

定向人生

A Life Journey of Orienteering

TEXT & PHOTOGRAPHY: Elton Ng



在日本舉行的野外定向世界錦標賽有來自三十多個國家的世界級高手，比賽氣氛十分濃厚。
World class athletes from over 30 different countries joined the World Orienteering Championship in Japan.

很慶幸我是個創傷專科的運動物理治療師，每天過著幫助別人的日子，圍繞著我身邊實在有太多令我感觸的小故事。運動科學寫膩了，今期想寫寫有關一位運動員的人生路。

盧曉燕是香港最頂尖的定向女運動員，曾多次獲選為香港最佳定向運動員，定向運動是她人生的全部。後來她跟瑞典一位頂尖定向運動員兼專業製圖員結婚，接著移居瑞典並在當地繼續比賽。年半前，我突然收到她遠從瑞典的來電，說在比賽時扭傷了左膝，看醫生後仍腫痛得不能走路。由於我活躍於不同形式的戶外運動比賽，所以很多受傷運動員都會向我「求救」，滿身傷患的我對這一群被忽略的運動精英的經歷實在感同身受，所以每次我都盡力去幫助他們。

我以電郵告訴她一些急性創傷的處理方法及膝部的黏膏帶紮貼法，希望能協助她捱過餘下的比賽。可惜她的膝傷在數星期後仍未復原，一走動既發疼又

乏力。她身在世界另一端，單憑電郵聯繫，我很難精確地辨症及提出適合的意見，只好建議她立即請運動創傷專科醫生詳細檢查。可惜瑞典的醫療比香港落後，而且定向比賽的地點往往是偏遠的山區，因此輾轉花了數星期才能初步診斷是半月板受傷。

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經過針對性的治療後，仍未見起色，煎熬了數月最後才診斷出她的前十字韌帶完全撕裂。再加上一段長時間得不到好的治療，沒有好好保護膝關節，內外側半月板也撕裂了，當時她的心情跌至谷底。對於一個精英運動員來說，這個情況非常不妙，我不斷鼓勵她正面面對及跟進她的治療。她先後接受了內

I am proud of being a physiotherapist specialized in sports injury. I have many touching stories which I would like to share.

Orienteering means a lot to Ms. Lo Hiu Yin, who was nominated as the best orienteering athlete of Hong Kong for several years. Her husband is a top Swedish orienteering athlete who works as a world famous cartographer. After she moved to Sweden, she continued to compete. Until, that is, one and a half years ago, when I received her call. She told me she sprained her left knee during a competition. The pain and swelling persisted after the doctor's inspection. Since I am active in various kinds of outdoor sports competitions and can feel the pain of as these sports elites, I try my best to help them every time they come to me.

I replied with suggestions for handling acute injuries and sports taping

Tips & Technique

外側半月板切除術及前十字韌帶重建手術，希望能圓她參加日本世界賽的夢想。但距離比賽日子只有八個月，由行動要用拐杖輔助，到復原至能參與世界賽的水平，實在非常倉促。於是她決定回港一段時間，讓我替她作出針對性的復康治療。

她留港治療的期間，我發現她的手術效果理想，加上她超凡的毅力和決心，她的肌力、關節控制能力都比一般人回復得好。可惜，在香港覆檢膝關節X光片時，卻發現用來重建前十字韌帶的螺絲鬆脫了，還滑進了關節之內。這個消息來得太突然，突然得令我和小燕都有點洩氣。事實上，這段訓練期間，她並沒有任何異樣，訓練又沒有超前於文獻、研究等建議的進度，但為確保安全，惟有將一切進階的訓練延誤一段長時間。尋求多方面意見後，她決定提早回瑞典，再次動手術取出脫位的螺絲。最終小燕只逗留在香港一個多月，而手術後還需要多休養一個月才能重新訓練。我拍下訓練照片和視象短片，並以電郵跟進她的復康進度。瑞典復康治療的概念和設施仍在發展階段，很難銜接我建議的進度，但小燕真是一個很有鬥心的運動員，她把問題一一化解，並努力去追趕失去的四個月時間。

在四個月內復原至世界賽的水平，對於我和她都是一個非常大的挑戰。但我感受到她追求理想的熱誠，更想協助



◀ 看見小燕能再次在世界賽中拼搏，實在令我非常欣慰。
I was pleased to watch Siu Yin entering the World Orienteering Championship again.



◀ 隨隊物理治療師很多時要在缺乏物資和不利的環境下隨時作出診斷及治療，實在有一定的難度。
Physiotherapists sometimes have to give diagnosis and treatment in difficult environment where resources are lacking.

for the knee, hoping I could help her deal with the rest of the competition. However, her knee showed no signs of recovery after several weeks. Her knees were pain and giving way when she walked. Since she was in Sweden, it was hard for me to give her accurate diagnosis or advice, so I suggested she have a thorough check by a sports injury surgeon. As medical treatment in Sweden is behind that in Hong Kong and the competition site was in a remote mountainous area, it took several weeks to diagnose her condition as meniscal injury.

