

The BASICS

基 本 理 念

October 2007 Issue 3

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A serious practitioner would take medicine and its practice as a form of ART.

There's always another level of philosophy and "touch" on top of the fundamentals of medical practice. While the philosophy and "touch" cannot always be explained by science, statistics and data - these two factors, however, are the key success factors for all parties in achieving their goals subtly.

We'd like to share with you our vision on this philosophy.

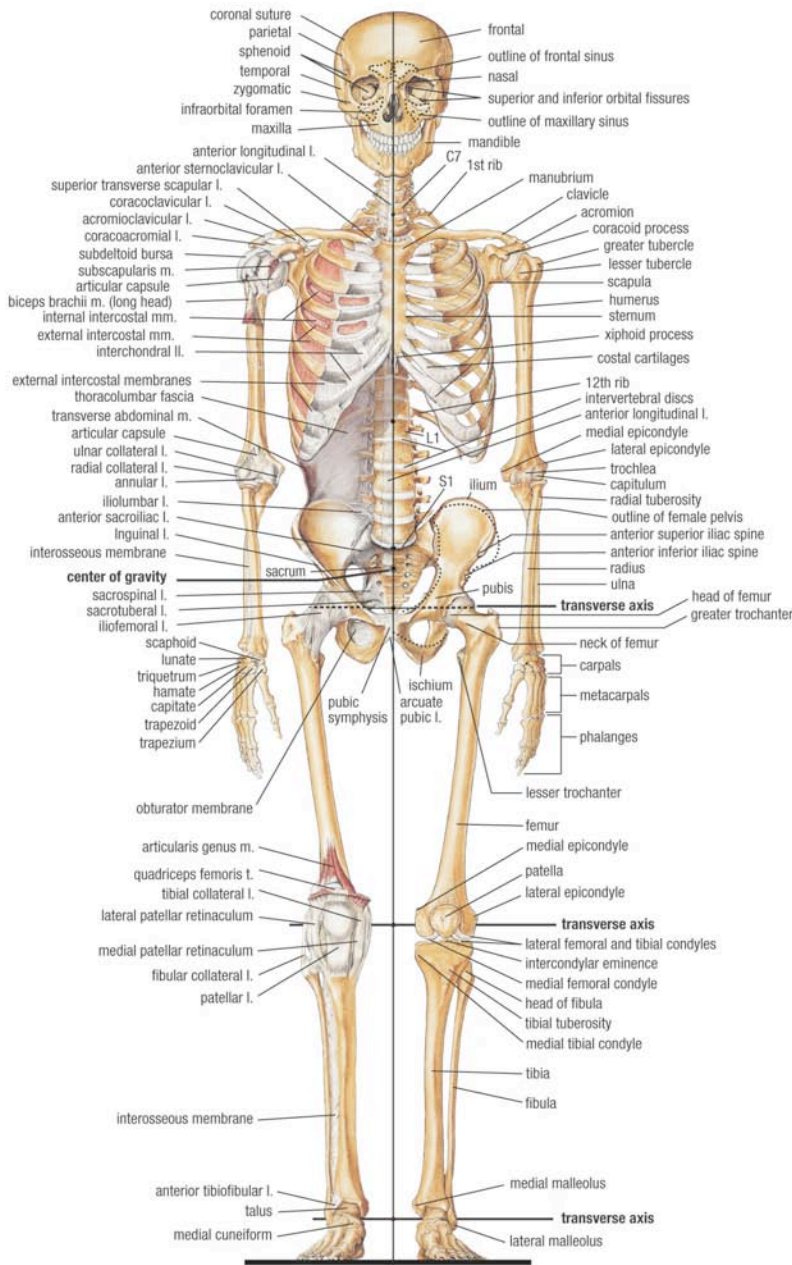
「物理治療」是一門治療科學，也是一門治療藝術。

一個出色的物理治療師除了能掌握醫學科學外，更能於醫學科學，病狀及其他客觀因數中運籌，為病人設計一個最為妥當的治療計劃。這是一門科學，也是一門藝術和治療哲學。這種哲學很多時候都是康復的關鍵。

我們希望分享我們對治療藝術的心得。

BASIC Vision

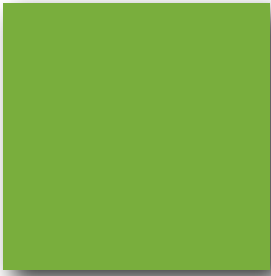
基本視野



Practice of physiotherapy bases on basic sciences, anatomy, physiology and clinical diagnostic skills. All clinician **MUST** equip with sound knowledge within these subjects.

Proficient clinicians should be able to manipulate all the basic sciences with their judgments and design the best-possible solution to their clients. The clinical decision making process is so strict that the margin of error is absolutely near to zero.

The BASIC always strives for better clinical performance.



While we emphasize on the Evidence-Based Practice (EBP) in our practice, we treasure the human factors as well. As we believe each case is unique in nature, we always take the human factors into account. The whole treatment process is objective and scientific - yet individualized.

That should be the **Genuine Personal Care** we've been emphasizing.

With all these basic factors, we would always come up with a suitable solution to help our clients to recover in a stable manner = Basic of physiotherapy.

