

愛惜您的筋

2012年1月12日 浸信呂明才中學家長團契

黃子球醫生—骨科專科醫生
林楚璧女仕—資深職業治療師

引言—經驗分享

- ▶ A. 中年男子，腰背突痛
- ▶ B. 女人五十，肩膊疼痛
- ▶ C. 家庭主婦，手肘側痛

A.腰背痛



Causes of back pain

- ▶ Lumbar muscle strain
- ▶ Prolapsed intervertebral disc
- ▶ Discogenic pain
- ▶ Spinal stenosis
- ▶ Spondylolithesis
- ▶ Spondylosis
- ▶ Osteoporosis (wedge fracture)



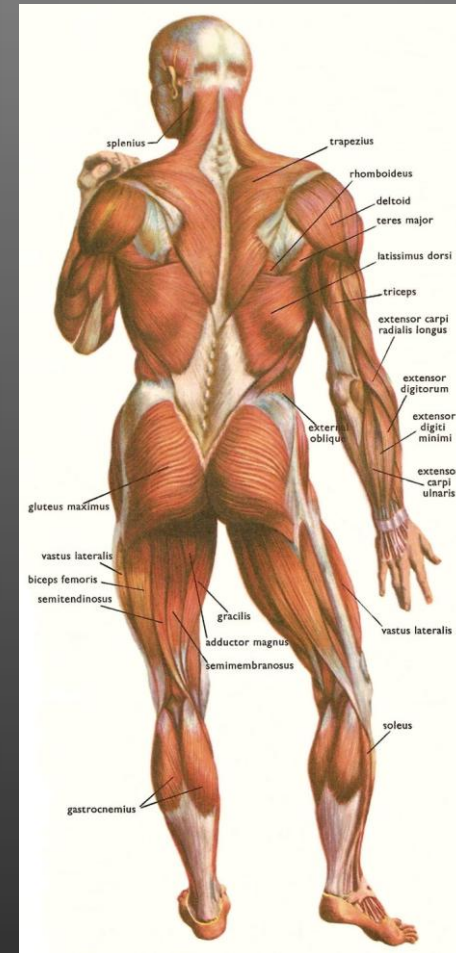
Lumbar muscle strain

- ▶ generally caused by overuse, force, or stretching.
- ▶ may be a simple overstretch of the muscle or tendon, or it can result in a partial or complete tear
- ▶ Two common sites for a strain are the back and the hamstring muscle



Lumbar muscle strain

- ▶ Back pain is the second most common cause of missed days of work
- ▶ Lumbar muscle is important in maintain posture, balance, movement and most daily activities
- ▶ common in both manual labour/ sedentary worker with little exercises



Symptoms

- Pain around the low back and upper buttocks
- Low back muscle spasm
- Pain associated with activities, and generally relieved with rest
- 90% recover in a month



Contributing factors

- ▶ Poor conditioning
- ▶ Obesity
- ▶ Smoking
- ▶ Improper use /
lifting techniques



Treatment

- ▶ Rest x 48 hours, then start simple stretch
- ▶ Medications : NASID, muscle relaxants
- ▶ Physical therapy: USG, IFT, IPT, hot pack...
- ▶ Simple ex to prevent muscle deconditioning
- ▶ strengthening ex to prevent recurrence

