

Pain Management Program (For People Below Age 60)
疼痛管理計劃 (適合60歲以下人士)

Week 週	Treatment 治療	Conducted by 主理
1	<ul style="list-style-type: none"> Initial assessment and screening for red flags 初步評估和篩選危險信號 Consultation 諮詢 	Physician 醫生
	<ul style="list-style-type: none"> Medication management 藥物管理 	
	<ul style="list-style-type: none"> Initial physical assessment 初步身體評估 Obtain baseline outcome measures 採集相關結果措施的基線 Health promotion 促進健康 <ul style="list-style-type: none"> Pain psychology 疼痛心理學 Pain management strategy 疼痛管理策略 Exercise to relieve pain 舒緩疼痛運動 	Physiotherapist 物理治療師
2	<ul style="list-style-type: none"> Pain modality 疼痛物理療法 <ul style="list-style-type: none"> Ultrasound 超聲波 Electrical stimulation 電流刺激 Myofascial massage 肌筋膜按摩 Acupuncture 針灸 Cupping/Gua Sha 拔罐/刮痧 	Physiotherapist 物理治療師
	<ul style="list-style-type: none"> Individual advice on behavioral changes 個人行為改變建議 <ul style="list-style-type: none"> Job analysis 工作分析 Ergonomic and postural correction 人體工學和姿勢矯正 Use of home TENS 家庭TENS的使用 	
	<ul style="list-style-type: none"> Education on relaxation therapy 放鬆療法教育 <ul style="list-style-type: none"> Stretching of large muscle group 大肌肉群的拉伸 Mindfulness practice (Yoga) 正念練習 (瑜珈) 	
3	<ul style="list-style-type: none"> Pain modality 疼痛物理療法 	Physiotherapist 物理治療師
	<ul style="list-style-type: none"> Physical reconditioning 身體修復 <ul style="list-style-type: none"> Core stabilisation +/- Biofeedback 核心穩定性 +/- 生物反饋 Mckenzie exercise for back/neck 背部/頸部的麥肯齊運動 Strengthening and motor control exercise 加強和運動控制練習 Eccentric strengthening for chronic tendonitis 離心強化運動 	
	<ul style="list-style-type: none"> Aerobic exercise to promote psychological health 有氧運動促進心理健康 	

Week 週	Treatment 治療	Conducted by 主理
4	<ul style="list-style-type: none"> Mid-term follow-up 中期跟進 Manage medications 管理藥物 	Physician 醫生
	<ul style="list-style-type: none"> Pain modality 疼痛物理療法 Aerobic exercise to promote psychological health 有氧運動促進心理健康 	Physiotherapist 物理治療師
5	<ul style="list-style-type: none"> Pain modality 疼痛物理療法 Physical reconditioning 身體修復 Aerobic exercise to promote psychological health 有氧運動促進心理健康 	Physiotherapist 物理治療師
6	<ul style="list-style-type: none"> Pain modality 疼痛物理療法 Evaluation of physical assessment 評估身體檢查結果 Taking related outcome measures 採取相關結果措施 	Physiotherapist 物理治療師
	<ul style="list-style-type: none"> Finalize home exercise plan 完成居家訓練計劃 Reinforce self-management strategy 強化自我管理策略 Final consultation for clients' concerns 針對客戶的問題進行最終諮詢 	



Notes 備註

- Our program only includes the doctor's consultation fees and examination fees specified by the program, and does not include the fees for medications, medical imaging, laboratory tests, examinations and other services not specified by the program.
本計劃只包括計劃指定的醫生診金及檢查費用，並不包括藥物、醫學影像、化驗、非本計劃指定的檢查及其他服務費用。
- 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

Pain Management Program 疼痛管理計劃



Pain Management Program 疼痛管理計劃

Our program aims to reduce the negative impact of non-cancer pain, as well as improve patient's psychological well-being and quality of life impaired as a result of pain.

我們的計劃旨在減少非癌症疼痛的負面影響，並改善因疼痛而影響患者的心理健康和生活質量。

Recommended for

適合對象

Non-cancer pain lasting at least 3 months
持續至少 3 個月的非癌症痛楚

Pain Management Program (For People Age 60 or Above) 疼痛管理計劃 (適合60歲或以上人士)

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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)

