

Invitation to Tender
for the Provision of Supervised Exercise Training Service
in
Designated Rehabilitation Centre
for
Supporting the Comprehensive Community Rehabilitation (CCR) Programme

[Tender period: January 2021 to December 2023 (3 years)]

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Part I Background Information

Introduction

The Pneumoconiosis Compensation Fund Board (PCFB) would like to cordially invite Tenderers to submit Tenders for provision of Supervised Exercise Training Service in Designated Rehabilitation Centre(s) to support the Comprehensive Community Rehabilitation (CCR) Programme that has been launched since 21 September 2016, serving the group of Pneumoconiosis and Mesothelioma patients in Hong Kong.

Statutory Functions of Pneumoconiosis Compensation Fund Board (PCFB)

According to the Pneumoconiosis and Mesothelioma (Compensation) Ordinance, PCFB should have the following functions:

- (a) to administer the Fund;
- (b) to make recommendations to the Government with respect to the rate of levy;
- (c) to conduct and finance educational, publicity, research and other programmes to prevent pneumoconiosis and mesothelioma and **to conduct and finance programmes for the rehabilitation of persons suffering from the above diseases;**
- (d) to administer funds received from the Government and designated by the Government as ex gratia payments to persons diagnosed before 1 January 1981 to be suffering from pneumoconiosis; and
- (e) to perform such other duties as are imposed on it by this Ordinance.

[Section 26, Cap. 360, Pneumoconiosis and Mesothelioma (Compensation) Ordinance]

Number of surviving patients in Hong Kong and related information

As at 30 April 2020, there were 1 426 Pneumoconiosis and Mesothelioma patient registered under the Board. The age and residential distribution of patients are shown in Appendix I to let Tenderers understand more the profile of our patients.

Part II The Comprehensive Community Rehabilitation (CCR) Programme

The Comprehensive Community Rehabilitation (CCR) Programme has been operating since 21 September 2016. It extends the rehabilitation service's scope from hospital to community.

The objective of CCR Programme is to provide a holistic and comprehensive rehabilitation care service to all Pneumoconiosis and Mesothelioma patients registered in PCFB who are in need of rehabilitation service so as to improve or maintain their physical functioning level as well as to improve their quality of life. Under the current programme, patients are broadly divided into the following two categories:

1. Those patients whose physical conditions are fit enough to allow them to have regular exercise training in community centres, and
2. Those patients whose physical conditions restrict them to home level activities (home-bound patients).

While the second group of patients would receive exercise training at home, the first group could have regular exercises in community centres. This invitation is mainly to find centres with safe, comfortable environments and supervision from professional staff to allow our patients to maintain regular exercises in community centres so as to improve, or at least to maintain, their functioning level as well as to improve their quality of life.

The CCR Programme is a rehabilitation programme, tailor-made to individual capacity, and operated under a partnership of different professional teams. It adopts a case management approach for each individual patient. The Case Managers of PCFB are the health advocate and they take the core role to coordinate and link up all rehabilitative service units and keep track with the service outcome of each patient. An assessment team was formed by our hospital partner to provide regular health assessments; tailor-made care plan and exercise prescriptions for each individual patient. **To help patients develop a healthy life style and regular exercising habit, PCFB also invites exercise training centers located at different districts to join the programme and provide supervised rehabilitation exercise training (according to exercise prescriptions) in the community.**

Work flow of CCR is shown in Appendix II.

Sample of exercise prescription is attached in Appendix III.

Part III Roles of Service Provider (SP) and PCFB

Roles of the SP

- To encourage patients to develop and maintain a habit of regular exercising and to keep track of patients' exercise records. The SP should report to PCFB those cases with 1 month or above of no show record, and help follow-up these cases for understanding the reason of absence and encouraging patients to return to exercise centres, if applicable;
- To provide an easy-accessible, safe and comfortable environment with a wide range of professional exercise equipment for allowing patients to have exercises in the centre;
- To perform an initial assessment for patients before his or her first formal exercise session;
- To guarantee a minimum number of training sessions that the centre could reserve for PCFB's patients;
- To have a registered physiotherapist with at least five years of post-registration experience to station in the centre while patients are conducting exercises in the centre. This physiotherapist and designated staff (if any) with relevant qualifications or trainings, such as physiotherapy assistant certificate should monitor the patients for doing exercises following the prescription and to provide appropriate supervision, as necessary;
- To provide a comfortable place for patients to take rest during/ after the training;
- To provide a periodical progress report in every three month or after completion of 12 exercise sessions by patients (whichever is later) upon the request of PCFB;
- To recommend the appropriate exercise level of patients for reference of the assessment team;
- To submit a monthly attendance sheet (with patients' signature records) to PCFB;
- To submit a summary of monthly attendance record in excel format for PCFB to input the data in her computer system;
- To have case conference with PCFB's Case Manager and/or others, if necessary (this would not be more than once per three month for each case);
- To have no more than 2 operational meetings per year with responsible staff of PCFB and other service partners for evaluation of the programme;
- To keep proper & separate patients' record, and make it available to PCFB upon request.

Service Hours

- It is expected that the centre should be opened to our clients during weekdays from 0900-1800.

Service Period

- Upon acceptance of the tender, the SP should agree to provide the service starting

from 1 January 2021 or a date after 1 January 2021 to be mutually agreed by the SP and PCFB to 31 December 2023.

- In respect of the above, the price proposal submitted to PCFB should be valid during the whole period of 3 years.