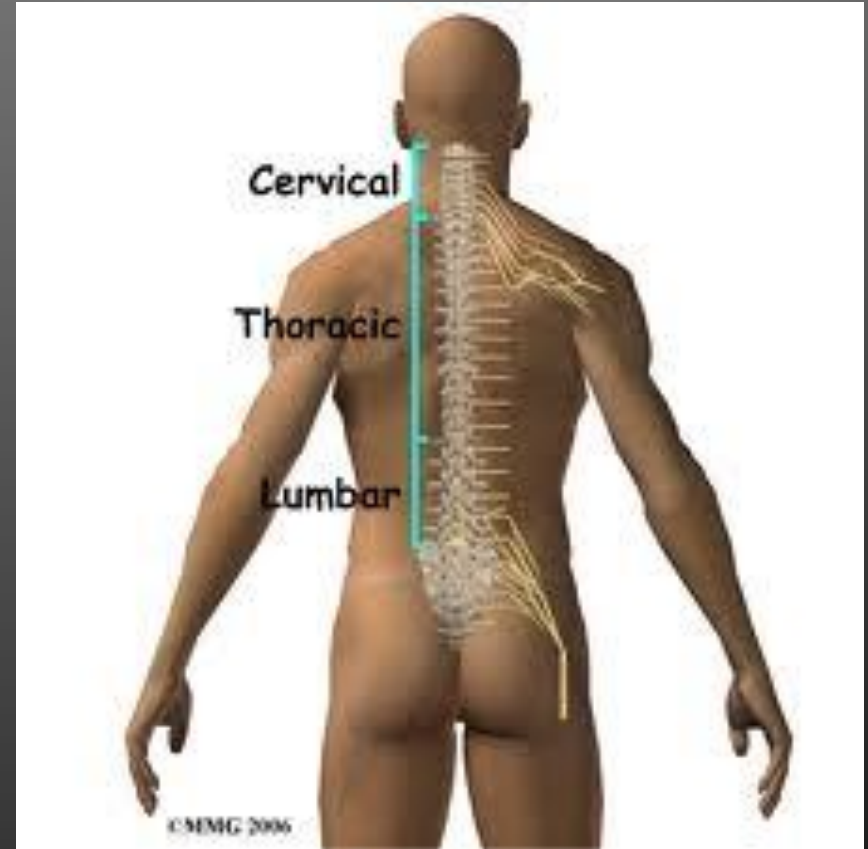


Reassess

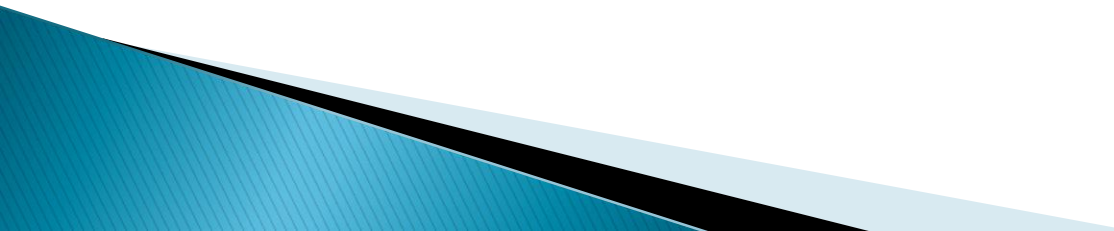
- ▶ Reevaluate if symptoms persist despite treatment +/- XR, CT, MRI, bone scan
- ▶ Warning signs:
 - Loss of control of bladder or bowels
 - Progressive lower extremity weakness
 - Severe, constant pain

Prolapsed intervertebral disc (sciatica)

- ▶ Usually fit adult 20–45 years
- ▶ sudden onset of severe back pain while lifting weight
- ▶ pain radiates down to buttock and lower limb (sciatica)
- ▶ aggravated by coughing or straining
- ▶ associates with leg numbness & weakness

