



# 「站起來」訪問香港傷健策騎協會有限公司

## STAND TALL visits RDA

於二零零八年五月，中國四川省一場世紀大地震奪去了近七萬名人民的生命，罹難者主要是在學的兒童。許多的幸存者因這場天然災害都蒙上了巨大的心靈創傷，被瓦礫碎石壓傷數小時以至數日的遇難者亦承受終身肢體上的損傷。許多大地震幸存的兒童最初被困於破瓦殘堆中，最後被拯救出來時，往往發現他們肢體上已經嚴重受傷，需要截肢。

四川地震所造成的傷亡數字和毀滅性的破壞，震憾全世界。於二零零八年五月二十六日，一個扶助截肢者重生的機構成立了。這個機構名為「站起來」，成立概念是由香港中文大學骨科講座教授、威爾斯親王醫院骨科主管以及香港體育學院前副會長所萌起。獲得香港政府二百二十萬元的撥款後，便於二零零八年七月二十八日著手籌劃在四川興建一所復康中心。該大樓將於二零一一年建成，以協助幸存者重建身心，同時教導他們使用義肢。

於去年十一月份，「站起來」聯繫了本會，要求讓一位年輕的幸存者來港嘗試策騎，用以作為一種治療。本會當然義不容辭地答允。這個現年十四歲女孩名為魏雲露(露露)，地震發生前十分熱愛跳舞，但自失去左腳小腿後，現在就要適應新生活了。

由母親和「站起來」工作人員陪同下，露露於二零零九年十二月一日來到屯門公眾騎術學校。經過一番討論後，我們決定讓露露試騎Jubilee。她認為裝上義肢後較為安全，於是她便配上義肢策騎。有些截肢者認為佩帶義肢感覺不適，因而寧願不裝配。而有些則選擇使用義肢，以慎防造成壓力的痛楚和其他問題。

在指導員童玲芝、姚金玉和香港賽馬會教練梁偉滔的協助下，露露能夠自己上馬，手執韁繩，在細練習場內踱步。她坐在馬上滿懷自信，且平衡良好，可見她如有機會一定願意再次騎馬。現時，露露與母親所居住的四川地區並沒有傷健策騎的設施。

完成騎馬後，露露說該天是她的重大日子，她會終身銘記。露露擁抱著Jubilee時說，當她下次再來到香港時，希望可以再一嘗騎馬樂。

自「站起來」成立以來，不少康復者每一至兩個月會來到香港接受治療和參與社區活動。「站起來」已經扶助了為數千個嚴重受傷的幸存者，這個團隊日後將會如此這般忙碌。

本會希望在未來可以再次幫助和支持這個造福人群的機構，並祝願「站起來」在二零一零年萬事如意。



In May 2008 a massive earthquake struck the Chinese province of Sichuan killing nearly 70,000 people, mainly children at school. For many of the survivors there came the mental trauma of the day's events and the life-long physical injuries suffered as a result of being trapped under rubble for hours or even days. Many children

who survived the earthquake were initially trapped under debris and when they were found and at last rescued it was discovered that they had suffered severe damage to their limbs, resulting in amputations.

The world was shocked at the news of the Sichuan quake and the devastating death toll and destruction it caused. An organisation was formed on May 26, 2008, to help the amputees rebuild their lives. This organisation, Stand Tall, was the brainchild of Chair of Professions at Chinese University Hong Kong, Orthopaedics and Traumatology Department, along with the Chief of service at the Prince of Wales Hospital and Ex-Vice Chair of the Hong Kong Sports Institute. With a Hong Kong Government grant of \$2.2 million, development of a rehabilitation centre at Sichuan was launched July 28, 2008. The building is due for completion in 2011 will help rebuild lives, teaching survivors to live and work with prosthetic limbs.

In November last year Stand Tall contacted RDA requesting a young survivor visiting Hong Kong try horse riding as a form of therapy. RDA gladly obliged. The brave girl, Wei Yun Lu ("Lulu"), 14, was a keen dancer before the quake, but is now adjusting to life after losing the lower part of her left leg.

Lulu came to Tuen Mun Public Riding School on Dec 1, 2009 accompanied by her mother and Stand Tall staff. After some discussion it was decided Lulu would try riding Jubilee. She asked to ride with her prosthesis as she felt safer wearing it. Some amputees prefer not to wear the prosthesis as it can cause discomfort, while others prefer to use it, wary of pressure sores and other problems.

With the help of instructors Winnie Tung, Ah-Yuk and David Leung from the HKJC, Lulu was able to mount the horse herself, take up the reins and wander the small paddock. She sat with great confidence and balance and showed riding was something she would like to do more if given the opportunity. At present there are no riding facilities for the disabled in Sichuan, where Lulu lives with her mother.

After her ride Lulu said it was one of her greatest days, something she would remember forever. Hugging Jubilee, Lulu said she hoped to ride her again when she next visits Hong Kong.

Since the foundation of the Stand Tall organisation victims have come to Hong Kong for therapy and social events every one to two months. With Stand Tall working to help thousands of survivors with horrific injuries, the group will be busy for many years to come.

RDA hopes to help and support this worthwhile organisation again in the future and wishes Stand Tall the best for 2010.

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