Roles of PCFB

- To refer suitable patient to particular centre for regular training.
- To pay all fees for our patients according to terms and conditions mutually agreed;
- To assign case manager(s) for working closely with the centre to monitor the progress of patients;
- To provide advice to the SP, if necessary;
- However, PCFB would not guarantee any minimum use of sessions reserved to her patients. Choice of particular centre rests solely with PCFB and patients. PCFB reserves the right to change patients to another centre without giving any explanations to the original centre;
- In principle most patients would be recommended to take exercise 2-3 times per week but it's solely at the discretion of patients to decide the frequency, subject to the maximum frequency in the exercise prescriptions.

Part IV Requirements of Rehabilitation Centres

Specifications:

- The centre should have included but not limited to the equipment listed below for the prescribed exercises, or any other equipment that fits for the exercise items.

(1)	Endurance/ Aerobic Exercises	Walking	Treadmill
		Cycling	Bike
(2)	Strengthening/ Resistance	(a) Leg-lifting on chair (b) Push forward with both hands (c) Walking on the spot	Sandbags
		Shoulder exercises	Pulley set
		Breathing Exercises	Theraband/Putty
		(a) Chest Press (b) Bicep Curl (c) Scapula back stretches	Multi-gym Machine
		Walking/Stepping	Stepper
(3)	Balance	Balance Exercises	Balance Board

- The above list is the minimum requirement for tenderers but tenderers could quote other appropriate equipment to perform the same exercise items. Tenderers should submit a complete list in the technical proposal for equipment available in the centre.
- The availability of proper first aid instrument and qualified air-aider(s) stationed in the centre are essential and the availability of automated external defibrillator would be considered as an advantage point.
- A resting area should be provided for patients to rest during/after exercises.
- Supervision/monitoring role following the exercise prescription should be performed by a physiotherapist (PT) with a valid practicing certificate and 5-year of post-registration experience and designated staff (if any) with relevant qualifications or trainings, such as physiotherapy assistant certificate. The availability of Occupational Therapist in the centre for provision of service to our clients would be considered as an advantage.
- The duration of each service session should last for 45 to 90 minutes but the Tenderers should submit a standard 60-minute unit charge in the price proposal.
- The service is required mainly on weekdays. Please specify the service days and hours of your centre.
- Centre PT may be requested to discuss with patients and their carers (if applicable) the care plan and targets and encourage them to comply with the care plan and targets.

- Centre PT should work and communicate closely with the designated Case Manager of PCFB. Non-compliance cases or patients with significant deterioration in health conditions should be reported to the Case Managers as early as possible;
- Report to PCFB immediately any incidents patient incurred during the exercise sessions that lead him or her for admissions into hospital;
- Provide progress report of each patient after completing a cycle (12 sessions) of exercises or three months, whichever is later. The progress reports should be submitted within 5 working days after request being raised by PCFB's Case Manager
- Provide attendance record and summary on or before the tenth day of each month in accordance with requirement set out by PCFB.
- Undertake to comply with Personal Data (Privacy) Ordinance in collecting or using the patients' personal information. PCFB reserves the right to perform audit(s) during each year, in which the SP would have responsibilities to help PCFB complete the audit tasks;
- Policy, training and internal/ external audit work related to the compliance of Personal Data (Privacy) Ordinance should be included in the Technical Proposal, and the comprehensiveness, feasibility and reliability of the monitoring shall be one of the technical marking criteria.
- Undertake to have sufficient insurance policies for their staff, clients and other visitors.
- The price proposal offered should be valid for three years after the service commencement date. No change in price would be allowed during the Tender period.
- A quality assurance system should be designed and implemented so as to ensure high quality of service offered to patients. Details should be included in the Technical Proposal, and the comprehensiveness, feasibility and reliability of the monitoring shall be one of the technical marking criteria.
- PCFB has the right to stop the service with one month notification.

Part V Guidelines and Requirements of Technical Proposal

Tenderers are advised to read the following notes carefully before they proceed to complete the Technical Proposal –

- (a) A Tenderer shall prepare the Technical Proposal according to the following requirements and provide information for each item accordingly.
- (b) The technical proposal shall not be more than 40 pages in A4 size paper for the main body (with margin not less than 25mm and character font size not less than 12). Pages after the first 40 pages will be disregarded and the content thereof will not be considered in the tender assessment. Other information, including the related annexes and documentary proof, will not be subject to the specified page limit.
- (c) A Technical Proposal should be submitted to the PCFB with the following information:
 - History of the Centre
 - Location
 - Size
 - Service hours
 - Public transportation accessible
 - No of clients being served currently per month
 - Type of clients being served currently
 - Maximum number of PCFB's clients that could be served per month
 - Any restriction on patients' admission
 - Facilities and equipment available (please provide as much details as possible)
 - Professional staff available (please provide as much details as possible)
 - Policy for Personal Data Protection (including training and internal/ external audit)
 - Measures/ systems for quality control
 - Floor plan
 - Others information as considered applicable.

Tenderer should try her best to provide all the above information. Any information missing may lead to deduction in marks for the technical proposal.