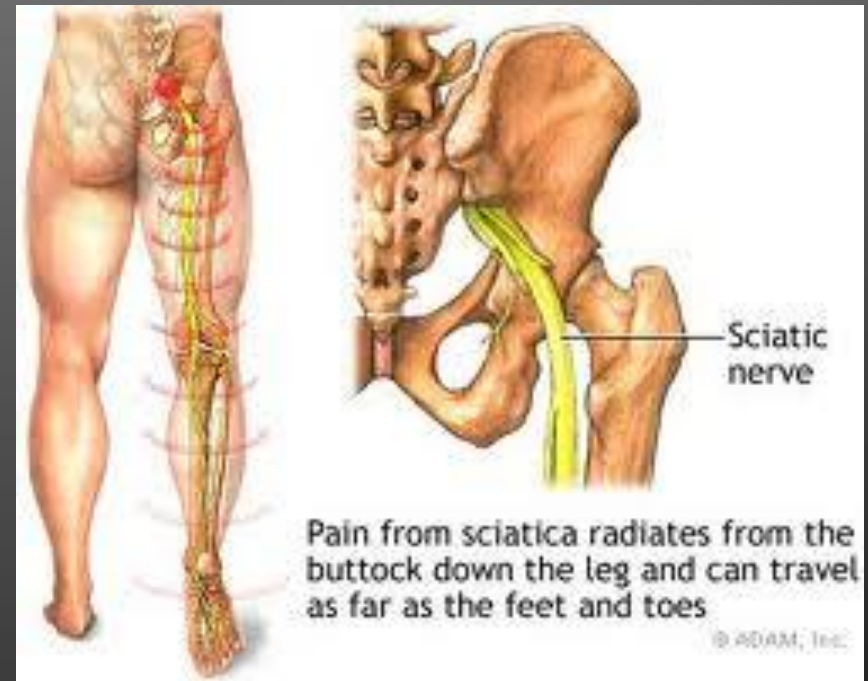


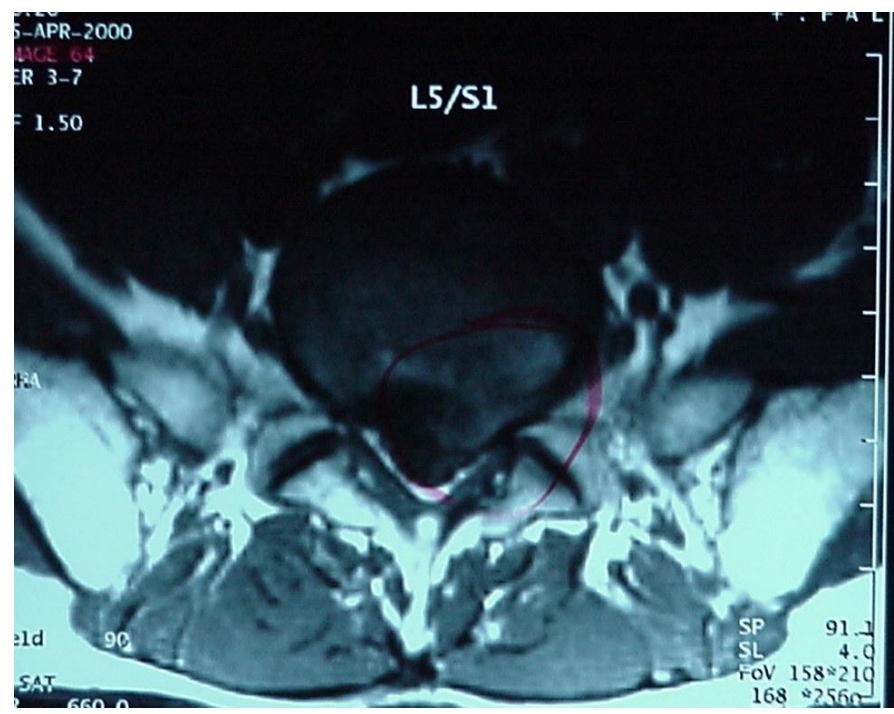
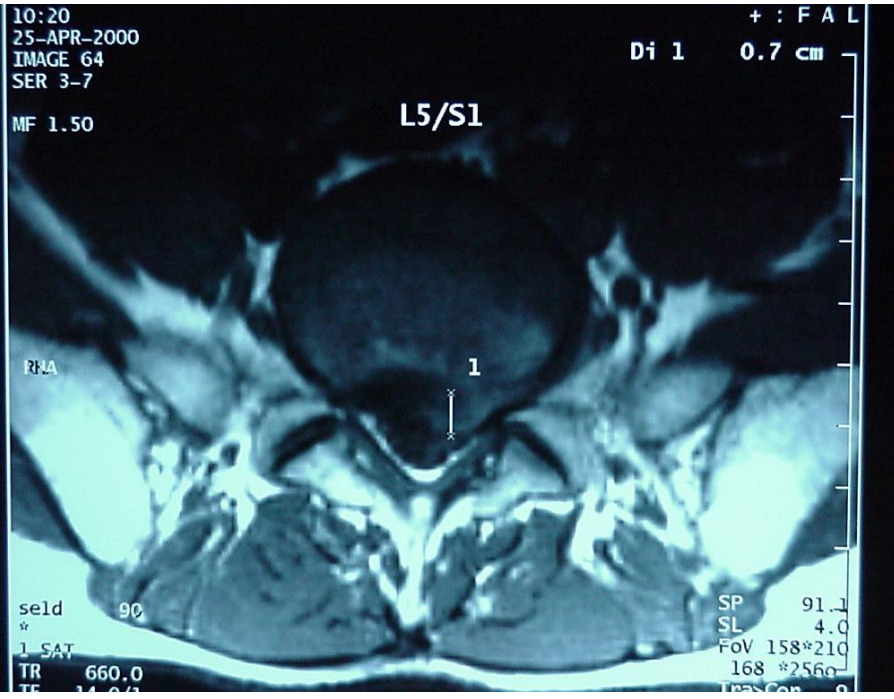
Clinical classification

- ▶ Possible serious or specific disease (tumour, infection, fracture, cauda equina syndrome, ankylosing spondylitis).
 - ▶ Sciatic syndrome: Symptoms in the lower limbs suggesting nerve root dysfunction
 - ▶ Non-specific back pain: Symptoms occurring mainly in the back without any suggestion of nerve root involvement or serious disease.
- 

signs

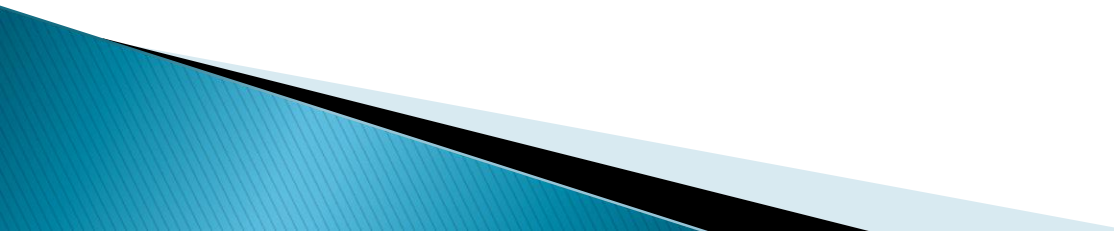
- ▶ Listing (sciatica scoliosis)
- ▶ local tenderness & paravertebral muscles spasm
- ▶ limited SLR, crossed sciatica, sciatic nerve stretch test, bowstring test
- ▶ usually L5S1 neurological deficits





**Beware of cauda equina
syndrome!**

Sciatic syndrome

- ▶ The most common reason for an acute sciatic syndrome is intervertebral disc herniation.
 - ▶ Usually the prognosis is good and surgery is not needed.
 - ▶ About 50% of patients recover at least moderately well in 6 weeks and 90% within 90 days
- 

Conservative treatment

- ▶ The sciatica patient can continue his or her daily activities as far as the pain allows, avoiding positions that cause pain.
- ▶ NSAID +/- a weak opiate are recommended as analgesics.

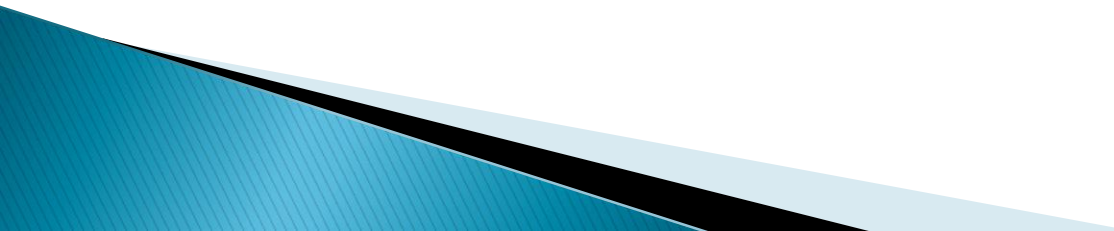
Treatment

- ▶ Bedrest and reduced activity (mobilise as soon as possible)
- ▶ NSAID
- ▶ Physiotherapy
 - moist heat; traction; hydrotherapy ; IFT
- ▶ Epidural steroid injection
- ▶ RF ablation

Surgical removal of disc (discectomy)

