

膝關節和肩關節痛

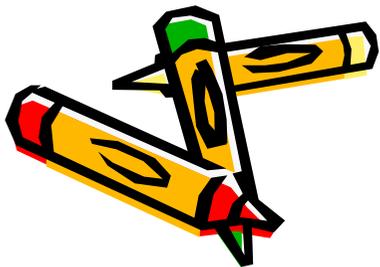
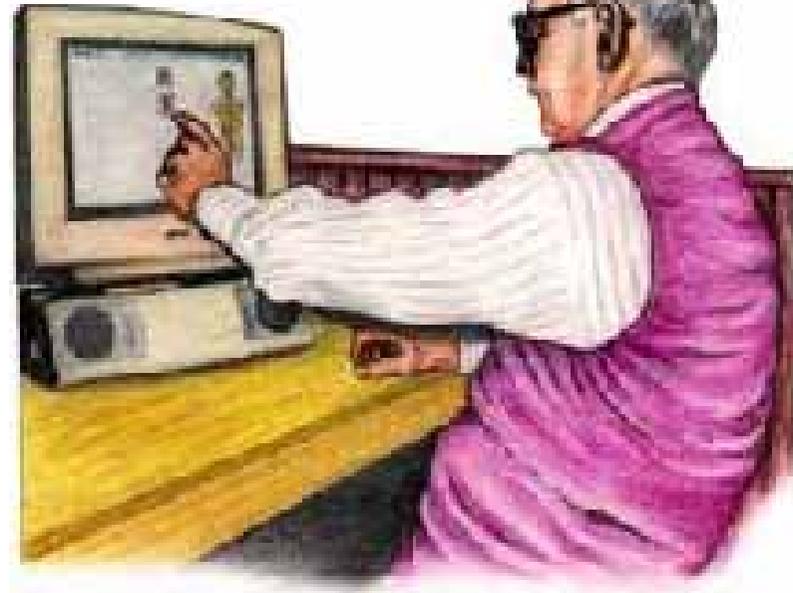
浸會醫院駐院科顧問

劉志源醫生

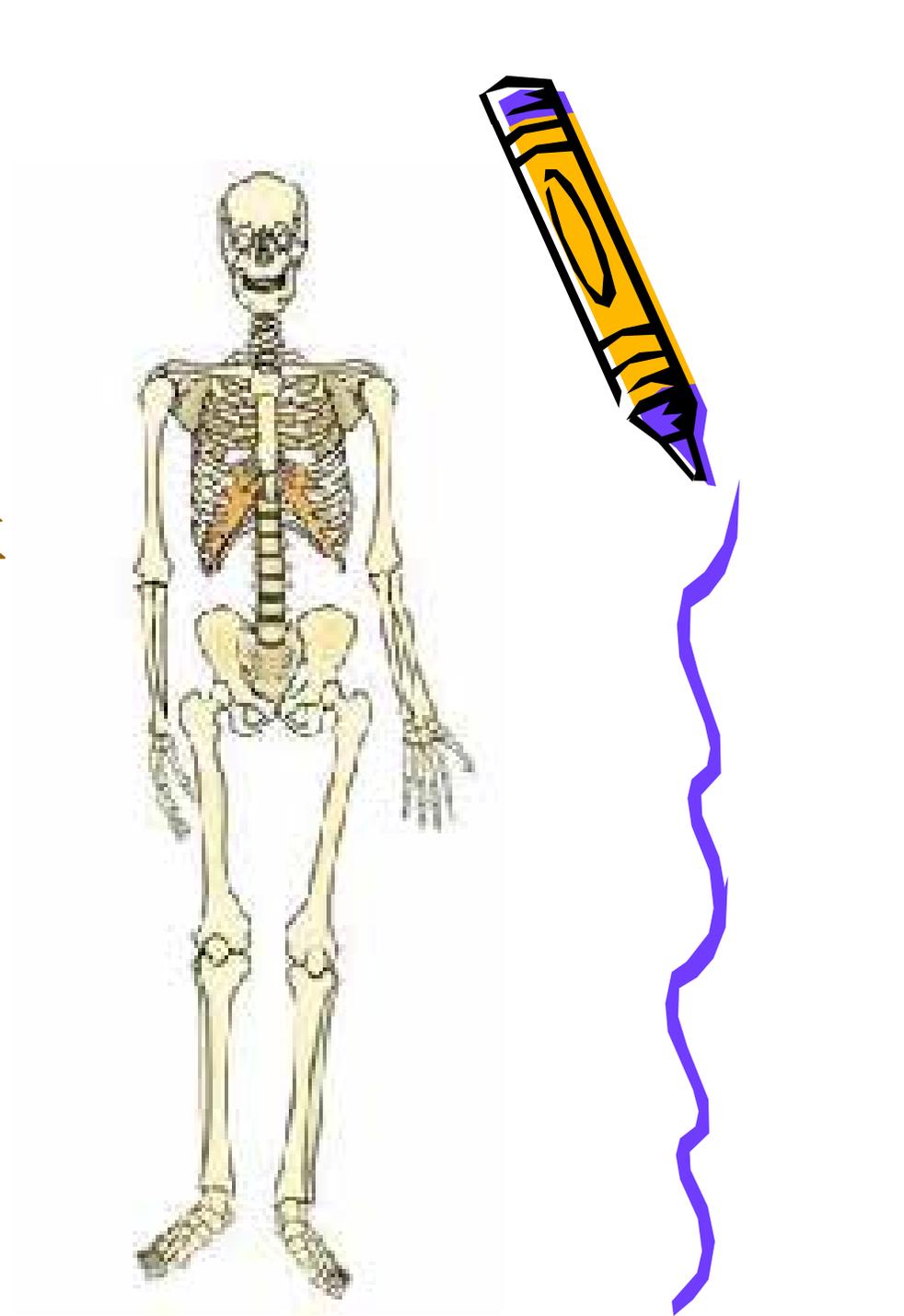
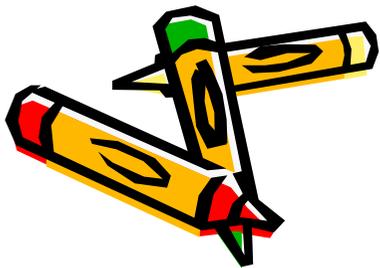