Part VI Guidelines and Requirements of Price Proposal

Tenderers are advised to read the following notes carefully before they proceed to complete the Price Proposal

Tenderers should submit **an all-inclusive unit fee** for the provision of the following services:

- A 45-90 minutes supervised training session (a standard unit fee should be quoted for a period of three years);
- The SP is required to perform an assessment for patients before the first exercise session or when patients return to centre after suspension of exercises for 3 months or more. However, the fee charged for this session should be the same as the unit fee charged above;
- Unless under special circumstances and with pre-approval by the Board, patients are allowed to take a maximum of 3 exercise sessions per week, PCFB will not pay for those sessions exceeding this limit;
- Clients should be allowed to stay in the centre before/after the training within the opening hours of the centre;
- A progress report should be provided, in format as agreed by the Centre and PCFB in every three-month or completion of 12 sessions of exercises, whichever is later. The progress reports should be submitted within 5 working days after request being raised by PCFB's Case Manager;
- A case conference with Case Manager of PCFB should be arranged upon request (this should not be more than once in every three month for each client, and each conference should not last for more than 60 minutes);
- No more than 2 operational meetings per year with responsible staff of PCFB and other service partners for evaluation of the programme;
- Attendance records, with patients' signature should be submitted to PCFB monthly and before the tenth day of each month;
- A separate attendance summary in excel format should be submitted to PCFB monthly and before the tenth day of each month.

HOWEVER

- No cancellation or no show fee should be charged to PCFB;
- No other charges will be allowable;
- The quotation submitted should be valid from the service commencement date for 3 years.

Part VII Requirements for Tender Submission and Tender Closing Date

- Each completed Tender with all documents and information required, must be submitted in the following manner, and be placed and sealed in two separate envelopes in which –
 - (a) The Technical Proposal with all documents and information required should be submitted in TRIPLICATE together with one softcopy (in Microsoft Word format saved in a compact disc). These should be placed and sealed in one envelope. The envelop should be marked “Tender Submission: CCR Training Centre (Technical)”; and
(Important notes: No price information of any kind should be included in the Technical Proposal or be attached with it otherwise the Tenderer would be disqualified)
 - (b) The Price Proposal in TRIPLICATE should be placed and sealed in another envelope marked “Tender Submission: CCR Training Centre (Price)”.
- In the event of any discrepancy between the soft copy and the hard copy of any tender submission, unless the PCFB wishes to seek clarification, the hard copy will prevail.
- All Tenders must be addressed to Mr. Ricky Law, Secretary General and deposited in the PCFB Secretariat Tender Box situated on 15/F, Nam Wo Hong Building, 148 Wing Lok Street, Sheung Wan, Hong Kong before 12:00 noon on **3 August 2020 (Monday), the Tender Closing Date**. Late tenders will NOT be considered. Tenders submitted by post, e-mail or facsimile will also NOT be considered.
- In case Tropical Cyclone Warning Signal No. 8 or above is hoisted, or Black Rainstorm Warning Signal or “extreme conditions after super typhoons” announced by the Government is/are in force for any duration between 9:00 a.m. and 12:00 noon (Hong Kong time) on the tender closing date, the tender closing time will be postponed to 12:00 noon (Hong Kong time) on the first working day after the Tropical Cyclone Warning Signal No. 8 is lowered, or the Black Rainstorm Warning Signal or the “extreme conditions after super typhoons” announced by the Government has/have ceased to be in force.
- In the event of a Tenderer discovering an error in its Tender after it has been submitted, an amendment to the Tender may be submitted provided that the amendment is submitted to the tender box before the Tender Closing Date.
- All Tender documents will not be returned to the Tenderers.

Part VIII Assessment and Tender Award

Assessment

- Assessment will be done in two separate parts as below:

- (i) Technical assessment* (70%)

The following criteria will be considered for the technical assessment:

- Centre's experience and track-record in providing similar services;
- Staff's qualification and experience
- Expected quality of services (availability of training and first aid equipment, environment, number of available time slot offered, opening hours, accessible by public transportations etc)
- Quality control;
- Policy for Personal Data Privacy Protection (including training and internal/ external audit)

- * Individual proposal that does not meet the passing mark, ie 50% of the total technical mark, will be disqualified and the price proposal will not be considered.

- (ii) Price assessment (30%)

Site Visit

- Site visit(s) may be required by PCFB and the Tenderers must arrange the visit within a reasonable time after PCFB notifies the Tenderers.

Assessment Panel

- This Tender exercise is steered and assessed by the Assessment Panel of PCFB.

Other Conditions

- PCFB does not bind herself to accept the lowest price Tender or any Tender, and reserves the right to negotiate with any party before or after the award of this Tender on conditions relating this Tender including but not limited to price;.
- PCFB reserves the right to reject any or all of the Tenders;
- PCFB will not disclose the fee or any information to a third party.
- PCFB's decision will be final. All information related to the selection such as scores and comments will be treated confidential;
- PCFB reserves the right to grant similar contracts to more than one SP at the same period of time. (not necessarily at the same price).

Notice of Tender Result

- PCFB will notify all successful Tenderers by writing the results latest in December 2020.

Part IX Supplementary information

1. Addendum

PCFB may issue addendum to the terms and conditions set out in the Tender Documents before or after the Tender Closing Date. If such addendum is issued after the Tender Closing Date, Tenderers may be asked to confirm compliance with the addendum, failing which their tenders may be disqualified.

2. Documents of Tenderers

PCFB is not obliged to return any tender submissions to the Tenderers and documents submitted by unsuccessful Tenderers may be destroyed not less than three months after the Contract Commencement Date.

