



兒童應該在什麼年紀開始接受 下肢檢查及做鞋墊呢？

What is the best time for children to receive lower limb assessment and wear foot orthotic?



a

由於出生至四歲的兒童足部有厚的脂肪墊，遮蓋了足弓，形成一個假的扁平足。

There is a thick fat pad in the sole since birth. It results in fake flat foot.



b

四歲後，此脂肪墊會慢慢被身體吸收，足弓開始形成。

After age of 4, the fat pad will be absorbed by body and the foot arch will appear.



c

我們建議兒童可以在四至六歲開始接受足部檢查。當然，假如懷疑你的小孩骨骼結構生長異常，也可以在四歲前接受下肢檢查。

We advise children aged 4 - 6 to receive lower limb assessment. Such assessment can also be performed for those below the age of 4 if parents suspect their children having bone growth abnormality.



服務範圍 Scope of Service

服務 Service

下肢檢查
Lower limb assessment

訂造鞋墊
Prescription of insole

如不確定是否需要訂造鞋墊，建議先接受下肢檢查，評估情況。

If the need of insole prescription is to be identified, it is strongly recommended that a lower limb assessment is undergone beforehand.

備註Remarks:

■ 如需額外配件(適用於長短腳及前掌外翻或疼痛等情況)，配件將另收費。
If orthotics additions (applicable to situations of leg length discrepancy and forefoot valgus or pain etc) are required, additional charge will be applied.

■ 基於身體狀況因人而異，如因鞋墊引致其他問題，或閣下使用鞋墊不當而導致的損失，或最終不能解決閣下現有問題，本診所恕不負責或賠償。

While the health conditions vary among different people, Rehabilitation Clinic will not be responsible for any problem or damage arising from the product or improper use of the orthotic. There will be no refund if the problem cannot be solved.

預約 Appointment

歡迎聯絡康復治療診所，預約並接受下肢檢查。
Please contact Rehabilitation Clinic for appointment of lower limb assessment in advance.

診症時間 Opening Hours

Mon to Fri 星期一至五 : 上午9:00 am — 中午12:30 pm
下午1:30 pm — 下午8:00 pm

Sat 星期六 : 上午9:00 am — 下午1:00 pm
下午2:00 pm — 下午5:00 pm

星期日及公眾假期休息 Closed on Sundays and Public Holidays

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THE HONG KONG
POLYTECHNIC UNIVERSITY
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康復治療診所 REHABILITATION CLINIC

下肢檢查服務 LOWER LIMB ASSESSMENT SERVICE



康復治療科學系
Department of Rehabilitation Sciences



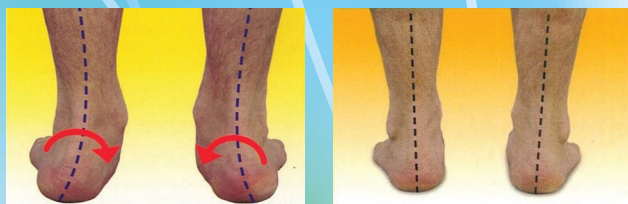
常見之足部問題 Common Foot Problems

常見足部問題包括足底筋膜炎、跟腱炎、拇球痛(前掌腳)、大趾內側的腫脹等。這些問題成因複雜及多元性，可由足部(如後足外翻、扁平足、高弓足)、膝部(如X形腿或O形腿)、長短腳、下肢肌肉過緊或乏力，而下肢的問題如嚴重的話可能引起背痛問題。要改善上述問題，詳盡的下肢檢查是很重要的。

Common foot problems include plantar fasciitis, Achilles Tendonitis, Morton's Neuromas, bunions. The causes of these problems are complex and multi-factorial. It can be contributed by deformities in the lower limbs, discrepancies of leg length, muscle tightness or muscle strength deficiencies in the lower limbs. The mal-alignment in the lower limbs could even cause pain in the spine in serious cases. Therefore, a thorough assessment in the lower limb is essential to tackle these problems.



後足外翻 Pronated Feet



後足外翻 Pronated Feet

正常足 Normal Feet

後足外翻情況嚴重時更可形成以下其他足部問題：

Severe pronated feet may cause following foot problems:



扁平足 Flat Foot



足底筋膜炎 Plantar fasciitis



大拇趾外翻 Hallux Valgus



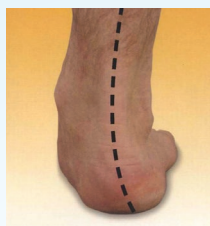
預防足患小貼士 Advice to Avoid and Manage Foot Problems

1

配備合適的鞋及矯正鞋墊
Wear suitable shoes and insole

無論兒童或成年人，因內足弓下陷而引起的足患，皆可透過穿著合適的矯正鞋墊，令情況得以改善。

It is highly recommended that either children or adult could wear the appropriate insole to improve the foot problems caused by collapsed foot arch.



矯正前 Without Orthotics



矯正後 With Orthotics

2

適當的足部運動
Perform foot exercises

3

均衡飲食，防止體重過胖
Keep balanced diet to prevent overweight

4

每年定期作下肢檢查
Undergo lower limb assessment annually

5

避免穿著尖頭鞋、超過兩吋的高跟鞋、鞋底過硬或圍度過迫的鞋子
Avoid wearing narrowed shoes, high-heel shoes (of more than 2-inch high) or shoes with extremely rigid base



下肢檢查 Lower Limb Assessment

本診所為大眾提供下肢檢查，詳情如下：
Rehabilitation Clinic provides lower limb assessment:



第一步：下肢檢查 Step 1: Lower Limb Assessment



足底形態分析 Foot prints analysis

其他檢查如：
步態分析、長短腳量度、前掌外內翻量度、脛骨外內旋量度、拇趾外翻量度及膝部形態分析等。

Other examinations include:
Gait analysis, Leg length measurement, forefoot evaluation, tibial torsion, hallux valgus and knee analysis etc.



第二步：分析問題及提出建議 Step 2: Problems Analysis and Advice

- 護足運動建議
Suggestions on lower limb exercise
- 物理治療(如電療、衝擊波治療)
Physiotherapy (e.g. Electronic Physical Therapy, Shockwave Therapy)
- 轉介到相關的醫療專業作進一步評估
Referring to other healthcare professionals while necessary