此病人教育講座

- 解釋膝關節和肩關節痛之病因
- 病徵及
- 有效之治療方法。

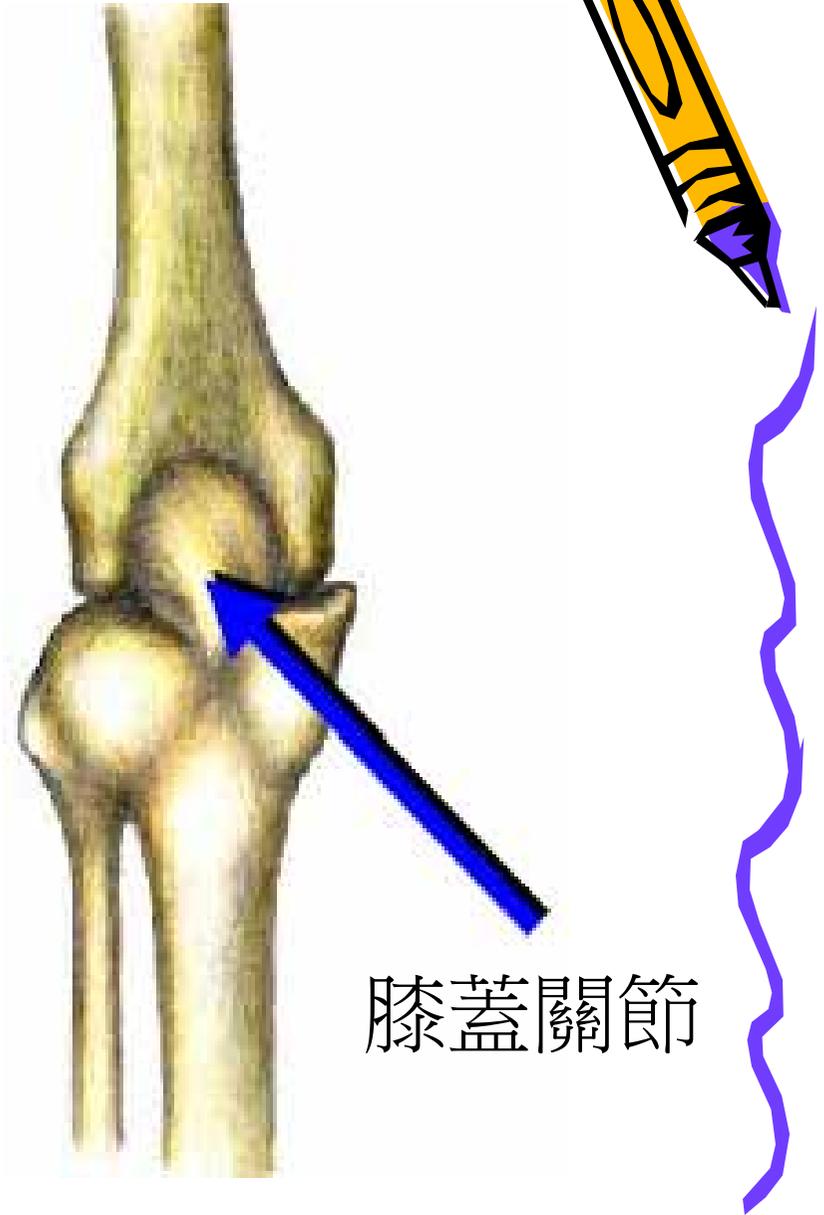
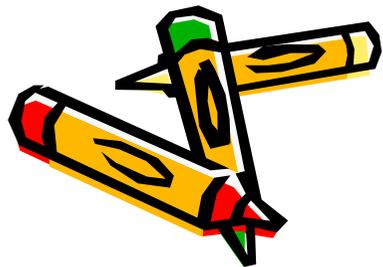