3. Prevention of Bribery

Tenderer's attention is drawn to the Prevention of Bribery Ordinance (Cap. 201) in particular section 4 where it is provided, inter alia but without limitation, that any person, whether in Hong Kong or elsewhere, without lawful authority or reasonable excuse, offers any advantage to a public servant as an inducement to or reward for or otherwise on account of that public servant's assisting or favouring any person in the transaction of any business with a public body shall be guilty of an offence. Any contravention by a Tenderer of the Prevention of Bribery Ordinance (Cap. 201) will, without prejudice to other rights and claims of PCFB against the Tenderer arising from such contravention, entitle PCFB to disqualify its tender.

The tenderer shall not, and shall procure that his employees, agents and subcontractors shall not, offer, solicit or accept an advantage as defined in the Prevention of Bribery Ordinance (Cap. 201) in connection with the tendering and execution of this contract of procurement.

Failure to so procure or any act of offering, soliciting or accepting advantage referred to in (a) above committed by the tenderer or by an employee, agent or sub-contractor of the tenderer shall, without affecting the tenderer's liability for such failure and act, result in his tender being invalidated

4. Disclaimer

All information, statistics, forecasts and projections provided by PCFB in connection with this invitation to tender (including those set out in the Tender Documents) (collectively "Information") are for reference only. PCFB gives no warranty, representation or undertaking as to their accuracy, reliability or completeness. PCFB accepts no liability whatsoever for (a) the accuracy, completeness or reliability or otherwise of any such Information; (b) any claim, legal proceeding, liability, loss (including any direct or indirect loss, and any loss of revenue, profit, business, contract or anticipated savings) or damage (including

any Terms of Tender direct, special, indirect or consequential damage of any nature whatsoever); and (c) any increased costs and expenses, which any Tenderer or any other person may sustain or incur, arising from its reliance on any Information.

5. Anti-collusion

5.1 By submitting a tender, the Tenderer represents and warrants that in relation to the Tender –

(a) It has not communicated and will not communicate to any person other than PCFB the amount of any price submitted in its tender;

(b) It has not fixed and will not fix the amount of any price submitted in its tender by arrangement with any person;

(c) It has not made and will not make any arrangement with any person as to whether it or that other person will or will not submit a tender; and

(d) It has not otherwise colluded and will not otherwise collude with any person in any manner whatsoever in the tendering process.

5.2 In the event that the Tenderer is in breach of any of the representations and / or warranties in Clause 5 herein, PCFB shall be entitled to, without compensation to any person or liability on the part of PCFB –

(a) Reject the tender;

(b) If PCFB has accepted the tender, withdraw its acceptance of the tender; or

(c) If PCFB has entered into the Contract with the Tenderer, terminate the Contract.

5.3 The Tenderer shall indemnify and keep indemnified PCFB against all losses, damages, costs or expenses arising out of or in relation to any breach of any of the representations and / or warranties in Clause 5 above.

5.4 Any breach of any of the representations and / or warranties in Clause 5.1 above by the Tenderer may prejudice the Tenderer's future standing as a PCFB contractor.

5.5 Clause 5.1 shall have no application to the Tenderer's communications in strict confidence with its own insurers or brokers to obtain an insurance quotation for computation of the tender price, or with its professional advisers, consultants or sub-contractors to solicit their assistance in preparation of tender submission.

5.6 The rights of PCFB under Clauses 5.2 to 5.4 above are in addition to and Terms of Tender without prejudice to any other rights or remedies available to it against the Tenderer.

Part X Briefing session and enquiries

- A briefing session will be held on 17 July 2020. Details are as below:
Date: 17 July 2020 (Friday)
Time: 4:00 pm
Venue: PCFB's Office
15/F, Nam Wo Hong Building,
148 Wing Lok Street,
Sheung Wan, Hong Kong.

- Interested Tenderers can register no more than two representatives for the briefing session. Tenderers who wish to attend the briefing session are requested to call Mr. Anthony Chung at 3578 8102 on or before 5:00 pm on 15 July 2020 (Thursday) for reserving the seats. PCFB reserves the right to reject any persons to attend the session if s/he has not made the reservation before.

- During the session, PCFB's representatives will clarify any enquiries Tenderers may have on the Tender Document.

Enquiries

Mr. Anthony Chung
Prevention, Rehabilitation and Research Officer
Tel: 3578 8102
E-mail: antchung@pcfb.org.hk

