

Smartfit for Distance Runner and Trailwalker

An innovative evaluation, analysis and training system to distance runner and Trailwalker.

Developed by HKSH and The Hong Kong Polytechnic University, the SmartFit Programme — SmartFit for distance runner and Trailwalker is based on scientific evidence from local studies, with state-of-the-art equipment and unparalleled expertise, it will furnish you with effective and professional advice on injury prevention, performance enhancement and pain management associated with running and hiking.



Deweight running on Alter-G treadmill to avoid over stress on joints of lower limbs



Motion analysis with high speed video camera

Improve running and hiking performance by:

- Running form and functional movement analysis using high speed video
- Specific core stabilization exercise by mat work exercise, TRX and medicine ball aiming to enhance stability and running efficiency
- Professional advice on cardiovascular and muscular training according to individual physique

Reduce running or hiking related injury by:

- Reduce stress to joints in lower limb with Alter-G treadmill
- Specific knee and hip muscle strengthening exercise by Powerplate and weight training machine targeting knee pain problem
- Lower bodies mobilization and stretching exercise to improve the flexibility required on running and hiking



Exercise to improve core stabilization with TRX

1. Evaluation Service with report targeted to improve running and hiking performance

Session	Content	Goals
#1	Physical evaluation by Physiotherapist (1.5 hours)	Comprehensive physical evaluation and qualitative motion analysis of the running form
#2	Explanation of evaluation report by Physiotherapist (1 hour)	<ul style="list-style-type: none"> • Identification of physical weaknesses of runner for sports injury prevention or performance enhancement • Aim to promote injury-free running by specific stretching, muscle strengthening and motor control exercises • Tailor-made home exercise programme for runner based on physical evaluation findings • Demonstration and instruction of home exercise programme by Physiotherapist to ensure proper and safe technique

2. Single Training Session¹

Session	Content	Goals
1	One-to-one training by physiotherapist (1 hour)	Training provided by Physiotherapist with selected state-of-the-art equipment for optimization of exercise effectiveness targeted at sports injury prevention or performance enhancement

For the latest charges, please refer to our website <https://physio.hksh.com>

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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

www.hksh-hospital.com

¹ Training package or session are available to runners who have completed physical evaluation at our centre.