

Inspire Functional Health Assessment 康迪身體機能健康評估

Recommended for people aged 60 or above 適合60歲或以上人士

Elders are more likely to have unrecognized comorbidities and impairments that increase their risk of medical morbidity, functional decline, and mortality. Functional impairments and cognitive and affective problems are particularly prevalent among older patients, and can be improved with early recognition and treatment.

長者有更高機會患有未被發現的共病症和損傷，這會增加他們患病、功能下降和死亡的風險。功能障礙以及認知和情感問題在老年患者中尤為普遍，並且可以通過早期識別和治療得到改善。

Purpose of Assessment

評估目的

01 Evaluating functional capacity and dynamic balance
評估身體功能和動態平衡

02 Predicting the risk of sarcopenia and fall risk
預測肌肉減少症風險和跌倒風險

03 Spotting out possible depression and psychosocial problems
發現可能的抑鬱和社會心理問題

04 Screening for and assessing pain problems
篩查和評估疼痛問題

05 Evaluating cognitive function
認知功能評估

06 Screening for coordination problem which may indicate neurological disease
篩查因神經系統疾病引致的協調問題

Fee 費用

HK\$ 2,300

Duration of assessment 30 minutes
評估需時30分鐘

Assessment Details

評估內容

Upper Limb Strength Test 上肢力量測試

- Hand Grip Test
手握力測試

Lower Limb Strength Test 下肢力量測試

- 30-second Chair Stand Test
30秒起立坐下測試
- Gluteal Muscle Function Test
臀肌功能測試

Joint Mobility and Muscle Flexibility Test 關節活動度和肌肉柔韌性測試

- Sit and Reach Test
坐下伸手測試
- Back Scratch Test
回刮測試
- Ankle Mobility Test
踝關節活動度測試

Time Up and Go Test 坐站起走測試

Physical Activity Assessment (Questionnaire) 體能評估 (問卷)

Pain Assessment (Questionnaire) 疼痛評估 (問卷)

Cognitive Assessment 認知評估

Coordination Test 協調測試

Sensory Organization Test 感官組織測試

6-minute Walk Test 6分鐘步行測試

Doctor Consultation and Report Interpretation 醫生問診及報告解釋

Notes 備註

- For enquiries, please contact our customer service representative.
如欲了解有關本計劃之詳情，請向客戶服務代表查詢。
- In case of any dispute, UMP Wellness & Metabolic Centre reserves the right of final decision.
如有任何爭議，聯合健康管理中心保留最終決定權。



聯合健康管理中心
UMP Wellness & Metabolic Centre

Functional Health Assessment 身體機能健康評估



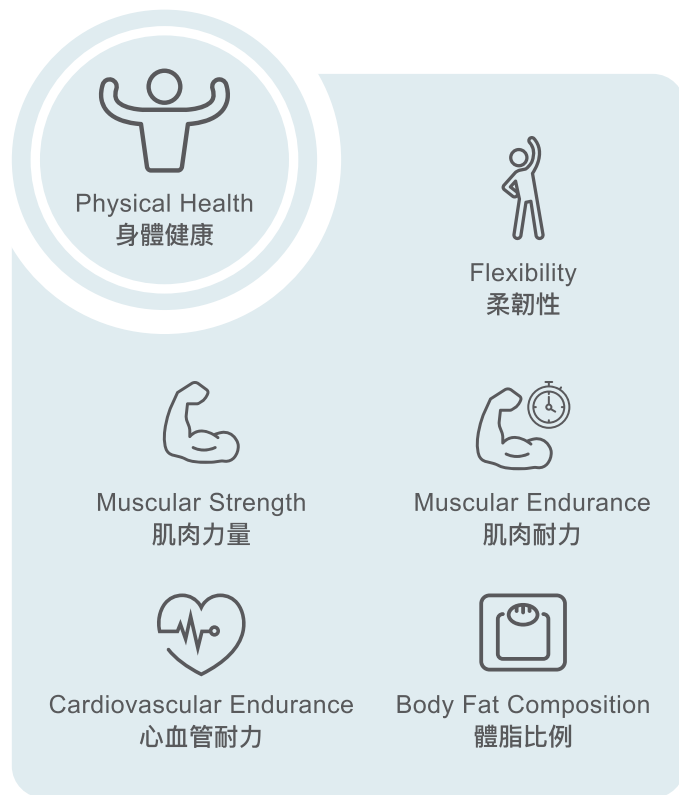


What is Physical Health?

何謂身體健康？

Physical Health can be defined as normal functioning of the body at all levels. There are five components of physical fitness that an individual need to consider: cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body fat composition.

身體健康狀況可以定義為身體各個層面的功能正常運作。釐訂個人身體健康，需要照顧五大組成部分：心血管耐力、肌肉力量、肌肉耐力、柔軟性和體脂比例。



It is essential to evaluate your own physical health condition and predict the risk of some musculoskeletal diseases. The physiotherapist at UMP Wellness & Metabolic Centre has designed different tests, and the assessment results will provide vital indicators for customizing an exercise program that is right for your physical health.

評估自己的身體健康狀況並預測某些肌肉骨骼疾病的風險是非常重要的。聯合健康管理中心物理治療師設計了不同的測試，測試結果將為定制適合您體格健康的運動計劃提供重要指標。

Comprehensive Functional Health Assessment

全面身體機能健康評估

Recommended for people under aged 60

適合60歲以下人士

Purpose of Assessment

評估目的

- 01 Predicting the risk of sarcopenia and fall risk
預測肌肉減少症風險和跌倒風險
- 02 Foreseeing the risk of back pain and knee pain
預測背痛和膝痛風險
- 03 Spotting out abnormal posture
發現異常姿勢
- 04 Screening for and assessing pain problems
篩查和評估疼痛問題
- 05 Evaluating aerobic capacity
評估帶氧能力

Assessment Details

評估內容

Upper Limb Strength Test 上肢力量測試

- Hand Grip Test 手握力測試

Lower Limb Strength Test 下肢力量測試

- 30-second Chair Stand Test 30秒起立坐下測試
- Gluteal Muscle Function Test 臀肌功能測試

Spine Health Assessment 脊柱健康評估

- General Posture Check 一般姿勢檢查
- Back Muscle Endurance Test 背部肌肉耐力測試
- Spinal Proprioception Test 脊柱本體感覺測試
- Sit and Reach Test 坐下伸手測試

Pain Assessment (Questionnaire) 疼痛評估 (問卷)

Physical Activity Assessment (Questionnaire) 體能評估 (問卷)

Balance Test 平衡測試

Aerobic Capacity Test 帶氧能力測試

- Submaximal Cycle Test 最大次強度測試

Doctor Consultation and Report Interpretation 醫生面診及報告解釋

Fee 費用

HK\$ 2,300

Duration of assessment 30 minutes

評估需時30分鐘



Enquiry & Appointment

查詢及預約

For more information about our services or appointment booking, please contact us or visit our website.

如欲了解我們的服務或預約，歡迎與我們聯絡或瀏覽我們的網站。

Telephone 電話: (852) 2507 2656

Website 網站: www.ump-wmc.com.hk

UMP Wellness & Metabolic Centre location 聯合健康管理中心位置

Address Room 1603, 16/F, Wing On House,
71 Des Voeux Road Central, Hong Kong

地址 香港中環德輔道中 71 號
永安集團大廈16樓1603室

How to access 如何前往

MTR 港鐵

MTR Central Station Exit A or B (5 minutes walk)
港鐵中環站A或B出口 (步行 5 分鐘)

MTR Hong Kong Station Exit C (3 minutes walk)
港鐵香港站C出口 (步行 3 分鐘)