Age and Residential Distribution of Patients

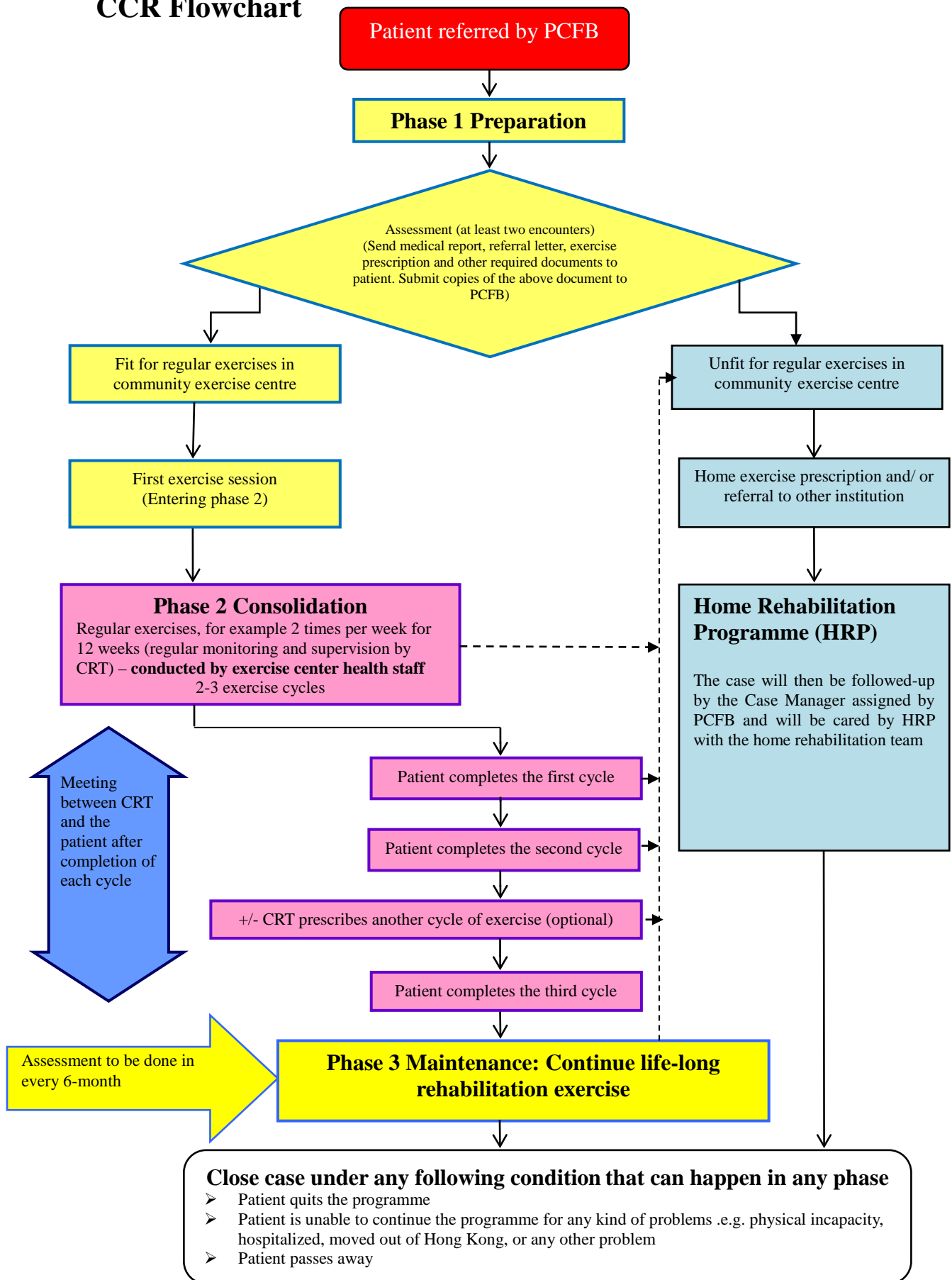
Age distribution

Age range	Count	% Distribution
Below 60	63	4.4
60-69	620	43.5
70-79	497	34.9
80 and above	246	17.2
Total	1 426	100

Residential distribution

Region and Cluster	Count	% Distribution
HK Island		
Hong Kong East Cluster	108	7.6
Hong Kong West Cluster	74	5.2
Kowloon		
Kowloon East Cluster	366	25.7
Kowloon Central Cluster	216	15.1
Kowloon West Cluster	172	12.1
New Territories		
New Territories East Cluster	306	21.5
New Territories West Cluster	184	12.8
Total	1 426	100

CCR Flowchart



「肺塵埃沉着病及間皮瘤病人 社區綜合復康計劃」

運動處方(第1級)

耐力 /
帶氧運動

1. 跑步機步行-速度:每小時 1.0- 1.2 公里 (10 分鐘)
2. 健身單車 - 第 1 級阻力 (10 分鐘)

強化/阻力



坐著抬腿
(無負重+/-1 磅)



肩膊運動牽引



坐立運動
(黃/紅色彈力帶)



上肢運動
拉開黃/紅色彈力帶



坐著踏步運動
(無負重+/-1 磅)

平衡力

1. 雙臂打開單腳站立 (綠色) 氣墊上
2. 向橫行走 ; 倒後行走



雙臂打開單腳站立
(綠色) 氣墊上

「肺塵埃沉着病及間皮瘤病人 社區綜合復康計劃」

運動處方(第1級)

伸展／柔軟度

1. 坐式肩膊 / 胸 / 上背伸展 (每次 15 秒)
2. 坐式上肢伸展：三頭肌 / 二頭肌 / 手腕伸展 (每次 15 秒)
3. 站立下肢伸展：四頭肌 / 腳繩肌 / 小腿 (每次 15 秒)



肩膊伸展



肩膊伸展



上背伸展



1. 胸伸展

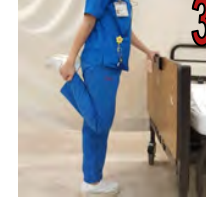
2. 二頭肌伸展



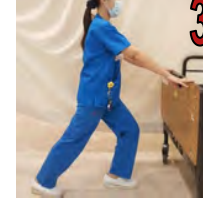
手腕伸展



三頭肌伸展



四頭肌伸展



小腿伸展



腳繩肌伸展

呼吸

1. 噉唇式呼吸
2. 腹式呼吸

「肺塵埃沉着病及間皮瘤病人 社區綜合復康計劃」

運動處方(第2級)