- 骨骼幫助我們站立及其肌肉令骨骼帶動身體活動。
- 成人~ 206顆骨頭



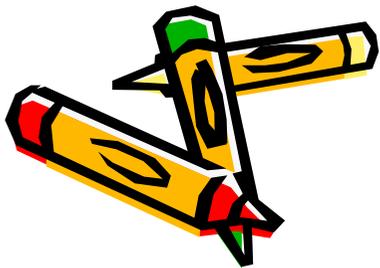
關節

骨骼與骨骼的連接就是關節。較明顯的關節有肩膊，手肘，手腕，髌部，膝蓋及腳肘。

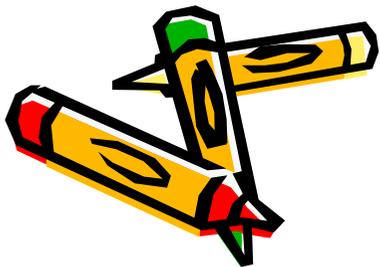
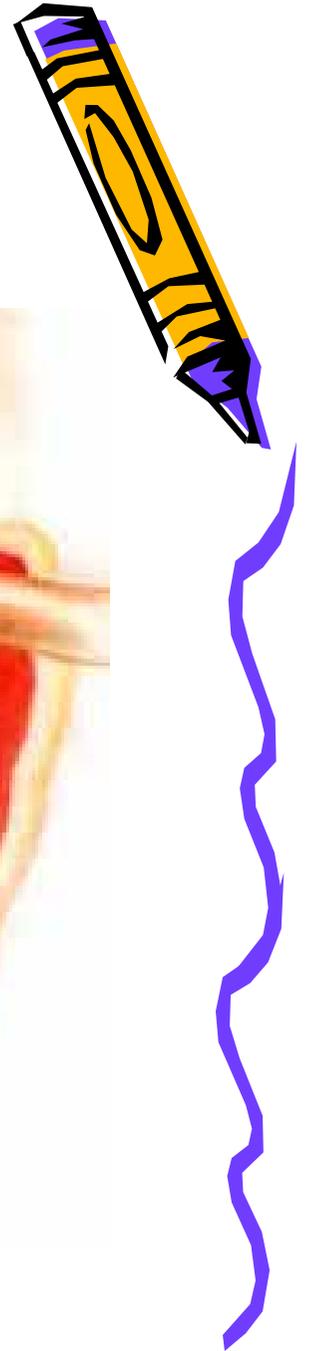
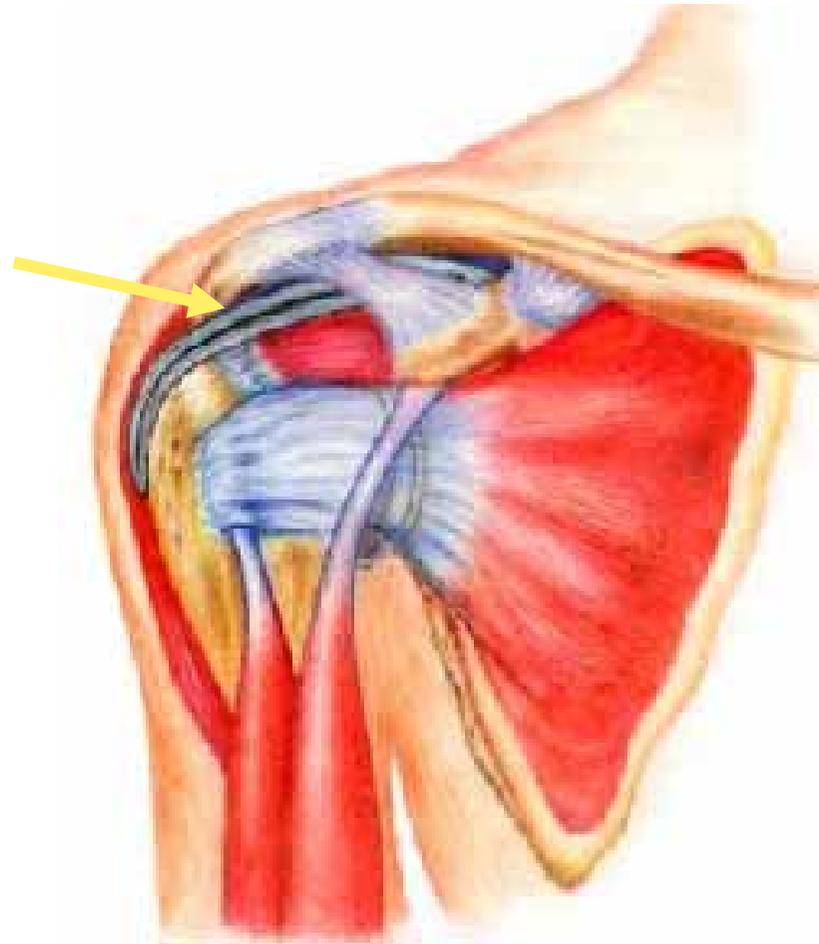


