at any time as it sees fit without prior notice, you are advised to check the latest information before using our services

- 如受惠者無法出席下節物理治療，他/她必須提前24小時通知有關復康中心
- 為避免受惠者沒有出現於已預約的物理治療，每位受惠者需要為每個節數支付港幣100元。(領取綜援之受惠者可豁免該費用)
- 請提供香港身份證副本、住址證明及最近期年度稅單作申請之用
- 進行治療前後會進行問卷調查，向病人提出建議
- 首次療程包括初步評估、訓練盆底肌肉運動
- 香港港安醫院—司徒拔道保留修訂收費表、單張內容、條款及細則之權利。任何的收費表調整將會根據法定的通知期提前發出通告和作出宣布。其他與收費表以外的相關修訂，則可能不作另行通知，閣下於使用本院服務前查閱最新資訊



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