耐力 /
帶氧運動

1. 跑步機步行-速度:每小時 1.3- 1.5 公里 (10 分鐘)
2. 健身單車 - 第 2 級阻力 (10 分鐘)

強化/阻力



坐著抬腿
(1.5 磅)



坐著雙手前推運動
左右手腕負重 1.5 磅



坐立運動
(紅/綠色彈力帶)



上肢運動
拉開紅/綠色彈力帶



站立踏步運動
下肢負重 1.5 磅

平衡力

1. 雙臂打開單腳站立 (藍色) 氣墊上
2. 向橫行走 ; 倒後行走



雙臂打開單腳站立
(藍色) 氣墊上

「肺塵埃沉着病及間皮瘤病人 社區綜合復康計劃」

運動處方(第2級)

伸展／柔軟度

1. 坐式肩膊 / 胸 / 上背伸展 (每次 15 秒)
2. 上肢伸展：三頭肌 / 二頭肌 / 手腕伸展 (每次 15 秒)
3. 站立下肢伸展：四頭肌 / 膕繩肌 / 小腿 (每次 15 秒)



肩膊伸展



肩膊伸展



上背伸展



1. 胸伸展

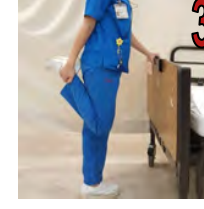
2. 二頭肌伸展



手腕伸展



三頭肌伸展



四頭肌伸展



小腿伸展



膕繩肌伸展

呼吸

1. 噉唇式呼吸
2. 腹式呼吸

「肺塵埃沉着病及間皮瘤病人 社區綜合復康計劃」

運動處方(第3級)

耐力 /
帶氧運動

1. 跑步機步行-速度:每小時 1.6 – 2.0 公里 (10 分鐘)
2. 健身單車 - 第 3 級阻力 (10 分鐘)

強化 / 阻力



坐著抬腿
(2.5 磅)



坐著雙手前推運動
左右手腕負重 2.5 磅



坐立運動
(綠/藍色彈力帶)



上肢運動
拉開綠/藍色彈力帶



站立踏步運動
(下肢負重 2.5 磅)

平衡力

1. 雙臂舉起單腳站立 (藍色) 氣墊上
2. 向橫行走 ; 倒後行走



雙臂舉起單腳站立 (藍色) 氣墊上

「肺塵埃沉着病及間皮瘤病人 社區綜合復康計劃」

運動處方(第3級)

伸展／柔軟度

1. 坐式肩膊 / 胸 / 上背伸展 (每次 15 秒)
2. 上肢伸展：三頭肌 / 二頭肌 / 手腕伸展 (每次 15 秒)
3. 站立下肢伸展：四頭肌 / 膕繩肌 / 小腿 (每次 15 秒)



肩膊伸展



肩膊伸展



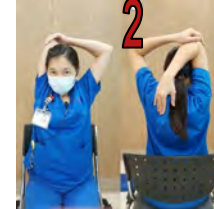
上背伸展



1. 胸伸展
2. 二頭肌伸展



手腕伸展



三頭肌伸展



四頭肌伸展



小腿伸展



膕繩肌伸展

呼吸

1. 噉唇式呼吸
2. 腹式呼吸

「肺塵埃沉着病及間皮瘤病人 社區綜合復康計劃」

運動處方(第4級)

耐力 /
帶氧運動

1. 跑步機步行-速度:每小時 2.0 – 2.5 公里 (10 分鐘)
2. 健身單車 - 第 4 級阻力 (10 分鐘)

強化 / 阻力



坐著抬腿
(3.5 磅)



推胸運動
第 1 級



坐立運動
(藍/黑色彈力帶)



健身器
二頭肌屈曲
肩胛後縮(第 1 級)



站立踏步運動
(下肢負重 3.5 磅 · 或
踏步機 - 第一級)

平衡力

1. 雙臂打開單腳站立 (黑色) 氣墊上
2. 向橫行走 ; 倒後行走



雙臂打開單腳站立 (黑色) 氣墊上

「肺塵埃沉着病及間皮瘤病人 社區綜合復康計劃」

運動處方(第4級)

伸展／柔軟度

1. 坐式肩膊 / 胸 / 上背伸展 (每次 15 秒)
2. 上肢伸展：三頭肌 / 二頭肌 / 手腕伸展 (每次 15 秒)
3. 站立下肢伸展：四頭肌 / 膕繩肌 / 小腿 (每次 15 秒)



肩膊伸展



肩膊伸展



上背伸展



1. 胸伸展

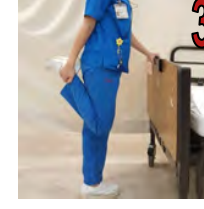
2. 二頭肌伸展



手腕伸展



三頭肌伸展



四頭肌伸展



小腿伸展



膕繩肌伸展

呼吸

1. 噉唇式呼吸
2. 腹式呼吸

「肺塵埃沉着病及間皮瘤病人 社區綜合復康計劃」

運動處方(第5級)

耐力 /
帶氧運動

1. 跑步機步行-速度:每小時 2.5-3.0 公里 (10 分鐘)
2. 健身單車 - 第 5 級阻力 (10 分鐘)

強化 / 阻力



坐著抬腿
(3.5 磅 +/- 紅色彈力帶)



推胸運動
(第 2 級)



坐立運動
(黑/銀色彈力帶)



二頭肌屈曲
肩胛後縮
(第 2 級)



踏步機
(第 2 級)

