



Your Health  Our Purpose
為你健康 盡力盡心

運動前健康評估計劃

Pre-Sports Health Assessment Programme



地址 Address :

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服務時間 Service Hours :

星期一至五 : 9:00 - 17:00

星期六 : 9:00 - 13:00

星期日及公眾假期休息

Monday to Friday : 9:00 - 17:00

Saturday : 9:00 - 13:00

Closed on Sunday and Public Holidays

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CUHKMC/HLSOPC/PRESORTS/2022/11



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運動前健康評估計劃 Pre-Sports Health Assessment Programme

本院的「運動前健康評估計劃」(「計劃」)由跨專科團隊從運動醫學角度為運動愛好者設計，令大家可以在健康及安全的情況下進行運動。專科醫生會根據您的運動習慣及喜好、個人和家族病史、心臟和肌肉骨骼系統健康狀況，配以心電圖和血液分析，評估您於進行運動時出現心血管疾病，以至受傷的風險。需要時，專科醫生會為您提供適切的建議及轉介跟進。

Our Pre-Sports Health Assessment Programme (the "Programme") is for sports lovers, designed from a sports medicine perspective to facilitate safe and healthy exercise. Based on the participants' sporting preference and practice, individual and family histories, cardiac and musculoskeletal conditions, as well as electrocardiogram and blood analysis, our specialty doctors can help assess the cardiac risks and sports injury risks. They will also provide advice and referral for follow-up if needed.



此計劃尤其適合以下人士 The Programme is suitable for those who

平日沒有運動習慣，而希望開始運動的人士
Do not have habit of exercising and wish to start exercising

需要增加運動強度的運動愛好者
Love sports and would like to increase exercise intensity

準備參與高強度運動比賽的參賽者
Plan to participate in high-intensity sporting competitions

計劃特色 Programme Features



包含運動前健康檢查兩個重要的元素：心臟及肌肉骨骼健康評估
Include cardiac and musculoskeletal health assessments, two critical aspects of pre-sports health check-up

配合專科醫生專業分析及建議，有助安全地安排運動計劃
Professional analysis and advice from specialist doctor for safe exercise planning



由本院跨專科團隊支持，包括骨科、心臟科專科醫生及運動醫學專家
Supported by our multi-disciplinary team including orthopaedist and cardiologist, as well as Sports Medicine experts



計劃內容和收費 Programme Details and Fee

健康評估 Health Assessment

肌肉骨骼臨床檢查
Musculoskeletal Clinical Examination

血液檢測 Blood Analysis

常規心電圖 Electrocardiogram (ECG)

骨科專科醫生評估報告及作出建議
Report Review and Recommendation
by Orthopaedic Specialist

收費 Fee (HKD) \$3,150