醫學科學、解剖學、物理學及診斷技巧四項元素的融合，形成了物理治療這門獨立的「治療藝術」。我們不但要清楚認識這四項元素，更要將它們應用及發揮在整個療程中。

應用背後要有科學根據，發揮背後要有準確判斷，兩者的配合是療效好壞的關鍵。

「基本」宗旨：要求最好的療效

我們不斷將這宗旨注入你們接受的治療當中。

我們向來強調實行『實証醫學』，將客觀的科學理念引入治療過程。然而每個病例都會有不同的發病背景，不同病人對同一病例亦會有不同的期望和要求；若果單從科學及理論去診治，即使病痛改善了，亦未必可以藥到病除。所以我們不時會問及病人的生活作息狀況，以及病痛對生活帶來的影響，再將這些『非客觀』的因素揣摩推論，作為診治的一個元素。這樣便可以設計出科學化兼具實証，而又不失個人化的治療方針。

這才是我們一直嚮往的個人治療方針。

掌握了基本科學，臨床數據，臨床經驗以及個人化因素，亦即掌握了設計最佳治療方案的條件。我們希望可以藉此提供最有效的方案。這就是物理治療的基本涵義。



BASIC APPROACH



The BASIC Approach consists of 5 facets of procedures;

Assessment

We emphasize on accurate assessment. An accurate assessment is essential to an accurate diagnosis, and thus accurate treatment.

Basic Science

We have a in-house clinical library as we treasure clinical knowledge, and basic sciences as well.

Clinical Database

We're continuously collecting clinical data from all kinds of medical researches and studies. A comprehensive database is always an important reference for better treatment design.

Differential Diagnosis

We've got the assessments, basic sciences, and clinical data. Then we merge these data to make differential diagnosis.

Goal Setting

Once we obtain all the backgrounds and differential diagnosis, we can work out a individualized treatment goal with our client - the goal would be the blueprint for recovery.

基本療法

基本療法包括五項必要程序：

檢查

詳細的檢查是療效好壞的關鍵。

科學知識

我們重視各項臨床研究，所以我們特別設立醫學圖書館。

臨床數據／個案分析

我們不斷有規模地收集醫學資料及數據，從而有效地應用在治療當中。

診斷

配合適當的檢查，廣泛的科學知識及詳盡的數據，我們才能作出準確的診斷。

設計治療方案

因應各人不同的需要，我們會設計切合的治療方案，作為復康計劃的藍圖。

BASIC APPROACH

Why is it so important to follow the BASIC Approach?

It's very important to identify the causes of your problems and then design a suitable treatment programme. We strongly believe that all Basic sciences and clinical data should be indispensable to a safe, effective and efficient treatment programme.

What're my responsibilities as a client?

We always give "Clinical Advice" and "Prescription Exercise" to clients. This should be taken SERIOUSLY.

How can I tell if I'm recovering?

You should experience decrease in pain and discomfort, increase freedom of movement and better functional performance. We will closely monitor your progress and make necessary adjustment to your treatment programme.

基本療法有何重要？

要根本醫治好痛症，我們必先找出痛症的根源。透過基本療法所包含的科學，數據和臨床資料，我們能有效地找出痛症的根源，從而設計出更安全，顯效的治療方案。

作為病人的基本責任？

我們會為病人提供臨床指導及處方運動，這兩點都是治療成效的關鍵。

我們怎知道治療效果？

你們會感到痛楚減少，關節活動自如，運動變得輕鬆。我們會一直跟進你的情況及進度。

Basic News (Nov, Dec)

基本新知 (十/十一月)

Exercise Session I 運動班

We encourage regular exercise habit. Yet most clients know very little about the way to build up their own exercise schedule. We are now launching regular exercise sessions leading by our therapists. We hope you'll enjoy the benefits of regular exercise and initiate your first schedule in Basic.

我們鼓勵定時適當的運動。然而大部份病人並不認識如何建立自己的運動方案。基本現將定時舉行運動班，並由我們的治療師帶教，藉此希望各位可以建立健康運動習慣。

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|---------------|--|-----|-----------------|
| • Time: | 1900-1930 Tue / Thur | 時間： | 二 / 四 1900-1930 |
| • Venue: | Basic Physiotherapy Centre | 地點： | 基本物理治療中心 |
| • Class size: | Individual / 2 / Group | 人數： | 個人 / 兩人 / 分組 |
| • Fee: | Please contact us for discounted price | 費用： | 請聯絡我們安排 |

Walk-in participation is welcome; however, it'd be grateful if you could contact us in advance. 你們可以隨時加入；但預先致電預約可以讓我們作出更妥善的安排。

New Therapist in Basic I 新加入物理治療師

A new female physiotherapist will practise in Basic. We always strive to bring in new clinical insights and skills, and provide the best solution to you.

基本將會有一位女物理治療師加入。我們一直努力引進新的臨床技術和思維，為病人提供最合適的治療方案。

Price Adjustment I 價格調整

Please be advised that our standard consultation fee will be adjusted due to increasing operation costs - with effective from 1st November 2007.

因營運成本不斷上升，我們將於十一月一日起調整標準診金。

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