骨骼的尾端有一種稱為軟骨的物質幅蓋着，使之能於活動時可以有效與其他骨骼連接。

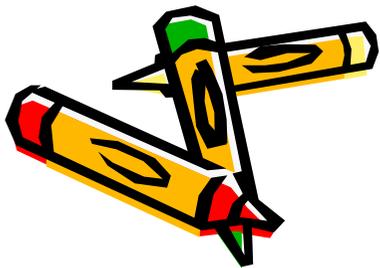
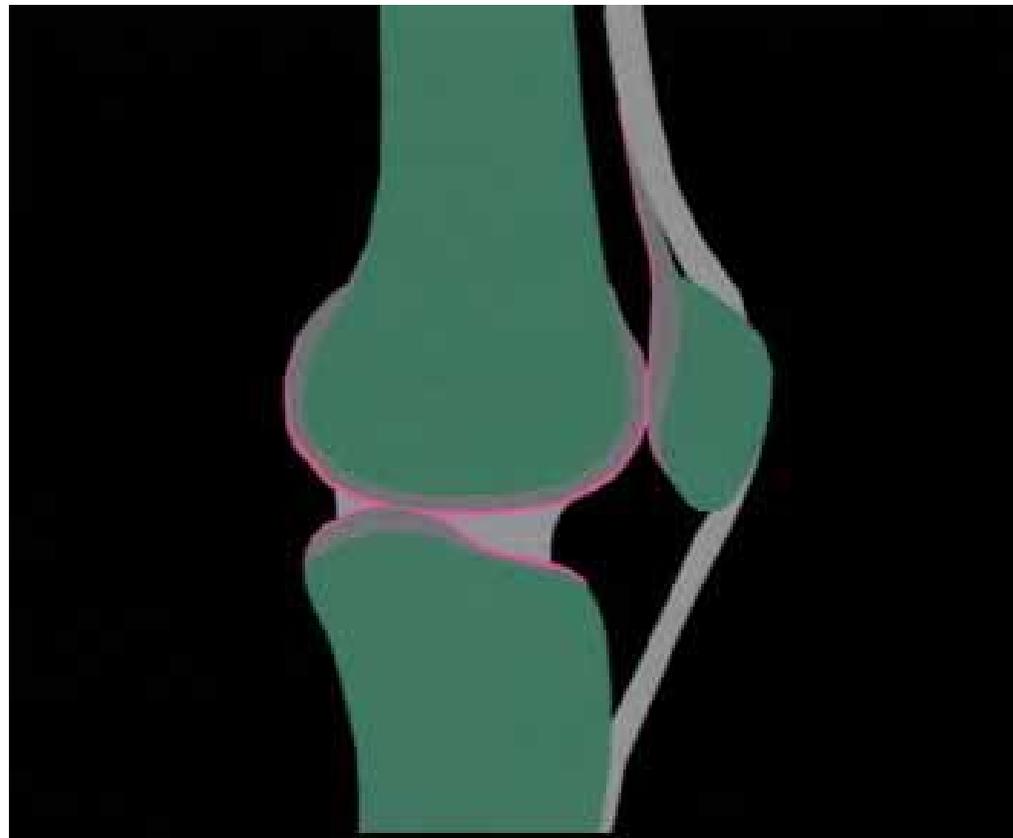
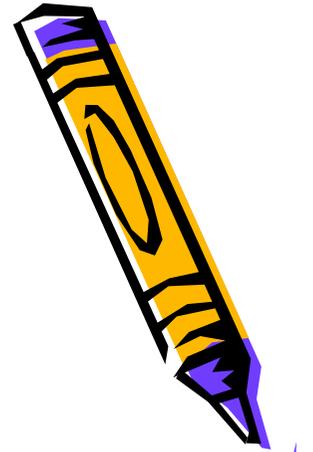
軟骨



