

脊骨神經科之背景

脊骨神經科是美國傳統醫學以外第二大的醫療體系。這治療方式不會使用藥物或手術，只會運用手法醫治病人，輔以電療及營養補充劑等。脊醫通常建議病人做家居運動、服用營養補充劑。為助病者復元，亦會建議病人，在日常生活中改善姿勢或動作，以減低痛症覆發機會。

雖然脊醫不屬於西醫，但是二者同樣需修讀解剖學、生理學、神經學、放射科，矯正學和老年醫學等科目。

脊醫最常處理患者的痛症，包括背部或姿勢上引起的痛症、由椎間盤引起的痛症、頸痛或揮鞭式頸部創傷、脊柱側彎、坐骨神經痛、頭痛、髖關節問題、膝痛，纖維肌痛症和腕管綜合症等等。

事實上，脊醫還要修讀其他許多專科，包括兒科、運動醫學、矯正科和神經內科。

香港脊骨神經科是受到政府的認可及管制。過去幾年，脊醫的數量已快速增長。目前約有190位脊醫在港執業，他們都畢業於美國、加拿大，英國和澳洲等地。

成爲脊醫的好處

脊醫可以透過工作獲得工作的滿足感，並收入理想。脊醫亦可彈性安排工作。這專業是受到社會尊重，值得年青人投身。

這專業的好處包括：

1. 改善病人健康，獲得工作的滿足感
2. 可自行決定工作及休假時間
3. 獲得病人尊重，更多機會服務社區
4. 收入理想

教育的要求

脊醫的教育在外國要求是嚴格的。英國、澳洲，美國和加拿大的教育要求各略有不同。英國和澳洲的入學要求是GCE“A”級或同等學歷。美國方面入讀脊骨神經科前，需要擁有4年大專以上學歷。

在英國和澳洲，研讀脊骨神經科的年期是5年；而美國和加拿大則是4年。

脊醫要在香港執業，須在香港脊醫管理局認可的院校畢業。接受過脊骨神經科的培訓後，脊醫足以可以診斷和治療在其執業範圍的病人，有需要時，並可轉介病人予其他醫生。

獎學金

有興趣於英歐脊科醫學院就讀脊骨神經科及合資格的候選人均可申請獎學金。欲索取更多資料，請閱覽以下網址hkccfl.org.hk或電郵至info@hkccfl.org.hk。

脊骨神經科的未來

近年脊醫人數不斷增加，有關脊科的研究亦愈來愈多，脊醫行業有很多發展機會。

脊科研究的不斷推陳出新、人口的增長及老化、醫療保健的增加，人們愈來愈注重健康……一切一切，都進一步提升脊骨神經科服務在社會的地位及需求。

以下是2013年，獲得香港脊醫管理局認可的院校：

ACCREDITED BY THE COUNCIL ON CHIROPRACTIC EDUCATION -

- (i) Doctor of Chiropractic, Cleveland Chiropractic College, Los Angeles (1985 onwards)
- (ii) Doctor of Chiropractic, Cleveland Chiropractic College, Overland Park (June 1982 onwards)
- (iii) Doctor of Chiropractic, Life University (June 1985 onwards)
- (iv) Doctor of Chiropractic, Life Chiropractic College West (July 1987 onwards)
- (v) Doctor of Chiropractic, Logan College of Chiropractic (June 1978 onwards)
- (vi) Doctor of Chiropractic, Southern California University of Health Sciences (previously Los Angeles College of Chiropractic) (1971 onwards)
- (vii) Doctor of Chiropractic, National University of Health Sciences, Illinois Campus (previously National College of Chiropractic) (1971 onwards)
- (viii) Doctor of Chiropractic, National University of Health Sciences, Florida campus (July 2011 onwards)
- (ix) Doctor of Chiropractic, New York Chiropractic College (1979 onwards)
- (x) Doctor of Chiropractic, Northwestern Health Sciences University (previously Northwestern College of Chiropractic/Northwestern University of Health Sciences) (1971 onwards)
- (xi) Doctor of Chiropractic, Palmer College of Chiropractic, Davenport Campus (July 1979 onwards)
- (xii) Doctor of Chiropractic, Palmer College of Chiropractic, Florida Campus (July 2004 onwards)
- (xiii) Doctor of Chiropractic, Palmer College of Chiropractic, West Campus (June 1985 onwards)
- (xiv) Doctor of Chiropractic, Parker University (previously Parker College of Chiropractic) (June 1988 onwards)
- (xv) Doctor of Chiropractic, Sherman College of Chiropractic (1995 onwards)
- (xvi) Doctor of Chiropractic, Texas Chiropractic College (1971 onwards)
- (xvii) Doctor of Chiropractic, University of Bridgeport (June 1994 onwards)
- (xviii) Doctor of Chiropractic, University of Western States (previously Western States Chiropractic College) (1981 onwards)
- (xix) Doctor of Chiropractic, D'Youville College (July 2007 onwards)

ACCREDITED BY THE CANADIAN FEDERATION OF CHIROPRACTIC REGULATORY AND EDUCATIONAL ACCREDITING BOARDS -

- (i) Doctor of Chiropractic, Canadian Memorial Chiropractic College (1978 onwards)
- (ii) Doctor of Chiropractic, Université du Québec à Trois-Rivières (1995 onwards)

ACCREDITED BY THE COUNCIL ON CHIROPRACTIC EDUCATION AUSTRALASIA INC. -

- (i) Bachelor of Chiropractic Science plus Master of Chiropractic, Macquarie University (2001 onwards)
- (ii) Bachelor of Health Science (Chiropractic) plus Master of Clinical Chiropractic, RMIT University (2011 onwards)
- (iii) Bachelor of Chiropractic, New Zealand College of Chiropractic (2005 onwards)
- (iv) Bachelor of Science (Chiropractic) plus Bachelor of Chiropractic, Murdoch University (September 2006 onwards)
- (v) Bachelor of Health Science plus Master of Science (Chiropractic), Hanseo University (October 2010 onwards)

ACCREDITED BY THE EUROPEAN COUNCIL ON CHIROPRACTIC EDUCATION -

- (i) Master of Chiropractic, Bournemouth University (2006 onwards)
- (ii) Diplome Chiropratie, Institut Franco-Européen de Chiropratique (1996 onwards)
- (iii) Bachelor of Science in Clinical Biomechanics plus Master of Science in Health Science, Clinical Biomechanics, Syddansk Universitet Odense (1999 onwards)
- (iv) Master of Chiropractic, University of Glamorgan (2009 onwards)
- (v) Master in Technology: Chiropractic, Durban University of Technology (2006 onwards)
- (vi) Magister Technologiae Chiropractic, University of Johannesburg (2005 onwards)
- (vii) Titulo Superior Universitario en Quiropráctica plus Máster en Quiropráctica, Real Centro Universitario Escorial-Maria Cristina (June 2012 onwards)

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HCCZ0121029-80

投身做脊醫