平衡力

1. 雙臂舉起單腳站立(黑色)氣墊上
2. 雙臂打開，前腳腳跟對後腳腳尖站立
3. 向橫行走；倒後行走；交叉腳行走



雙臂舉起單腳站立
(黑色)氣墊上



雙臂舉打開，前腳
腳跟對後腳腳尖站



交叉腳行走

「肺塵埃沉着病及間皮瘤病人 社區綜合復康計劃」

運動處方(第5級)

伸展／柔軟度

1. 坐式肩膊 / 胸 / 上背伸展 (每次 15 秒)
2. 上肢伸展：三頭肌 / 二頭肌 / 手腕伸展 (每次 15 秒)
3. 站立下肢伸展：四頭肌 / 膕繩肌 / 小腿 (每次 15 秒)



肩膊伸展



肩膊伸展



上背伸展



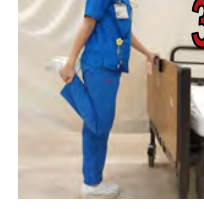
1. 胸伸展
2. 二頭肌伸展



手腕伸展



三頭肌伸展



四頭肌伸展



小腿伸展



膕繩肌伸展

呼吸

1. 噉唇式呼吸
2. 腹式呼吸

「肺塵埃沉着病及間皮瘤病人 社區綜合復康計劃」

運動處方(第6級)

耐力 /
帶氧運動

1. 跑步機步行-速度:每小時 2.5-3.0 公里 · 斜度 1 (10 分鐘)
2. 健身單車 - 第 6 級阻力 (10 分鐘)

強化 / 阻力



坐著抬腿
(3.5 磅 +/- 綠色彈力帶)



推胸運動
(第 3 級)



坐立運動
(黑/銀色彈力帶)



二頭肌屈曲
肩胛後縮
(第 3 級)



踏步機
(第 3 級)

平衡力

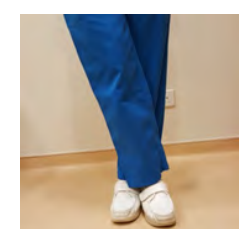
1. 雙臂舉起單腳站立 (黑色) 氣墊上
2. 行鋼線-腳尖對準腳跟 · 輪流換腳
3. 向橫行走 ; 倒後行走 ; 交叉腳行走



雙臂舉起單腳站立
(黑色) 氣墊上



行鋼線-腳尖對準
腳跟 · 輪流換腳



交叉腳行走

「肺塵埃沉着病及間皮瘤病人 社區綜合復康計劃」

運動處方(第6級)

伸展／柔軟度

1. 坐式肩膊 / 胸 / 上背伸展 (每次 15 秒)
2. 上肢伸展：三頭肌 / 二頭肌 / 手腕伸展 (每次 15 秒)
3. 站立下肢伸展：四頭肌 / 膕繩肌 / 小腿 (每次 15 秒)



肩膊伸展



肩膊伸展



上背伸展



1. 胸伸展

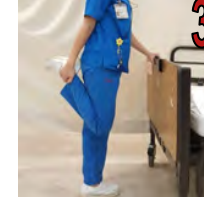
2. 二頭肌伸展



手腕伸展



三頭肌伸展



四頭肌伸展



小腿伸展



膕繩肌伸展

呼吸

1. 噉唇式呼吸
2. 腹式呼吸

「肺塵埃沉着病及間皮瘤病人 社區綜合復康計劃」

運動處方(第7級)

耐力 /
帶氧運動

1. 跑步機步行-速度:每小時 3.0-3.5 公里 · 斜度 1 (10 分鐘)
2. 健身單車 - 第 7 級阻力 (10 分鐘)

強化 / 阻力



健身器
坐著抬腿
(第 2 級)



推胸運動
(第 4 級)



蹲坐站立
(黃色運動球)



二頭肌屈曲
肩胛後縮
(第 4 級)



踏步機
(第 4 級)

平衡力

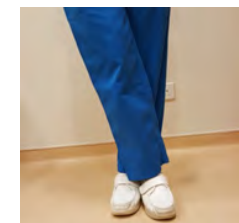
1. 單腳站立(黑色)氣墊上(加上肢活動，如拍手)
2. 行鋼線-腳尖對準腳跟，輪流換腳
3. 向橫行走；倒後行走；交叉腳行走(加上肢活動，如拍手)



單腳站立(黑色)氣
墊上(加上肢活動，
如拍手)



行鋼線-腳尖對準
腳跟，輪流換腳



交叉腳行走

「肺塵埃沉着病及間皮瘤病人 社區綜合復康計劃」

運動處方(第7級)

伸展／柔軟度

1. 站立肩膊 / 胸 / 上背伸展 (每次 15 秒)
2. 站立上肢伸展：三頭肌 / 二頭肌 / 手腕伸展 (每次 15 秒)
3. 站立下肢伸展：四頭肌 / 膕繩肌 / 小腿 (每次 15 秒)



肩膊伸展



肩膊伸展



上背伸展



1. 胸伸展

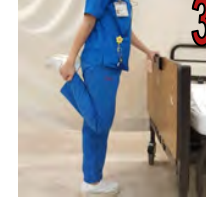
2. 二頭肌伸展



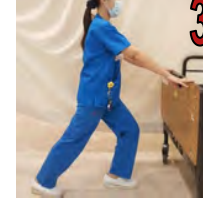
手腕伸展



三頭肌伸展



四頭肌伸展



小腿伸展



膕繩肌伸展

呼吸

1. 噉唇式呼吸
2. 腹式呼吸

「肺塵埃沉着病及間皮瘤病人 社區綜合復康計劃」

運動處方(第8級)