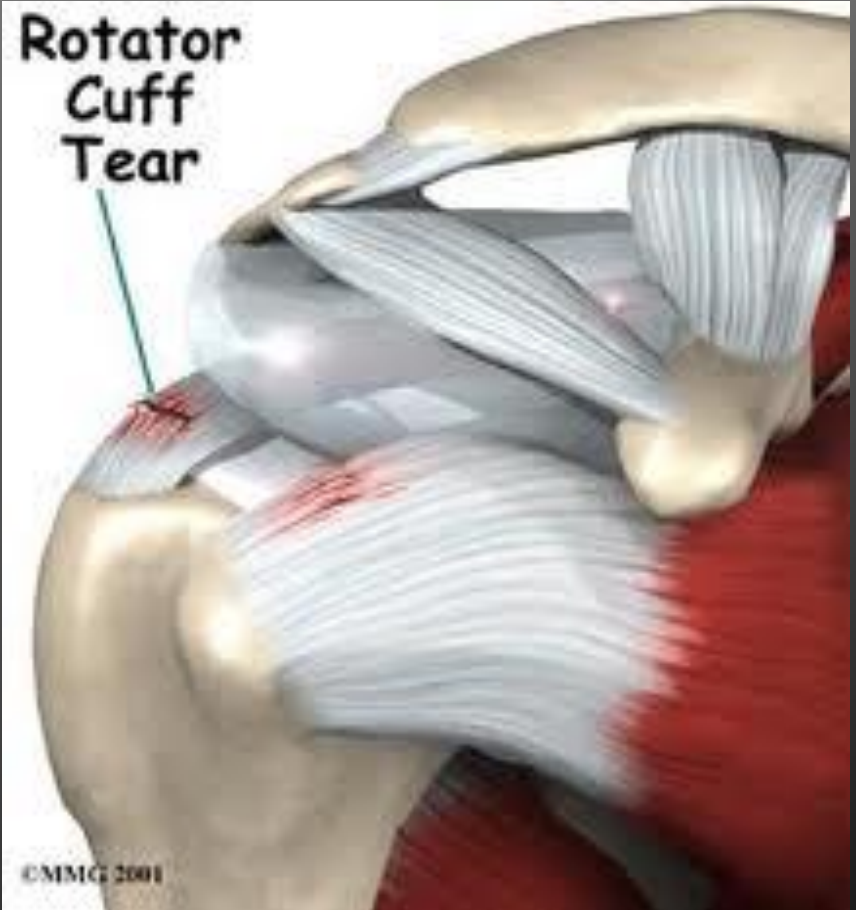
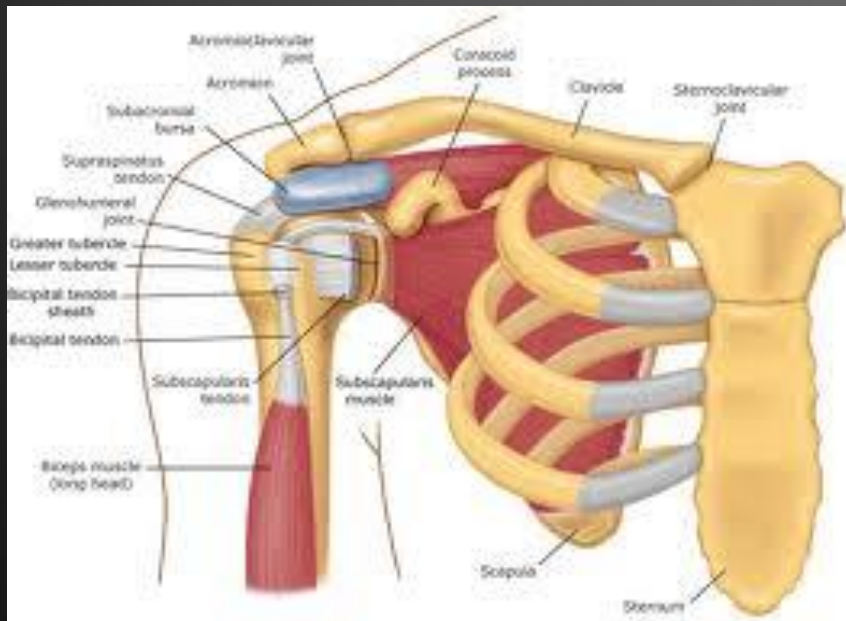
- ▶ Indications
 - cauda equina syndrome
 - neurological deterioration
 - persistent symptoms and signs after 6–12 weeks of conservative treatment
- ▶ pre-op confirmation & planning with MRI or CTMM

Surgical treatment

- ▶ Absolute indications for surgery include cauda equina syndrome (urinary retention and anal incontinence, perineal numbness).
 - ▶ Indications for early surgery include paresis of ankle extension or flexion and incapacitating pain
 - ▶ If the patient has significant pain radiating to the lower limb and lasting for more than 6 weeks, further treatment options, including surgery, should be discussed with the patient
- 

