

跑姿分析服務

Running Assessment Service

預約 Appointment

歡迎聯絡康復治療診所，預約跑姿分析服務。

Please contact Rehabilitation Clinic for appointment of running assessment service.

診症時間 Opening Hours

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

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

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

聯絡我們 Contact Us

電話 Tel 2766 6734
傳真 Fax 2142 1369
地址 Address 九龍紅磡香港理工大學A座地下AG056室
AG056, G/F, Core A,
The Hong Kong Polytechnic University,
Hungghom, Kowloon
電郵 Email rsclinic@polyu.edu.hk
網頁 Website www.rehabclinic.org



RAX-01-2211



想跑得更快更遠?
想跑又驚整傷?
想破PB?

康復治療診所 REHABILITATION CLINIC

跑姿分析服務
Running Assessment Service

香港近年舉辦的跑步比賽越來越多，參與人數也不斷增加。由此可見，跑步已成為香港最流行的運動之一。

Running is becoming one of the most popular sports in Hong Kong. Number of competitions, as well as number of runners enrolled in these races are increasing.

當你熱衷於練習跑步及進行訓練的同時，可會想過自己也會有因此受傷的機會呢？

While you are enthusiastic in running, do you know that you can get injured from running?

你有否因為受傷而停止跑步？
Is injury the reason for you to stop running?



引致跑步受傷的因素包括：
Factor associated with running-related injuries:

12個月內有受傷記錄
Previous injury in last 12 months

較高的四頭肌生理夾角
Higher quadriceps angle of the knee (Q angle)

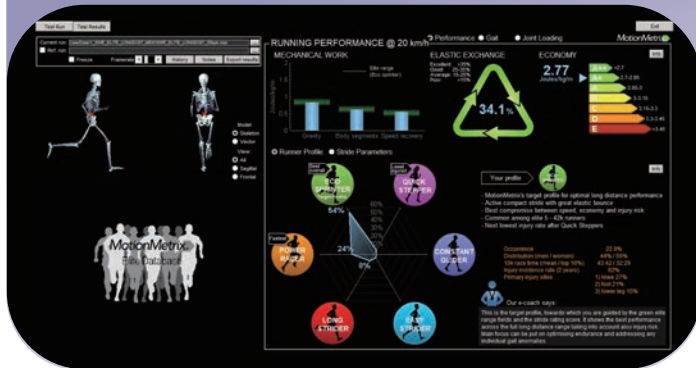
每星期訓練多於64公里
Training more than 64km weekly

每星期跑步的次數：
Weekly running frequency:

男士：三至七次
For men, 3-7 times / week
女士：七次
For women, 7 times / week



跑姿異常會引致下肢受傷，所以本診所引進一套三維步姿分析儀器，讓跑手更了解自己的跑姿及跑得更好。 Abnormal mechanics with lower limbs pain have been reported during running. Therefore, our Clinic would like to introduce a 3D gait analysis system to allow runners to run in a better form.



3D跑步步態系統能夠評估跑手的跑步經濟效益，以及分析跑手的步態運動和關節負荷以評估傷患機會。它收集了多位精英及一般跑手的數據，從而作出前後對比，並根據資料生成一份全面的PDF報告和視頻文件，供跑手作出紀錄及參考，幫助跑手改善跑姿，預防傷患，提升表現。

3D gait analysis system covers all essential aspects of running mechanics featuring running economy, temporal and spatial stride parameters, ground reaction force, gait kinematics and joint loading for injury risk assessment. It has a database of elite and normative data for comparison and it can generate comprehensive PDF report and video file for results sharing, aiming at gait retraining, injury prevention and performance enhancement.

