

## 產前運動班

產前運動之目的目的是幫助準媽媽在生理及心理上作好準備，促進身體健康、產程順利及加速產後復原。  
贊育醫院定期舉辦產前運動班，由專業物理治療師臨場指導，凡準備在瑪麗醫院分娩的孕婦均可參加。歡迎邀請一位成人親友一同出席協助，陪產者更佳。

運動班共五課，課程內容如下：

堂數	內容	上課週數	目的
1	產前運動 (1)	16至20週	1. 幫助減輕產前不適，加速產後復原。
2	產前運動 (2) 身心鬆弛技巧		2. 幫助減輕產前、生產時及產後的壓力和緊張。
3	* 生產球應用	22至30週	幫助應付陣痛，促進生產順利，增強成功感。
4	舒適方法	32至36週	
5	用力技巧		

\*註：關於第三課"生產球應用"，要得到好效果及保障閣下安全

1. 先完成第一課"產前運動"，學習基本盤骨控制；及
2. 必須有一位成人親友(陪產者更佳)一同出席，否則一律恕不招待。

**\*為閣下安全，凡懷孕三十週或以上將不能參加生產球應用班。**

上課時間：逢星期二、四：上午九時至十一時半  
逢星期一、三、五：下午二時半至五時

上課地點：贊育醫院三樓東座物理治療部

有意參加者覆診時請醫生填寫本表格第二部份的物理治療產前運動班轉介書，然後於預約時間內：

1. 親自帶同轉介書到贊育醫院三樓東座物理治療部或
2. 先致電 **2589 2325** 聯絡本部門索取課堂時間表，再傳真物理治療產前運動班轉介書、身份證明文件、地址、聯絡電話及傳真號碼至 **2559 3463** 安排上課日期。

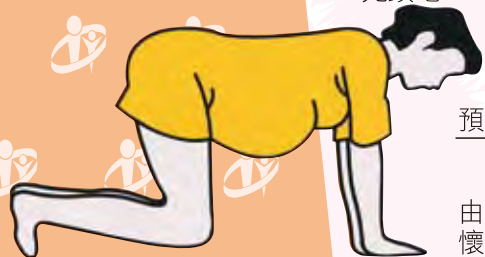
預約時間：星期一至五：上午九時至下午十二時及下午二時至四時半

(星期六、星期日及公眾假期休息)

由於名額有限，請盡早預約，額滿即止。

懷孕三十六週或以上，不適合參加此產前運動班。

如有查詢，請致電本部門 2589 2325



## Ante-natal Exercise Class

Antenatal exercise helps to prepare you physically and psychologically for labour, enhances smooth delivery and facilitates recovery after delivery. We hold regular antenatal exercise classes and women who are going to have delivery in Queen Mary Hospital are encouraged to attend. An adult relative or friend can accompany & help you out in the class. Companion in labour would be the best.

Topic	Contents	Attending at	Objectives
1	Antenatal exercises (1)	16 - 20 weeks	1. Musculoskeletal conditioning. Reduce discomforts & Enhance postnatal rehabilitation
2	Antenatal exercises (2) Relaxation & Mental Strategies		2. Relief tension & anxiety
3	*Birth Ball in Labour	22 - 30 weeks	Increase physical comfort, Facilitate labour, Promote sense of accomplishment & capability
4	Comfort Measures	32 - 36 weeks	
5	Pushing Technique		

**\*Note:** For the class on "Birth Ball in Labour", to benefit the most from the class and ensure your safety, please take note:

- i) Complete Topic (1): Antenatal Exercises (1) - to acquire basic skills on pelvis control; and
- ii) Must be accompanied by an adult relative/friend to ensure your safety; otherwise, you will not be entertained. Companion in labour would be the best.

