

Podiatry Service

足病診療服務



Introduction

Podiatry has become an integral part of healthcare in the maintenance of foot health and the ambulatory status of the individuals. In collaboration with other medical specialists in Diabetes & Endocrinology, Paediatrics & Adolescent Medicine, Orthopaedics & Traumatology, and Geriatric Medicine, our podiatrist provides high quality yet comprehensive services in preventing, diagnosing and treating of various foot related diseases.

Foot related conditions

There is a wide range of pathologies causing different foot related conditions among all age groups. These include flat foot, foot pain, ingrown nail, fungal infection, corns and callous etc. Our podiatrist will draw a treatment plan followed by a thorough clinical examination for optimal management.

Biomechanical assessment

The lower limb is a sophisticated biomechanical chain with different lever systems. Solely observing the feet on standing and presence of arch or not is inadequate to diagnose any biomechanical conditions. Joint range of motion, muscle power, gait analysis are all essential for an accurate diagnosis. Based on the patients' symptoms, level of activities, etc, a rehabilitation programme will be drawn. If the problem is musculoskeletal in nature, stretching and strengthening exercise regimen is indicated, with or without orthotics prescription.



In his heart a man plans his course, but the Lord determines his steps

Psalms 16:9

Orthotics

Orthotics can be prefabricated, semi-custom and bespoke. Bespoke orthotics require casting of the feet. Baptist Hospital is equipped with the latest 3D laser scanner, taking a foot image in less than 3 seconds. Unlike traditional cast taking with Plaster of Paris bandage which involves cleaning of plaster filled feet afterwards, 3D laser scanner offers faster, more convenient and accurate measurements.

Scope of services

- Diagnosis and management of skin/ toenail problems
- Foot ulcer management
- Lower limb biomechanical assessment
- Prevention and educational measures for foot disorders/ complications
- Off the shelf insoles
- Bespoke foot orthoses



Service Hours (By appointment only)

Thursday 10:00am - 1:00pm

Please call our staff for specific time slots if required.



香港浸信會醫院
Hong Kong Baptist Hospital

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簡介

足病診療是一門有關保持足部健康及足部活動能力的醫療專業。香港浸信會醫院之足病診療師配合本院其他醫療專科，如糖尿及內分泌科、兒童及青少年科、骨科及老人科等專科醫生，攜手為足病患者提供全面以及高質素的足部病症預防、診斷及治療服務。

足部疾病

足部疾病層面廣泛，除了常見的老人疾病引致的足部問題，年輕人及成年人亦有機會患上不同的足病，例如扁平足、足部痛症、嵌甲、真菌感染、雞眼和厚繭等都是十分常見的。足病診療師會根據患者的情況作出診斷及適當的治療。

下肢生物力學評估

下肢是具槓桿效應的一體生物力學系統，需要詳細臨床檢查關節幅度、肌肉力量、步態分析等，只觀察站立時足部排列及足弓情況並不能作出具體診斷及治療。足病診療師會根據患者是否有症狀，運動量等從而決定治療計劃。若患者是屬於肌肉問題，便需要重點鍛練及伸展相關肌肉組，有需要時會為患者選配鞋墊。



人心籌算自己的路，惟耶和華指引他的腳步。

詩篇 16:9

各種鞋墊

鞋墊可區分成現成、半訂制及全訂制。全訂制鞋墊需取腳模。本院最新引進3D立體電腦掃描器，只需要3秒便可完成掃描程序，病人亦毋需事後清理足部，比傳統石膏布取模更為快捷、方便，準確性高。

服務範圍

- 診斷及治療足部皮膚 / 趾甲疾患
- 足部潰瘍治療
- 下肢生物力學評估
- 預防各類足部疾患/併發症及提供相關教育
- 選配專業鞋墊
- 度身訂造鞋墊



服務時間（敬請預約）

星期四 上午10時至 下午1時

其他時段如需足病診療服務，請致電職員查詢。



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