Her condition did not improve after conservative treatment. Several months later, it was finally diagnosed that her anterior cruciate ligament completely ruptured and both medial and lateral meniscuses were torn as she had lacked proper treatment for a very long period and had not protected the knee joint properly. It was a very bad news for such an elite athlete but I kept encouraging her to accept treatments positively. To make her dream – to join the World Orienteering Championship in Japan – come true, she underwent two operations. The competition would begin in eight months' time, we all knew it was tight for her to recover to world class level while she still relied on the help of a walking stick.

She decided to come back to Hong Kong for a while and underwent intensive rehabilitation. I found that she was in a very satisfactory condition after the surgery. Since she was more determined than many, her muscles and joints were both recovering well. Unfortunately, when we were examining the X-ray, we found that the screw connecting the cruciate ligament was loose and had slipped into intra-articular space. The news was so dispiriting. Although *Siu Yin was determined to solve the problem and continue her training.*

there was no sign of abnormality in the training schedule or progress as suggested by literature reviews and research, the advanced training schedule had to be postponed for a very long period for safety reasons. Siu Yin decided to go back to Sweden to have the loose screw taken out. She had stayed in Hong Kong only a month and she had to rest for another month before resuming training, so I videotaped and took photos of proper training and kept her recovery state informed through email. The rehabilitation science and facilities in Sweden were still developing, so it

她圓她的夢。經過多個月與時間競賽，小燕最終入選香港代表隊出征日本。比賽前一星期，她短暫停留香港，我替她的左膝再覆檢一次，她關節不穩定的情況和控制能力回復比一般運動員好，受創的半月板亦沒有明顯的痛楚或後遺症。Cybex測試結果發現她右膝踢腿力量更是一般人的三倍，而左腿的肌力也達一般人倍半之多，不過亦表示出兩腿的肌力嚴重不平衡，她的跑姿和轉向動作十分依賴右腿，不過在比賽前夕很難去改變。恰巧，我獲邀為隨隊運動物理治療師，能緊貼她比賽，希望在心理和實戰上幫助她。

在日本比賽的那段時間，我看見她再次踏上戰場拼搏，實在令我非常欣慰，好像我也是比賽場上的一份子。雖然她在云云世界級高手中沒有得到獎項，但她的表現已是港隊中最好的其中一位。回想起最初知道她受傷，以為她會就此結束運動員生涯，到現在見她從新踏上比賽的舞臺，替她尋回夢想，令我感到很安慰和自豪。

因為這份滿足感，這麼多年來都不望報酬、本著熱誠去幫助身邊的人，因此遇過不少類似小燕的故事。再加上香港理工大學楊世模副教授盡心的安排下，有幸到北京國家體院觀摩奧運金牌選手如何訓練，跟國家隊的醫療人員交流。我深深感受到體育事業是一件非常複雜和現實的事情，當中的成敗優劣、利益價值不是我想討論的課題。反而，世界上很多精英運動員，不論他們身處哪一個國家，他們每天艱苦去訓練，摒棄一切，只是單純地為著向自己的理想邁進，那種不屈不撓的精神，不知有誰共鳴？❖

was hard for them to follow my advice. However, Siu Yin is an athlete with a focused strength and mind. She was determined to solve the problem and continue her training.

To recover to world class level in four months was a challenge for both of us, but I really wanted to help accomplish her goal. Several months later, Siu Yin was nominated as a representative for Hong Kong and joined the competition in Japan. A week before the competition, I examined her left knee again when she was passing through Hong Kong. The recovery of her joint's stability and advanced dynamic control was better. The meniscuses did not show obvious residual symptoms. The Cybex test showed the kicking power of her right knee is three times stronger than normal and the muscle strength of her left leg is one and a half times stronger than normal. The test revealed that two legs are imbalanced in muscle strength, which means she relied on her right leg a lot. However, this could not be changed before the competition. Coincidentally, I was invited as the team's sports physiotherapist so that I would be able to support her both physically and mentally.

I was glad to accompany her and watch her taking part in the competition in Japan. Her performance was one of the best in the team, and although she did not champion among world class competitors, I was proud to see her accomplished her dream.

Because of the satisfaction, I have continued to help others without asking



北京奧運金牌選手趙蕊蕊正在作步姿分析。
Olympics athlete Zhao Ruirui is doing a posture analysis.

for any reward. Over the years, I therefore have encountered many stories similar to that of Siu Yin. And as arranged by Dr. Simon Yeung, Associate Professor of Hong Kong Polytechnic University, I had the chance to visit the National Research Institute of Sports Medicine in Beijing and observe the training of Olympic athletes and exchange ideas with the top grade medics. I feel that sports career is a very complicated issue but this is not the thing I want to discuss here. There are many world class elite athletes who overcome hardship and training hard every day. Do you share their resilience in realizing their dreams? ❖

現代人每天只顧賺錢而放棄理想、做人原則，有否想過人生意義何在？這兩年來撰稿，為的都是支持一班熱愛大自然和志同道合的朋友，並啟發讀者欣賞和愛護大自然。希望你也認同人生的意義不需要用利益去衡量。

People who merely want to earn more and give up their dream and principles are missing the meaning of life. I have written in this column for two years, eager to support friends who enjoy nature and share the same dream, and at the same time, to inspire others to appreciate and conserve nature. I hope you feel the same that the meaning of life is not valued by money and benefits alone.