

由香港房屋協會創立的「長者安居樂住屋計劃」致力為本地長者締造一個舒適、融和的家。旗下的「樂頤居」和「彩頤居」提供了一站式的安老服務，項目的註冊物理治療師擁有多多年臨床經驗，為有需要的長者提供專業的評估及物理治療服務，協助患者恢復身體機能，延緩衰老。

The "Senior Citizen Residences Scheme" of the Hong Kong Housing Society strives to provide a warm and harmonic living environment to the local seniors where our experienced registered physiotherapists at Jolly Place and Cheerful Court are committed to deliver professional rehabilitation service from assessment to treatment for the betterment of the seniors.

服務對象 Service Recipients

- 60歲或以上
- 中風或腦創傷患者
- 骨折患者
- 慢性炎症或肌鍵痛症患者
- 肺炎或慢性阻塞性肺病患者

- Aged 60 or above
- Patients suffering with stroke or traumatic brain injury
- Patients suffering from neurological or musculoskeletal disorder
- Patients suffering from acute and chronic musculoskeletal disorders and symptoms

申請人需持有香港註冊西醫發出之轉介信
Referral letter from local registered medical practitioner is required

香港房屋協會保留更改此單張內容的權利，恕不另行通知。

The Hong Kong Housing Society reserves the right to make changes to the contents of this pamphlet without prior notice.

樂頤居復康部 Jolly Place Rehabilitation Section

☎ 2839 8218



新界將軍澳培成里2號樂頤居2樓 (港鐵坑口站B出口)
2/F, Jolly Place, 2 Pui Shing Lane, Tseung Kwan O, N.T.
(Hang Hau MTR Station Exit B)

彩頤居復康部 Cheerful Court Rehabilitation Section

☎ 2839 8073



九龍牛頭角彩霞道55號彩頤居2樓 (港鐵九龍灣站B出口)
2/F, Cheerful Court, 55 Choi Ha Road, Ngau Tau Kok, Kowloon
(Kowloon Bay MTR Station Exit B)

服務時間 Service Hours

星期一至五(公眾假期除外) 9am — 12:30pm, 1:30pm — 5:30pm
Mon to Fri (except public holidays)

物理治療服務 Physiotherapy Service



網址Website



喜頤閣
Cheerful Court
Care Home



安頤閣
Jolly Place
Care Home

針對性訓練

Tailor-made Exercise Programme

為骨折或中風患者進行針對性訓練，當中包括伸展、負重等運動及其他功能性的鍛鍊，以矯正姿勢、改善平衡力和提升活動能力。

Exercise through stretching, weight training, gait refinement plus balance and functional exercise to be adopted for patients suffering from neurological or musculoskeletal disorder such as bone fracture and stroke, etc.



電療

Electro-physiotherapy

針對慢性炎症和肌鍵痛症患者，透過超聲波治療、干擾波電療、衝擊波治療和透皮神經電刺激等激活細胞的自我修復能力。

For patients suffering from acute and chronic musculoskeletal disorders and symptoms, electro-physiotherapy including ultrasound therapy, interferential therapy, shockwave therapy, transcutaneous electrical nerve stimulation, etc. to be applied to induce cell regeneration.



針灸

Acupuncture

於身體表面的特定穴位施針，為患者舒緩痛楚和加速痊癒。

Acupuncture at specific acupoints to relieve pain and promote healing.



手法治療

Manual Therapy

運用不同手法如關節舒整、牽拉、伸展等，幫助患者鬆弛緊張的肌肉，改善關節的靈活性，從而減輕痛楚，加速恢復活動能力。

A series of manual techniques such as manipulation, traction and stretching to relax muscle, soften soft tissues, reduce pain or enhance joint mobility and functions.



胸肺科物理治療

Chest Physiotherapy

透過拍痰、震動法、抽痰及呼吸訓練等，幫助肺炎或慢性阻塞性肺病患者改善氣喘情況，同時提升肺功能及減少分泌物阻塞呼吸道。

Chest physiotherapy such as percussion, vibration, suction, breathing exercises, etc. to help patients suffering from lung diseases such as pneumonia or chronic obstructive pulmonary diseases improve respiratory efficiency, promote expansion of the lungs, strengthen respiratory muscles and eliminate secretions from the respiratory system.