



運動物理治療師 在運動比賽中的角色

The Role of **Sport Physiotherapist** in Sport Games

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細閱過近期一些有關野外運動協會的發展歷程的介紹文章後，喚起了我的使命感，希望介紹一下有關運動物理治療的發展史，好讓大家認識到復康治療的重要性。

After reading articles relating to the development of some sporting associations in the last issue, my mission was aroused. It stimulated me to write an essay about the development of sports physiotherapy so as to let people know the importance of rehabilitative treatment.

事實上，物理治療的歷史比起很多運動的發展史還要短。七十年代以前，醫療服務根本談不上「復康」。一般人只認為食藥、做手術、洗傷口就叫作醫療。人往往在受傷或手術過後沒有好的康復療程而不能回復到最佳狀態，甚至失去工作能力或結束運動員生涯。直至八十年代，很多熱心人士把「復康」的概念引入香港，物理治療才迅速地發展。

現在，物理治療大致可分為胸肺科、骨科、腦及脊椎神經科、兒科、老人科、婦產科、風濕科、運動創傷科、手法治療

In fact, the history of physiotherapy is much shorter than history of many sports. Before 1970s, medical service did not have the concept of “rehabilitation”. In most people’s mind, medical treatment meant medicine, surgery and dressing care only. People did not receive appropriate rehabilitation treatment after injury or surgery which made them unable to recovery fully. Some of them even lost their working ability or put a full stop to their sports lives. Until 1980s, the concept of “rehabilitation” was introduced to Hong Kong by some enthusiastic people, and hence physiotherapy developed rapidly.

Nowadays, physiotherapy is categorized as cardiopulmonary, orthopaedics, neurology and spinal injury, paediatrics, geriatrics, obstetrics and gynaecology, rheumatology, sports injury as well as manipulative therapy. The covering area is as wide as conducting

上圖：在毅行者這一年一度的盛事，我們已派出數十位治療師，但仍見人龍排隊，希望我們的幫助可令參加者們盡力去走畢全程。

Top: we had sent tens of therapists for big sports events like Trailwalker. Yet, you can see there was still long queue waiting for treatment. We hope our assistance may help the participants finish their journeys.

Tips & Technique

學等專科。治療層面廣闊到由為深切治療部內垂死的病人所作的排痰法(以減少缺氧及身體機能惡化的機會),以至為精英運動員所作的高水平、高科技的專項訓練等等,令很多人意想不到!而隨著很多革命性的研究及治療學的誕生,各專科物理治療已不只停留於復康治療的階段,而是發展到對傷患疾病的防治和提升專項運動比賽水平的層面了。

我慶幸能夠在香港差不多是僅存的一間復康醫院裡的運動創傷組工作,每天都可盡我的心力給予每個有康復潛質的病人四至六小時的治療和運動訓練,有如軍訓一樣,我常笑說他們是多麼的幸福快樂!對比起大部分要「慳人手」的急症醫院,平均每個病人只能接受約十多分鐘的治療,根本談不上「復康」。

相反地,試過兩度撕斷膝部前十字韌帶的足球明星朗拿度,體現過嚴謹的物理治療及復康訓練怎樣令他的運動生涯重生,結果在巴西資助建立了一間專為培訓物理治療人材的大學,推動復康醫療。如果香港政府能瞭解真正的「慳錢之道」是利用復康醫療去增加病人的獨立能力、加速康復、減少再入院機會,甚至是盡快回復工作能力,那就值得安慰了。

我很自豪是物理治療學會運動物理治療專研組的一分子。有如醫生們所組織的醫學會一樣,我們大部份的治療師會加入物理治療學會。其下之運動物理治療專研組,連我在內共7位幹事,雖然沒有酬勞,我們卻默默地支持香港各類型的運動比賽。當中有不少治療師跟隨港隊精英運動員如李麗珊等,四出征戰多年,既是他們的治療師,更是他們的嫗母。而除了精英運動員外,我們亦熱心服務廣大民眾,就好像為人所認識的渣打馬拉松、毅行者、環島行、雷利衛徑長征、山頭霸王越野馬拉松、野外定向等比賽等,每次我們都有數十位義務性質的運動物理治療師,不辭勞苦、捱更抵夜,即場為參賽者作出診斷和治療。不過,有很多人會問,究竟即場,靠雙手我們可以做什麼?我們跟按摩師、跌打或救護員有何分別?