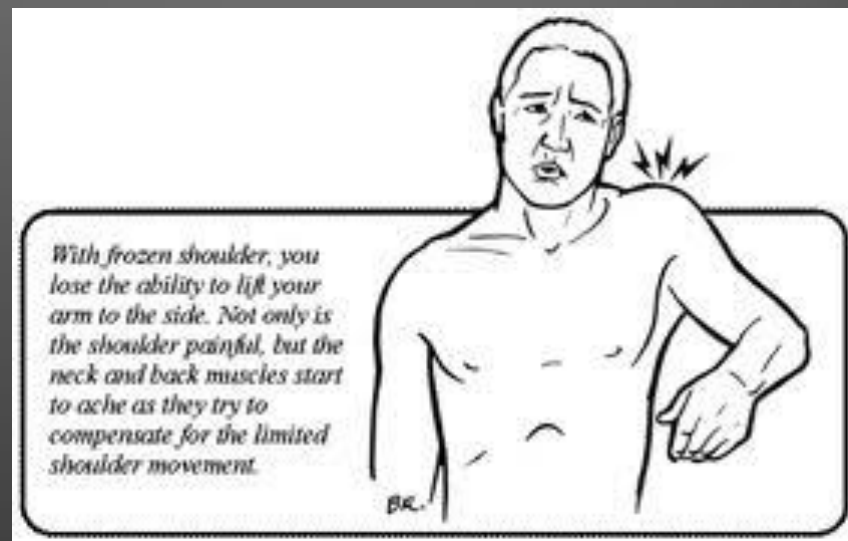
B. 肩週炎(冰凍肩)



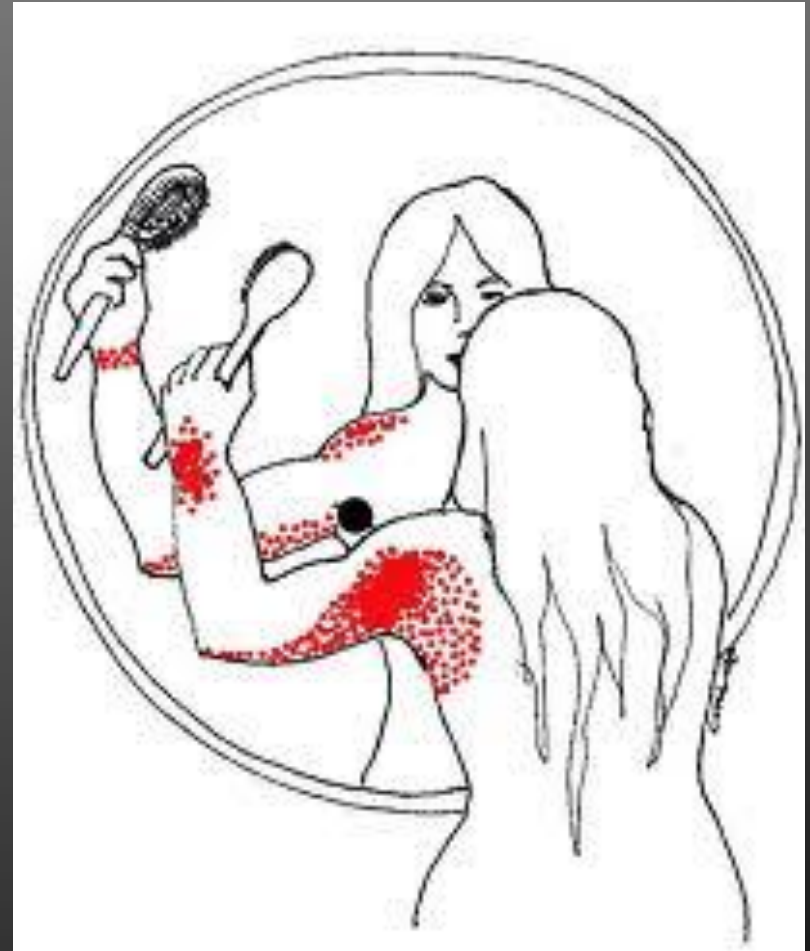


冰凍肩(frozen shoulder)

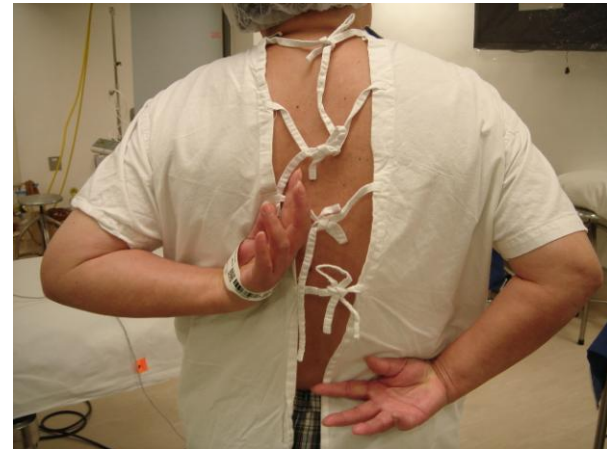
- ▶ 粘黏性關節囊炎 (adhesive capsulitis) 以前被叫作冰凍肩 (frozen shoulder) ,
- ▶ 主要是疼痛及每個方向的主動與被動性的肩關節活動受到限制，原因不明。
- ▶ 漸進性的肩關節疼痛而致僵硬，活動範圍減少，找不到原因。



- ▶ 活動範圍一般是外轉 (external rotation) 小於 30° ，向前舉 (forward elevation) 小於 130° ，外展 (combined abduction) 小於 120° 。
- ▶ 與此相關的因素包括：胸部或乳房手術時傷到、糖尿病、長時間不活動、甲狀腺疼痛，及一些心臟血管疾病。



Limited Active ROM



分類

- ▶ 分爲原發性及次發性冰凍肩 (primary and secondary frozen shoulder)。
- ▶ 原發性表示無法解釋原因。
- ▶ 次發性則有外傷或開刀的病史。