耐力 /
帶氧運動

1. 跑步機步行-速度:每小時 3.5-4.0 公里，斜度 2 (10 分鐘)
2. 健身單車 - 第 8 級阻力 (10 分鐘)

強化 / 阻力



健身器
坐著抬腿
(第 3 級)



推胸運動
(第 5 級)



蹲坐站立
(紅色運動球)



二頭肌屈曲
肩胛後縮
(第 5 級)



踏步機
(第 5 級)

平衡力

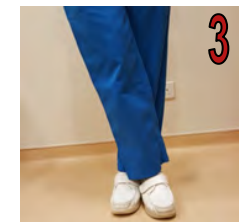
1. 單腳站立 (黑色) 氣墊上 (加上肢活動，如拍手)
2. 行鋼線-腳尖對準腳跟，輪流換腳
3. 向橫行走；倒後行走；交叉腳行走 (加上肢活動，如拍手)



單腳站立 (黑色) 氣
墊上 (加上肢活
動，如拍手)



行鋼線-腳尖對準
腳跟，輪流換腳



交叉腳行走

「肺塵埃沉着病及間皮瘤病人 社區綜合復康計劃」

運動處方(第8級)

伸展／柔軟度

1. 站立肩膊 / 胸 / 上背伸展 (每次 15 秒)
2. 站立上肢伸展：三頭肌 / 二頭肌 / 手腕伸展 (每次 15 秒)
3. 站立下肢伸展：四頭肌 / 膕繩肌 / 小腿 (每次 15 秒)



肩膊伸展



肩膊伸展



上背伸展

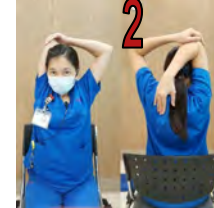


1. 胸伸展

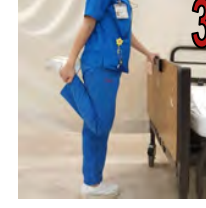
2. 二頭肌伸展



手腕伸展



三頭肌伸展



四頭肌伸展



小腿伸展



膕繩肌伸展

呼吸

1. 噉唇式呼吸
2. 腹式呼吸

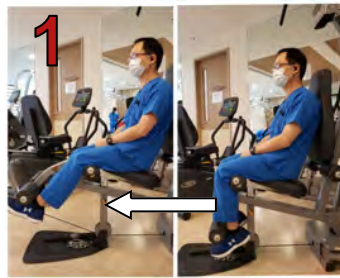
「肺塵埃沉着病及間皮瘤病人 社區綜合復康計劃」

運動處方(第9級)

耐力 /
帶氧運動

1. 跑步機步行-速度:每小時 3.5-4.0 公里，斜度 3 (10 分鐘)
2. 健身單車 - 第 8 級阻力 (10 分鐘)

強化/阻力



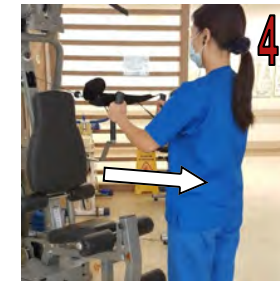
健身器
坐著抬腿
(第 4 級)



推胸運動
(第 6 級)



蹲坐站立
(紅色運動球)



二頭肌屈曲
肩胛後縮
(第 6 級)



踏步機
(第 6 級)

平衡力

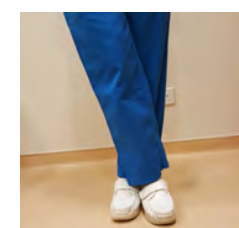
1. 單腳站立 (黑色) 氣墊上 (加上肢活動，如拍手)
2. 行鋼線-腳尖對準腳跟，輪流換腳
3. 向橫行走；倒後行走；交叉腳行走 (加上肢活動，如拍手)



單腳站立 (黑色) 氣
墊上 (加上肢活
動，如拍手)



行鋼線-腳尖對準
腳跟，輪流換腳



交叉腳行走

「肺塵埃沉着病及間皮瘤病人 社區綜合復康計劃」

運動處方(第9級)

伸展／柔軟度

1. 站立肩膊 / 胸 / 上背伸展 (每次 15 秒)
2. 站立上肢伸展：三頭肌 / 二頭肌 / 手腕伸展 (每次 15 秒)
3. 站立下肢伸展：四頭肌 / 腳繩肌 / 小腿 (每次 15 秒)



肩膊伸展



肩膊伸展



上背伸展

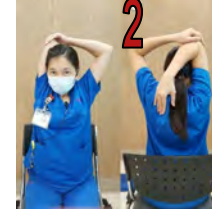


1. 胸伸展

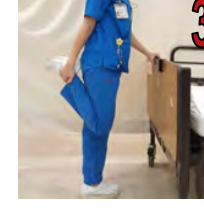
2. 二頭肌伸展



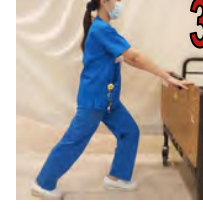
手腕伸展



三頭肌伸展



四頭肌伸展



小腿伸展



腳繩肌伸展

呼吸

1. 噉唇式呼吸
2. 腹式呼吸