其實除了醫學院培訓的骨傷專科的中醫師外,坊間大部份的按摩跌打師傅未必接受過正統的解剖學和生物醫學的教育,其治療技巧及有效程度很難找出有系統的文獻或研究的依據。再者,推拿及跌打的



sputum removal techniques (which is used to reduce the chance of anoxia and deterioration of body function) for patients in the Intensive Care Unit and prescribing highly technical, advanced and specific training for elite athletes. As there are many revolutionary researches and birth of therapeutics, each physiotherapy specialty does not merely stay at the rehabilitation stage, but develop further to the disease / injury prevention of disease and upgrading of specific sports competition level.

strengthen the independent ability of patients, speed up rehabilitation, reduce the chance of hospital readmissions or even resume the patients' working ability, we will feel better.

I am proud to be one of the Sports Physiotherapy Specialty Group committee of Hong Kong Physiotherapy Association Limited. Like Medical Association formed by doctors, most of the sports physiotherapists join the Specialty Groups of the Hong Kong Physiotherapy Association Limited. We have seven committees including me in the group.

The Brazilian soccer star Ronaldo, who ruptured his knee ligament twice and underwent the strictest physiotherapy and rehabilitative training which trained him how to make his sports life alive.

I am lucky to work in a sports injury unit in one of the few rehabilitation hospitals in Hong Kong. Each day, I can work with full effort to provide 4-6 hours treatment and exercise training to the potential rehabilitants. Their hospital life is more or less similar to army training. I always tease my patients that they are lucky. Comparing to most of the busy acute hospitals, patients may only receive about 10 minutes treatment pre day.

Unlike Hong Kong's situation, the Brazilian soccer star Ronaldo, who ruptured his knee ligament twice and underwent the strictest physiotherapy and rehabilitative training which trained him how to make his sports life alive, supported to the establishment of a physiotherapy university in Brazil. The university aims at training physiotherapist and promoting rehabilitation. If Hong Kong Government can understand the real meaning of "saving money" which is no more than making use of the rehabilitative treatment to

Although we are not paid, we work silently and wholeheartedly to support different kind of sports games in Hong Kong. Some therapists have even accompanied Hong Kong sports elites, like Li Lai Shan to important sports games around the world for years. They are not only the therapists, but also the caregivers of these sports elites. Besides that, we are also enthusiastic for public services like those commonly known activities included Standard Chartered Hong Kong Marathon, Trailwalker, Green Power Hike, Raleigh Challenge – Wilson Trail, Raleigh International Mountain Marathon, and Orienteering events. Each time, tens of us would work as voluntary sports physiotherapists providing onsite

上圖: 我們運動物理治療專研組常舉辦很多專修課程給予運動物理治療師深造。Top: our Sports Physiotherapy Specialty Group always holds specialty courses for training sports physiotherapists.

手法多為軟組織受傷所採用。而物理治療通常是解剖學、生物力學、運動醫學及生理學為基本，甚至有時以驗血報告，X光片，磁力共振片、心電圖等測試數據輔助下，作出精確的診斷。

而治療方面，大部份非藥性而又有文獻依據的治療都會採用。就我而言，基本的脊骨鬆整手法，關節牽拉或復位的手法，軟組織的伸展或鬆弛手法、冰療、熱療、電療、水療、壓力治療是時常用到的，而一些推拿理筋手法，現代針灸學、黏膏帶紮貼法和一些有依據的自然療法也有採用的地方。還有兩方面是物理治療不可能被取締的，就是運動療法以及生活或運動模式的建議。任何一種身體受傷，只