疾病分期

Disease stages

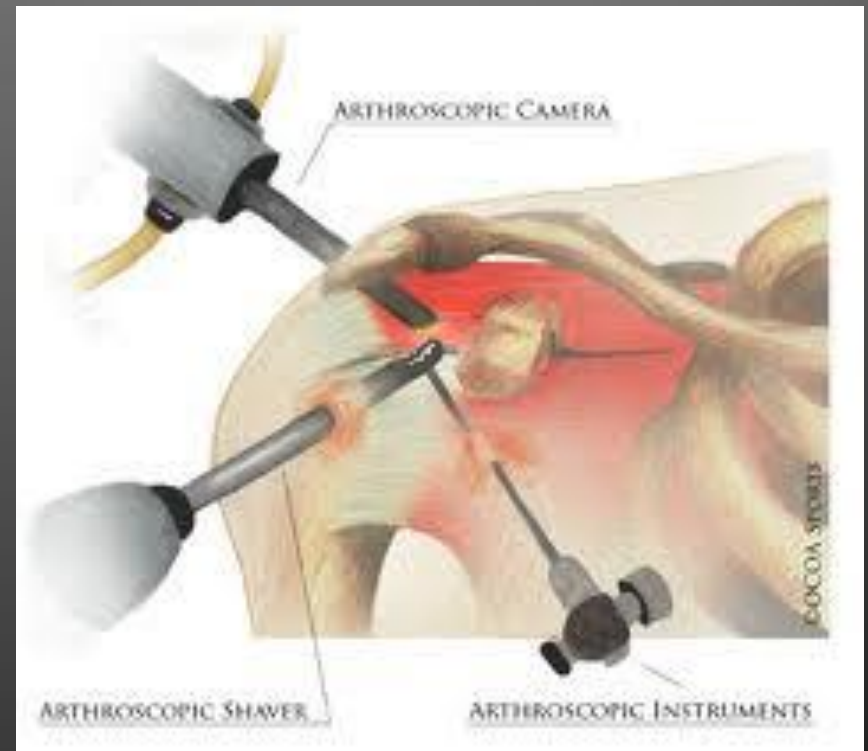
- ▶ 臨床上的分期 — 對於粘黏性關節囊炎(adhesion capsulitis)一般可分3個階段：
 1. 疼痛期(painful phase)：會出現大範圍的肩膀痛。
 2. 硬化期(stiffening phase)：肩膀活動度漸漸減少，而影響日常生活。
 3. 解凍期(thawing phase)：肩膀活動度漸漸恢復。

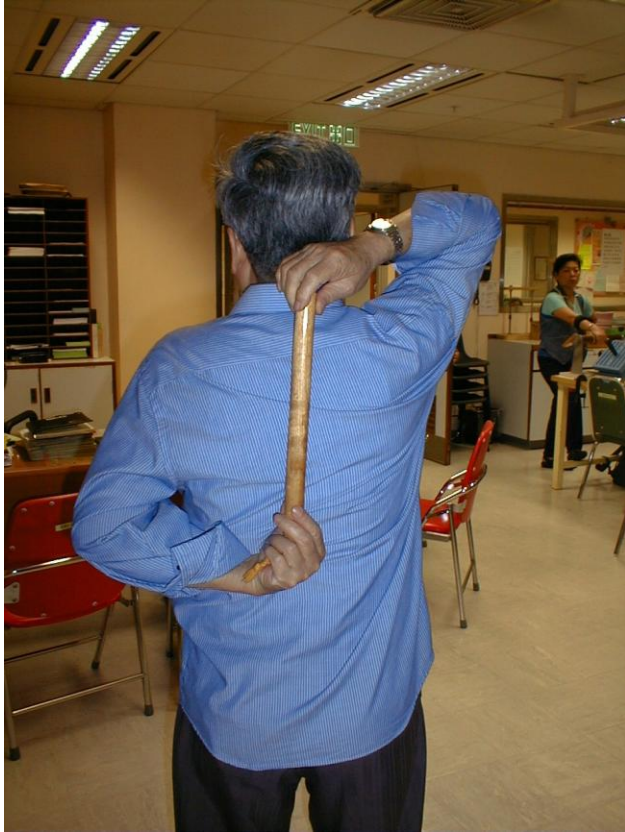
診斷

- ▶ 要先排除肩關節向後脫臼、旋轉軸肌破裂、肩關節夾擊症候群、關節炎等問題。真的找不到原因，才能懷疑此病。
- ▶ 較早期階段的X光常呈正常。後來漸漸出現骨質疏鬆及較輕微退化性關節炎現象。X光主要是用來排除其它疾病。
- ▶ 關節攝影(arthrogram)可見關節囊容量減少，看不到腋下囊(axillar recess)。