**\* For safety sake, no "Birth Ball in Labour" will be arranged after 30 weeks of gestation.**

**Time :** Wednesday: 2:30 pm to 5:00 pm

**Venue:** Physiotherapy department, 3/F, East Wing, Tsan Yuk Hospital

If you would like to join the class, please ask the doctor to fill in the referral (Part II) and make booking during booking hours:

1) **in person:** bring along the referral to Physiotherapy department, 3/F, East Wing, Tsan Yuk Hospital or

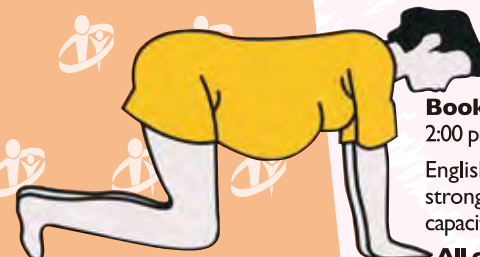
2) **by fax:** fax the referral, identity document, address, contact telephone ± fax no to **2559 3463**. You may contact us at **2589-2325** for class schedule.

**Booking Hours:** Monday to Friday: 9:00 am to 12:00 noon, 2:00 pm to 4:30 pm (Closed on Saturday, Sunday and Public Holidays)

English Class is arranged on alternate month. Early booking is strongly advised to ensure class is available. Due to limited class capacity, service will be provided on a "first come first served" basis.

**All classes should be done before 36 weeks of gestation.**

**For enquiry, please call us at 2589 2325**



## Physiotherapy Post-natal Exercise & training program

### Post-natal exercise will help you to:

1. Tone and strengthen musculature weakened during pregnancy and childbirth.
2. Prevent and manage post-partum problems such as pain in the spine & pelvis, incontinence or genital prolapse
3. Understand efficient body mechanics and the care of spine
4. Gain motivation to resume your pre-pregnancy physical fitness

Post-natal exercises can be started 24 hours after normal vaginal delivery and 2 days after caesarean section.

Physiotherapists in QMH will approach individual mothers in the ward to teach them appropriate exercises and back care.

Mothers can also enrol for postnatal exercise class in Tsan Yuk Hospital. Please obtain a doctor's referral and make an appointment at Physiotherapy Department, TYH within 2 weeks after delivery and attend the class within 3 months after delivery.

### Registration & booking:

1. **in person:** bring along the referral to Physiotherapy department, 3/F, East Wing Tsan Yuk Hospital or
2. **by fax:** fax the referral, identity document, address, contact telephone ± fax no to **2559 3463**.

Please write down your contact phone no. at the right upper corner for easy communication.

**Booking Hours:** Monday to Friday: 9:00 am to 12:00 noon, 2:00 pm to 4:30 pm  
(Closed on Saturday, Sunday and Public Holidays)

**Venue:** Physiotherapy department, 3/F, East Wing Tsan Yuk Hospital

### Note:

1. English class is arranged every 2-3 months.
2. Since there are no facilities to care for accompanying baby or children, please do not bring your baby or child along unless a carer is with you.
3. For enquiry, please call us at **2589 2325**.

## 物理治療產後運動班

### 產後運動可幫助您：

1. 鍛鍊因懷孕及分娩而鬆弛的肌肉
2. 預防/處理產後可能引起的腰脊盤骨痛、器官垂脫及小便失禁
3. 認識正確的人體功效學及腰脊護理
4. 推動回復孕前的體適能

產婦可於順產後24小時或手術分娩後兩天開始練習產後運動。

瑪麗醫院物理治療師，會於產婦住院期間，個別教授合適產後初期的運動與腰背護理。

產婦亦可參加贊育醫院物理治療部舉辦的產後運動班。有意參加者，請於出院前向醫生索取物理治療轉介書，並於產後二星期內登記預約。建議產婦於產後三個月內參加產後運動班。

### 登記預約方法：

1. 親自帶同轉介書到贊育醫院三樓東座物理治療部 或
2. 傳真轉介書、身份證明文件、地址、聯絡電話及傳真號碼至 **2559 3463**安排。

請於轉介書右上角寫上閣下的聯絡電話，以便聯絡。

**預約時間：**星期一至五：上午九時至下午十二時及下午二時至四時半  
(星期六、星期日及公眾假期休息)

**運動班地點：**贊育醫院三樓東座物理治療部

### 備註：

1. 每月一班，額滿即止。
2. 因產後運動班沒有照顧嬰孩服務，如無家人陪同，請勿攜帶嬰孩上課。
3. 如有查詢，請致電本部門 **2589 2325**。