

## Subsidy Program for Pelvic Floor Muscles Training 盆底肌治療資助計劃

Childbirth, weight gain, menopause, long-term constipation, chronic cough, and other factors may contribute to weakened pelvic floor muscles, may bring about vaginal laxity, frequent urination, or urinary incontinence.

針對生育、肥胖、更年期、長期便秘、慢性咳嗽等原因，有機會出現陰道鬆弛、尿頻、尿滲等問題。

### Treatment period 修護椅治療

6 to 8 sessions in total, usually scheduled twice per week.

共有6節或8節兩種療程，建議每週進行2次，每次1節。

### Eligibility 合資格人士

- Individual monthly income not more than HK\$13,000
- Female
- Weakened pelvic floor muscles
- Doctor's referral
- 個人每月收入不多於港幣\$13,000
- 女性
- 盆底肌肉無力
- 醫生轉介



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✉ foundation@hkah.org.hk



Venues for treatment 治療地點：

The Rehabilitation Center at Hong Kong Adventist Hospital – Stubbs Road  
香港港安醫院 — 司徒拔道的康復中心

Terms and Conditions 條款及細則：

- Doctor's referral is required
- Patients will be asked to fill in a questionnaire before and after their treatment. Feedback for improvement will also be provided to patients.
- The first treatment session will include initial assessment and pelvic floor muscles training.
- 有關服務須經醫生轉介
- 進行治療前後會進行問卷調查，向病人提出建議
- 首次療程包括初步評估、訓練盆底肌肉運動