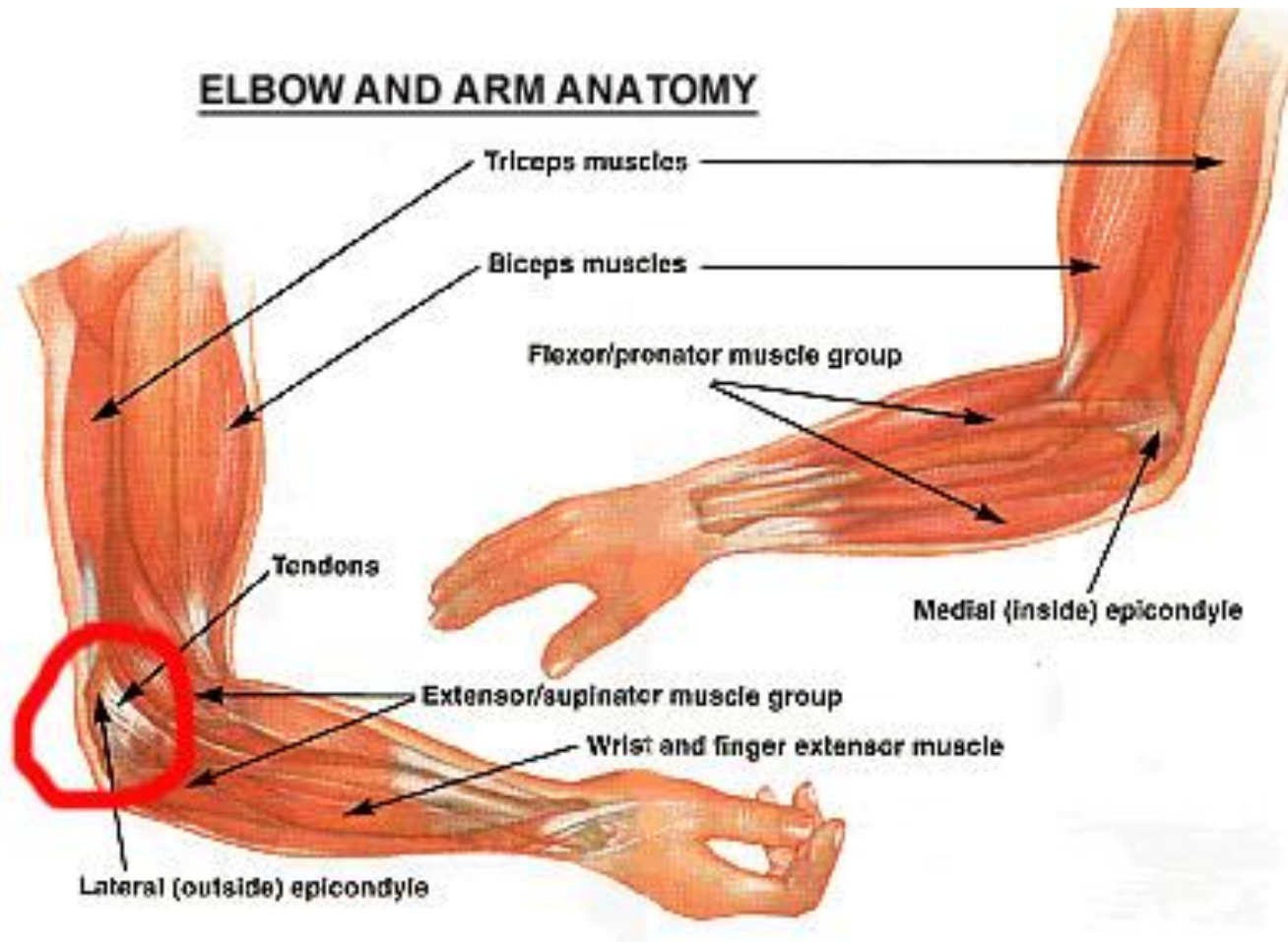
治療

- ▶ 保守治療包括局部類固醇注射(local steroid)、物理治療(PT)、推拿術(manipulation)、超音波(ultrasound)、針灸(acupuncture)等各種方法。
- ▶ 當前舉小於 90° 、外轉小於 0° ，而經3~6個月物理治療無效，可考慮關節鏡鬆解術或在麻醉下推拿肩膀。

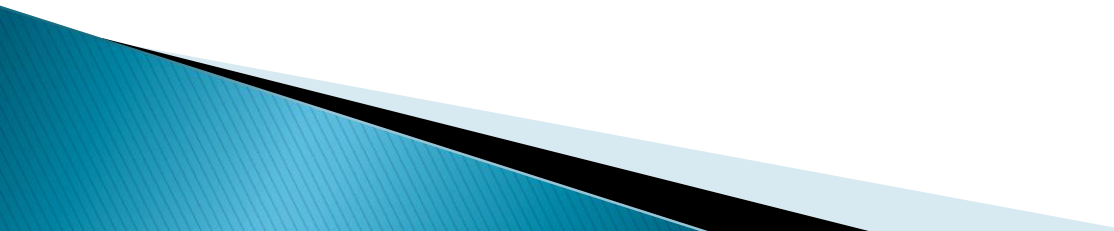




C. 網球肘



What is Tennis elbow

- ▶ strain of the common extensor origin, usually appear after prolonged and constant exercise
 - ▶ pain over lateral epicondyle when lifting objects particularly with palm down
 - ▶ +/- rest pain radiating down forearm
 - ▶ diminished grip strength
 - ▶ The patient is usually 35–65 years old.
 - ▶ Common in manual labour and sports participants
- 



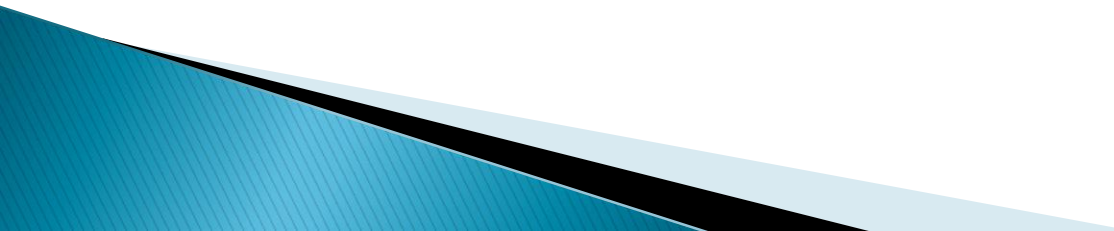
Why

Repetitive strain of the wrist and fingers that is considered to cause partial rupture or irritation of the tendon insertion.