物理治療好處在於集百家之長，我們運動物理治療師懂得從多種治療方法中選取較適合及實際的治療。

顧控制它症狀而沒有專注的運動鞏固療效，是永不能完全根治。但專注的運動不是指舉啞鈴把肌肉練得肥大就可以了。舉個例，髌股關節綜合症的病人如不懂得如何訓練膝部內外側的肌力平衡及與股肌肉的協調訓練，膝痛好容易復發。而且單是配合運動亦不夠，運動訓練方法的改正，運動飲食建議，比賽裝備或跑鞋的選擇以及休息或工作環境的修正可以有效地減輕病情。

如果要比較單一種治療，傳統針灸對比現代針灸，或脊醫的整脊手法對我們的手法，可能我們有不及之處，但物理治療好處在於集百家之長，我們運動物理治療師懂得從多種治療方法中選取較適合及實際的治療。還有，我們大學時代的訓練亦著重要了解自己能力限制的所在。我就曾試過在比賽中發現運動員有骨裂的情況，最終把他轉介即場的救護員，如果還盲目地揸擦按摩膏以求止痛，後果就不堪設想了。

希望大家日後在未來的運動比賽，遇上我們這班熱血青年時，給我們多一點鼓勵吧！

physical examination and treatment for the participants. One may query about our ability with only our bare hands on the spots, as well as the differences between massagers, bonesetters or rescuers and us.

Except the Chinese medicine orthopaedic practitioners, who trained in the medical university, most of the massagers and bonesetters may not receive any formal training for anatomy and medical science. It is also difficult to prove the appropriateness and effectiveness of their treatment by literatures systematically. Apart from that, massage and bonesetting are mostly used for soft tissue injury only. Physiotherapy, on the other hand, is different. A physiotherapist would make a physical diagnosis accurately, based on the knowledge of anatomy, biomechanics, sports medicine, physiology and even data of blood test, X-ray film, MRI and electrocardiogram, etc.

In respect of physiotherapy, most of non-medicine treatment with systematic literature

raising which strengthen only muscles, but something more thoughtful programs. For example, if patients with patellofemoral pain syndrome do not know how to regain the muscle balance between the medial and lateral knees and the coordination of their femoral muscles, their knees pains may easily relapse. Moreover, an appropriate exercise will not be enough, our professional advice on lifestyle / worksite / training modifications, sports nutrition, equipment and shoes selection improves conditions effectively.

If one would like to compare a standalone treatment, our modern acupuncture may not be as good as the traditional one, and our manipulation may not be comparable with chiropractic manipulation. However, physiotherapy is famous for its collection of advantages of large variety of treatments. Sports physiotherapists know how to select appropriate and practical interventions among many treatment techniques. Also, we learn to understand our limitation during our training



reviews proof will be used by us. As for me, basic spinal manipulations, joint mobilization and stretching techniques, soft tissues relaxation and release techniques, hot / cold therapy, electrophysical therapy, hydrotherapy, pressure therapy are commonly used. Massage therapy, modern acupuncture, sport tapping and some well-documented natural therapy are also occasionally used. I believe there are two factors which make physiotherapy special and cannot be easily replaced. That is exercise therapy and our professional advice on lifestyle / work / training modifications. No matter what kind of injury, if one only focus on relieving symptoms but the beneficial effect of exercise therapy is overlooked, the injury will not be fully recovered. Yet, exercise therapy does not simply mean dumbbell

in the university. I had once suspected that a sportsman's bone was broken, unlike our normal practice of applying pain relieving rub, I referred him to an ambulance man. It was lucky that my determination was right or I could hardly imagine what would happen if I blindly give him some massage or stretching without special alertness.

I hope that someday when we, a group of youngsters full of enthusiasm, meet you somewhere in a sports event, we can receive your encouragement.

上圖：香港物理治療學會運動物理治療專研組幹事（左起：Sierra, Kermit, Terence, Willis, Elton, Frank 及 Jay）。Top: committees of Sports Physiotherapy Specialty Group of Hong Kong Physiotherapy Association Limited (from left: Sierra, Kermit, Terence, Willis, Elton, Frank and Jay)。