

Physical Training Package (1 hour per session)

- State-of-the-art equipment
- One-on-one training with dedicated physiotherapist

Gyrotonic® Cobra Elite Tower



Exercising with Gyrotonic® improves rotations and the connection between the body and peripheral joints into a beautiful synchronised motion. It helps improve shoulder and hip turn strength and flexibility. Specific golf drills make your optimal golf swing reproducible and maximise your carry distance.

Gyrotonic® also allows for the training of core stability, speed and power which is suitable for both runners and golfers.

Anti-Gravity Treadmill

The anti-gravity treadmill utilises adjustable weight-bearing technology for athletic training. The de-weighting system is effective in protecting healing tissue after injury as well as unloading joints for high intensity training.



Power Plate – Vibration Platform

Power Plate improves flexibility, strength and power. The vibration platform transmits waves of energy throughout the body, activating muscle contractions 25 to 50 times per second.

HKSH Physiotherapy Centre

Happy Valley

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Service Hours

Monday to Friday: 9:00 am – 12:30 pm
1:30 pm – 5:00 pm

Saturday: 9:00am – 1:00 pm

Closed on Sundays and Public Holidays
Consultation by Appointment



SmartFit Programme



For enquiries and appointments,
please contact us

SmartFit Programme

HKSH has always been committed to the development of sports medicine and community health. The clinical excellence of HKSH coupled with the academic expertise of The Hong Kong Polytechnic University enables us to take a leading role in the provision of sports physiotherapy services, and together we have developed the "SmartFit Programme". It consists of a series of sports-specific evaluations, analyses and training systems conducted on the basis of scientific evidence from local studies. With state-of-the-art equipment and unparalleled expertise, the Programme will provide you with effective and professional advice on injury prevention and performance enhancement.

Objectives

To use advances technology to:

- Provide a good understanding of your physical profile
- Identify your weakest link
- Provide suggestions for improvement

Provide highly individualised sports specific training to:

- Optimise training results
- Correct flawed movement patterns in golf swing or running
- Minimise the risk of sports injury
- Maintain healthy living



Comprehensive Physical Evaluation (1.5 hours)

Primus Rehabilitation System

HKSH is a pioneer in the use of the Primus RS for evaluation and training in sports rehabilitation. The computerised system not only enables functional evaluation and training, but also provides data for analysis and the monitoring of progress.

SmartFit for Golfer

- Golf swing analysis with high-speed camera
- Detailed evaluation with the Primus RS
 - Power of torso
 - Strength ratio of shoulder and hip key stabilising muscles
- Spinal rotation range
- Shoulder and hip flexibility
- Sports-specific functional tests



SmartFit for Distance Runners

- Evaluation of cardiorespiratory function
- Running form analysis with high-speed camera
- Detailed evaluation with the Primus RS
 - Lower limb strength
 - Trunk and lower limb stability
- Lower limb flexibility

Motion Analysis with High Speed Camera

The high speed camera is the best way to capture your golf swing or running form for analysis. Photos illustrating swing faults and running form deviations are highlighted.



Comprehensive Report

Our physiotherapists will provide a comprehensive report explaining your strengths and weaknesses. Recommendations and suggestions for specific training will be made to help you improve your technique, making your sporting experience more fulfilling.