- ▶ Due to degenerative process > inflammation
- ▶ incomplete/ poor healing of tendon tear because of limited blood flow



Clinical features

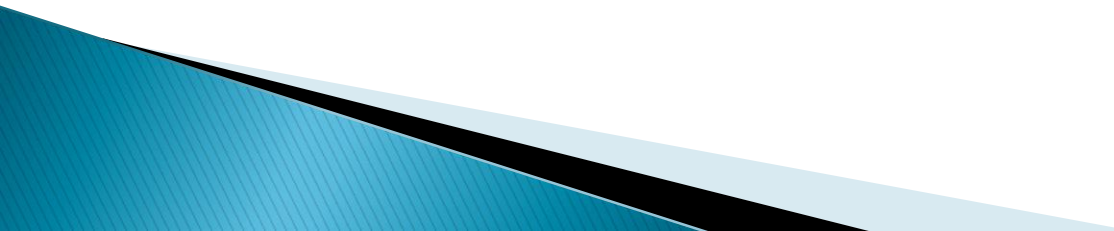
- ▶ Local tenderness over the lateral epicondyle
 - ▶ passive palmarflexion of wrist, particularly when the forearm is pronated and the elbow extended
 - ▶ resisted dorsiflexion of wrist starting from volar flexion causes typical pain at the lateral epicondyle.
- 

Treatment options

- ▶ Rest + activity modifications
- ▶ NSAID
- ▶ elbow band
- ▶ local steroid injection / prolotherapy
- ▶ stretching & strengthening exercises of forearm extensors (pronated forearm+flexed wrist+elbow extension)
- ▶ Shock wave
- ▶ Surgical debridement +/- release ECRB



Treatment

- ▶ **Acute phase**
 - ▶ Strain is avoided and the wrist is immobilized with an extension splint.
 - ▶ A compressive (sticker) bandage on the arm near the elbow may relieve symptoms in the subacute phase .
 - ▶ Analgesics (paracetamol, NSAIDs) can be used in normal doses.
- 

corticosteroid injection

- ▶ **Prolonged symptoms**
A local corticosteroid injection is effective in prolonged symptoms in the short term. About 90–95% of the cases are cured by conservative treatment.



1. 骨肉情深，筋骨相連

- ▶ 沒有骨的肉—沒有支撐、根基、依靠
- ▶ 沒有筋的骨—不能活動、伸展、發力
- ▶ E.g 射箭



骨肉 = 兒女

- ▶ 各有特質 :-
 - ▶ 骨要負重
 - ▶ 筋要伸展
 - ▶ 肉要發力
-
- ▶ 留意特性、悉心栽培、鼓勵發揮
-
- ▶ 愛惜您的骨/您的筋
=> 愛惜您的兒女！



兒女如箭，射向目標

- ▶ 少年時所生的兒女、好像**勇士手中的箭**。詩

127:4

- ▶ 箭袋充滿的人、便為**有福**。他們在城門口、和仇敵說話的時候、必**不至於羞愧**。

詩 127:5



經文分享

- ▶ 喜樂的心、乃是良藥。
- ▶ 憂傷的靈、使骨枯乾。
- ▶ 箴 17:22
- ▶
- ▶ 生愚昧子的、必自愁苦。
- ▶ 愚頑人的父、毫無喜樂。
- ▶ 箴 17:21
- ▶

2. 智慧之子，父母喜樂

- ▶ 生愚昧子的、必自愁苦。
- ▶ 愚頑人的父、毫無喜樂。

- ▶ 你同意嗎?
- ▶ 個案分享—富貴二代，不務正業
- ▶ 何謂智慧? 何謂聰明?



聖經中的智慧、聰明

- ▶ 敬畏耶和華、
是智慧開端。
- ▶ 認識至聖者、
便是聰明。
- ▶ 箴 9:10



父母心願，如何達到？

- ▶ 你希望你的兒女智慧抑或愚昧？
- ▶ 你希望你的兒女聰明抑或愚頑？
- ▶ 你希望你的兒女喜樂抑或憂愁？
- ▶ HOW ??



3. 教養孩童，任重道遠

- ▶ 教養孩童、使他走當行的道、
- ▶ 就是到老他也不偏離。

箴 22:6

- ▶ 從小教導
- ▶ 聖經真道
- ▶ 保持溝通
- ▶ 關愛尊重



4. 言教身教，以身作則

- ▶ 沒有權威，沒有影響力的父母
- ▶ E.g 則仁中心老師的分享
- ▶ 不願以身作則的父母
- ▶ E.g 父母鼓勵子女上教會，但自己卻不參與...

- ▶ 常笑的父母→常笑的兒女
- ▶ E.g 嘻嘻、哈哈

總結

- ▶ 1. 骨肉情深，筋骨相連
- ▶ 2. 智慧之子，父母喜樂
- ▶ 3. 教養孩童，任重道遠
- ▶ 4. 言教身教，以身作則



父母心意 => 天父心意

父母的心願：兒女健康、聰明、快樂

天父的心願？

這些事都已聽見了。總意就是敬神、謹
守他的誡命、這是人所當盡的分。傳
12:13