

Po Leung Kuk Lo Kit Sing (1983) College

保良局羅傑承(一九八三)中學

Cheung Hong Estate, Tsing Yi, N.T., Hong Kong

香港新界青衣長康邨

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Dear Parents, 各位家長: P22058

Jockey Club Children's Spine Care Community Project 「賽馬會學童脊柱保健計劃」

Posture awareness and spine health are getting more concern in school children. The aim of this program is to promote the public awareness of good posture and provide screening and treatment services to the commonly found spinal deformity in adolescents, which is adolescent idiopathic scoliosis (AIS). While the target population for scoliosis assessment are students at grades 1-3 at secondary schools as they are at higher risk of developing AIS.

The Hong Kong Jockey Club Charities Trust financially supports this project and a team of healthcare professionals from The Hong Kong Polytechnic University (PolyU) and its partner organizations conduct and manage its daily operation.

The team is going to deliver a spine health talk to our F.1-F.3 students on 18 November 2022 which provided students better understanding on spine health and is going to provide free scoliosis screening for F.1-F.3 students on 23-25 November 2022 at our school. Student participants will receive a scoliosis screening result and various interventions and follow-ups to students depending on the severity of their scoliosis will be arranged. For more details, please visit https://www.polyu.edu.hk/bme/spinecare/hk/

To understand parents' preference for arrangements of scoliosis screening for students, parents please sign the online reply slip and indicate your preference on or before 11th November 2022. Should you have any enquiries, please contact Ms Mak Yuet Ngor at 24977110.

Appendix 1: Introduction of Jockey Club Children's Spine Care Community Project

學童的正確身體姿勢和脊柱健康日漸備受重視,「賽馬會學童脊柱保健計劃」希望提升大眾對 正確身體姿勢的關注,並為學童提供青少年原發性脊柱側彎(AIS)檢查及相應治療。得香港賽馬 會慈善信託基金的資助,香港理工大學的專業醫療團隊及其夥伴組織將為全港學校提供免費服務。

團隊將於 2022 年 11 月 18 日到本校為中一至中三學生提供脊柱健康講座,讓學生認識脊柱健康的重要性及增加其對 AIS 的了解。團隊將於 2022 年 11 月 23 日至 25 日到校,為中一至中三學生作免費脊柱側彎檢查。參加脊柱側彎檢查的學生將會收到一份初步檢查結果,並由學生轉交家長。若檢查結果顯示學生有脊柱側彎的臨床特徵,團隊將另行安排作進一步評估及檢查。有關計劃詳情,請瀏覽 https://www.polyu.edu.hk/bme/spinecare/hk/

為了解家長的意願,以便學校處理學生脊柱側彎檢查安排,敬請 貴家長於十一月十一日(星期 五)前填妥網上回條。如有疑問,請與麥月娥老師聯絡。(電話:24977110)

附件一:賽馬會學童脊柱保健計劃簡介

Po Leung Kuk Lo Kit Sing (1983) College

保良局羅傑承(一九八三)中學

Law Wing Chung, Principal 羅穎忠校

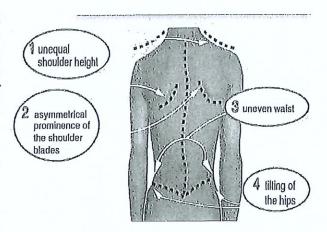
7th November 2021 二零二二年十一月七日

審馬會學童脊柱保健計劃

Jockey Club Children's Spine Care Community Project

What is Scoliosis?

Scoliosis refers to the lateral curvature and vertebral rotation of the spine which appears like a "C" or "S" shape than a straight line when seeing from the back. Adolescent idiopathic scoliosis (AIS) is the most common type of scoliosis which occurs in the adolescence with unknown causes. Frequently, cases of scoliosis can be ignored or unnoticed as the curves may be obscured by the clothing and the patients are sometimes asymptomatic. However, scoliosis can be noticed by observing asymmetry of the body, such as unequal shoulder height, asymmetrical prominence of the shoulder blades, uneven waist or tilting of the hips. For severe cases, it can cause cosmetic problems and affect cardiopulmonary functions.



(Captured from the HKSAR Department of Health)

Project Details

Spine Health Talk

- ·Healthcare professionals will deliver spine health talk related to posture & scoliosis on school campus.
- ·Teachers and students are welcome to join the talk.



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- · After the talk, healthcare professionals will provide scoliosis assessment to students, include using the advanced ultrasound machine.
- Assessment result with the suggestion will be given to parents via their children.

Diagnosis & Threatment

- Medical doctor will provide consultation to students, and Xray imaging will be taken for scoliosis confirmation.
- Corresponding treatment will be provided to students base on the severity of scoliosis.
- Treatment includes: physiotherapy and orthotic management.

How to Participate?

If you want your child to participate in this free "Jockey Club Children's Spine Care Community Project", please fill in the enclosed consent form and submit to your child's school.

主辦機構









捐助機構







Jockey Club Children's Spine Care Community Project

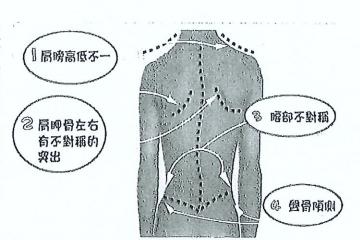
審馬會學童脊柱保健計劃

附件一

賽馬會學童脊柱保健計劃

甚麼是脊柱側彎?

脊柱側彎是指脊骨向左或向右彎曲, 並呈 現 「C」形或「S」形,而脊柱亦會有不 同程度的扭曲。「青少年原發性脊柱側 彎」,是最常見的脊柱側彎類型。這類型 的脊柱側彎會在青春期出現,而且成因不 明。由於患者一般沒有徵狀及身體被衣服 遮蓋,脊柱側彎往往是比較難察覺的。但 是,我們仍可以透過對身體左右不對稱的 觀察,如肩膀高低不一、肩胛骨左右有不 對稱的突出、腰部不對稱及盤骨傾側等而 作出判斷。當情況嚴重時,有可能影響外 觀及心肺功能。



(圖片摘自香港特別行政區政府衛生署)

計劃內容

脊柱健康講座

- •醫療保健專業人員 會在參與計劃的學 校提供有關良好姿 勢和脊柱側彎的講 座。
- •校内所有學童和老 師均歡迎參加有關 講座。

滑植侧壁岭酯

- •講座後,專業人員 . 會為學童進行脊柱 側彎檢查,包括採 用先進的無創超聲 波儀器。
- •檢查結果連同相應 的建議會經由學童 交予家長。

診斷與治療

- •專科醫生會為學童 作脊柱側彎診斷及 X光檢查,並提供 專業意見。
- •將根據脊柱側彎的 嚴重程度為學童提 供相應的治療。
- •方案包括:物理治 療及矯形治療。

如何參與計劃?

若 閣下同意子女參與此項免費的「賽馬會學童脊柱保健計劃」,請簽妥同意書並交回所 屬學校。

主辦機構









捐助機構



香港賽馬會慈善信託基金 The Hong Kong Jockey Club Charities Trust 何心何岁何速 RIDING HIGH TOGETHER