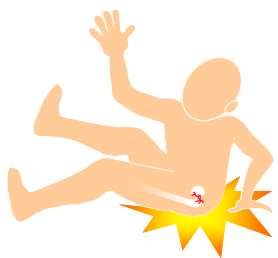


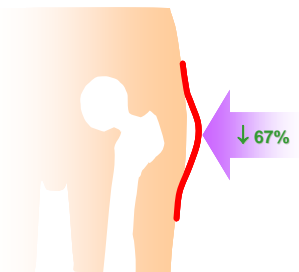
配戴臀部保護罩須知

Instruction of Wearing Hip Protectors



臀部保護罩是由兩塊橢圓形內置有防震功能纖維棉的硬膠塊，放置在一條棉褲兩側的口袋，使股骨能夠有更安全的保護。

Hip protectors consist of 2 plastic rigid shields that are held in place over the hip by special designed pants.



建議長者宜經常穿戴臀部保護罩以防骨折，不論在屋內或屋外，因長者隨時隨地亦可能跌倒。而高危的長者，則建議在臥床睡眠的時段也應穿戴，以防晚間如廁時跌倒，引致股骨折斷。

Hip protectors should be worn whenever possible, indoors and outdoors, since falls can happen anywhere and anytime.

For some high risk elderly, it is suggested that protectors should be worn at bed sleep time interval to prevent hip fracture while falls during toileting at night.



清洗方法：

- ✓ 先把臀部保護罩取出，用冷水抹淨及放在陰暗處風乾
- ✓ 棉褲可用洗衣機或手清洗
- ✓ 晾乾後，把臀部保護罩放回原來位置，非常簡單方便。

Washing Instruction:

- ✓ Remove the plastic shields from pants, wash them in cold water and keep them dry in a cool place
- ✓ Pants can be machine-wash or hand-wash
- ✓ After drying, insert the plastic shields into the pockets

沙田醫院復康店
G/F, Rehab Shop, Shatin Hospital

查詢
Enquiry

查詢電話 : 2649 3675
Tel : 2649 3675