

Physiotherapist

Scope of Practice

The scope of practice of physiotherapist focuses in extensive knowledge and training in the disciplines of exercise physiology, biomechanics, human musculoskeletal system, human cardiovascular system and human neurological system. With this background, the practice adopts a holistic approach to promote overall health & well-being; prevent, eliminate and restore any injuries or health related conditions; educate and guide individuals to reach a maximal level of function. Physiotherapy practice approach further divides into 4 domains.

- Assessment
- Intervention
- Consultation
- Practice Management

Assessment

- Provide proper diagnosis of injuries or health related conditions with subjective examination, personal medical history and physiotherapy assessment techniques
- Identify all precautions and contraindications from the injury or health related condition to physical examinations and treatments
- Observe for postural alignment and use functional movement analysis to further diagnose and have a better understanding of the injury or health related condition

Intervention

- Administer manual techniques such as soft tissues mobilization, joint mobilization, manipulation, muscle energy technique, proprioceptive neuromuscular facilitation technique, etc. for pain relieve and to improve movements and overall conditions
- Prescribe therapeutic modalities such as ultrasound, TENS, interferential current, neuromuscular electrical stimulation and compression cryotherapy to alleviate pain and symptoms
- Design specific take home exercises for individuals to help correct movement patterns

Consultation

- Advise and plan individuals' daily lifestyle and physical activities to promote overall health and well-being
- Refer individuals to seek for proper help and advice from other healthcare disciplines if necessary
- Educate individual and individual's family/relatives self-guided treatments and home management

Practice Management

- Apply evidence-based support into clinical practice
- Record and document all recognized injuries, interventions and rehabilitation progression
- Discuss with athletic trainer to create a field-side training program
- Report and discuss with coaching staff on most updated injuries and/or conditions

物理治療師

臨床工作範疇：

物理治療師的工作範疇是根據運動生理學、運動生物力學、人體肌肉骨骼系統、人體心血管系統與人體神經系統相關知識背景，針對客戶的傷害或是相關疾病，採用全面的計畫促進健康；提供預防、治療、教育的服務，使客戶達到身體功能最佳化。物理治療師的臨床工作實務細分為四大領域：

- 評估
- 治療
- 諮詢
- 臨床管理

評估

- 利用檢查與物理治療評估技術，精確診斷出客戶的傷害或疾病
- 透過對傷害與疾病預防措施與相關禁忌症的瞭解，實施身體檢查以及進行治療
- 觀察病人的身體姿勢與使用功能動作分析技巧，達到更深入的診斷進而更細微的了解客戶的傷害以及相關疾病

治療

- 使用徒手治療技術，像是：軟組織鬆動術、關節鬆動術、徒手技術、肌肉動力技術、本體感覺神經鬆動技術等，達到減輕疼痛、改善活動品質與整體狀況
- 使用物理治療儀器，諸如：超音波、經皮神經刺激、干擾波、電刺激與冷療壓迫，以減輕疼痛與症狀
- 設計客製化個人運動治療計畫與日常管理計畫，以協助改善動作模式

諮詢

- 給予病人日常生活建議，與相關健康管理資訊促進整體健康
- 如果有必要，轉介病人至適當的相關機構，且適當的與其他相關健康相關專業諮詢、討論，給予最佳照護
- 教育病人和病人的家屬在受傷期間如何有效自我管理迅速恢復

臨床管理

- 將有學術文獻支持之方式應用在臨床實務之上
- 記錄所有在案的傷害
- 與運動傷害防護師共同討論制定運動員的運動場相關訓練計畫
- 與教練團隊報告與討論運動員最近的傷害與身體狀況

Athletic Trainer

Scope of Practice

The scope of practice of athletic trainer focuses in extensive knowledge and training in the disciplines of exercise physiology, human musculoskeletal system, and biomechanics. This practice further divides into 5 domains under these disciplines.

- Assessment
- Intervention
- Prevention
- Practice Management
- On-Field Emergency Care

Assessment

- Interpret an injury or health related condition from signs, symptoms and predisposing factors to complete a proper diagnosis
- Perform specific physical testing and assessment techniques to identify an injury or health related conditions
- Communicate with other medical personnel and family/relatives about rehabilitation plan

Intervention

- Design and educate individuals with an extensive tailor-made program to improve on their overall strengthening and conditioning
- Use specific athletic treatment techniques to achieve desired recovery effects
- Correct movement patterns and posture to enhance physical performance
- Educate athletes self-guided treatments during injured period

Prevention

- Provide equipment selection, fitting and repair advice
- Apply prophylactic or supportive taping
- Collect injury surveillance database to standardize and identify preventive measures
- Educate athletes for basic nutrition knowledge

Practice Management

- Apply evidence-based support into clinical practice
- Report to coaching staff on most updated injuries and/or conditions
- Document and report all recognized injuries, interventions and rehabilitation progression

On-Field Emergency Care

- Detect for any on field sports emergency and rate severity
- Implement sports injury emergency plan
- Communicate with other medical personnel about the situation
- Explain to the athlete about the injury and educate him/her for self-management
- Respect athlete's confidentiality

運動傷害防護師

運動傷害防護師是一個健康與運動相關的專業，需要和醫師以及醫療專業人士共同合作，針對運動傷害提供預防、評估、治療與復健的相關服務。

工作範疇涵蓋：

- 評估
- 治療與復健
- 預防
- 相關行政工作
- 急救

評估

- 病史調查、身體檢查初步界定問題所在
- 復健計畫撰寫
- 與相關醫療人員與家屬溝通協調

治療與復健

- 針對運動員的傷害選擇最適當的治療方式
- 安排基礎的體能肌力訓練計畫
- 評估運動員的身體運動功能，協助運動員重回運動場
- 教育運動員在受傷期間如何有效自我管理迅速恢復

預防

- 訓練前的整體評估
- 提供適當護具選用資訊協助運動員的恢復
- 運動員各項相關數據蒐集
- 教育運動員基礎運動營養觀念

相關行政工作

- 將有學術文獻支持之方式應用在臨床實務之上
- 了解運動相關法規與運動競技相關規則以利運動場上的支援與協助
- 紀錄運動員的就醫、復健、運動治療的恢復歷程

急救

- 對運動場上發生的緊急事故進行初步評估，以及界定嚴重的程度
- 實施緊急計畫
- 進行二次評估
- 進行二次評估後的初步診斷
- 與運動員以及相關醫療人員溝通，對運動員解說傷害的狀況以及教育如何自行護理，尊重運動員隱私

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