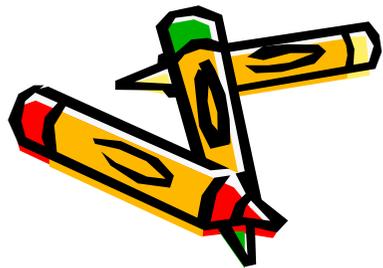
關節內兩片軟骨之間有一小囊含有小量的液體，稱為滑膜。



軟骨和滑膜的構成能使關節間的活動流暢及無痛地進行。



骨骼與骨骼之間的軟骨能夠發揮護墊的作用，使關節的活動較容易及無痛地進行。

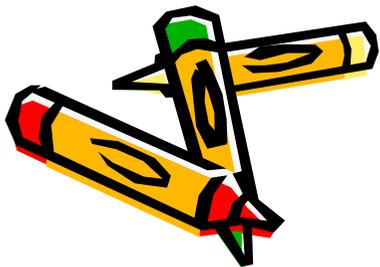


軟骨



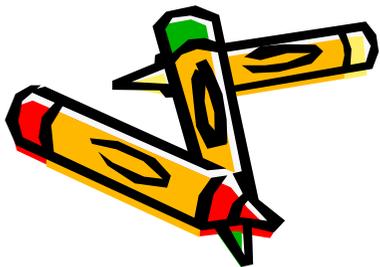
膝關節痛

- 關節炎
 - 退化性
 - 類風性濕關節炎
 - 紅斑狼瘡症
 - 痛風
 - 幼年類風濕關節炎
 - 硬皮病
- 創傷
 - 骨折
 - 韌帶,半月版,軟骨受傷
- 反射痛
 - 從腰骨或髖關節痛反射至膝關節
- 腫瘤
- 感染細菌或病毒

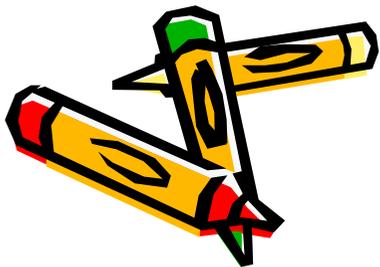
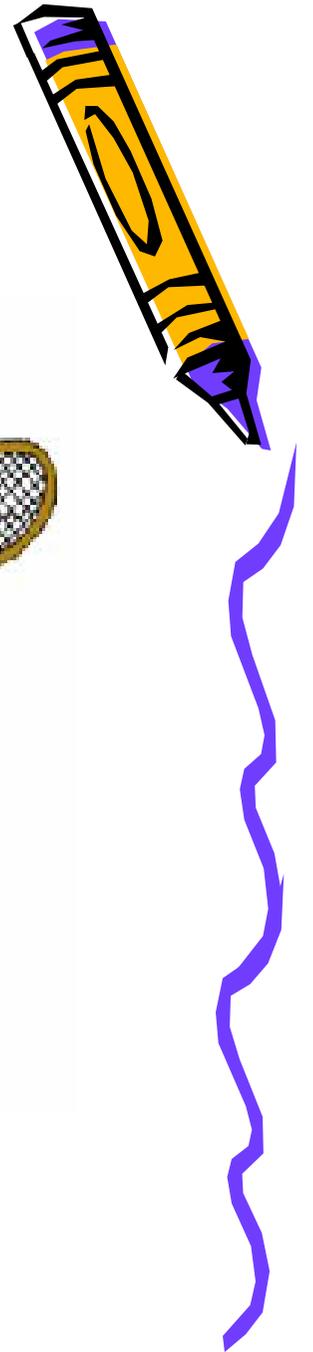


骨關節炎的出現是
由於慢性撕裂及磨
損而引起的。

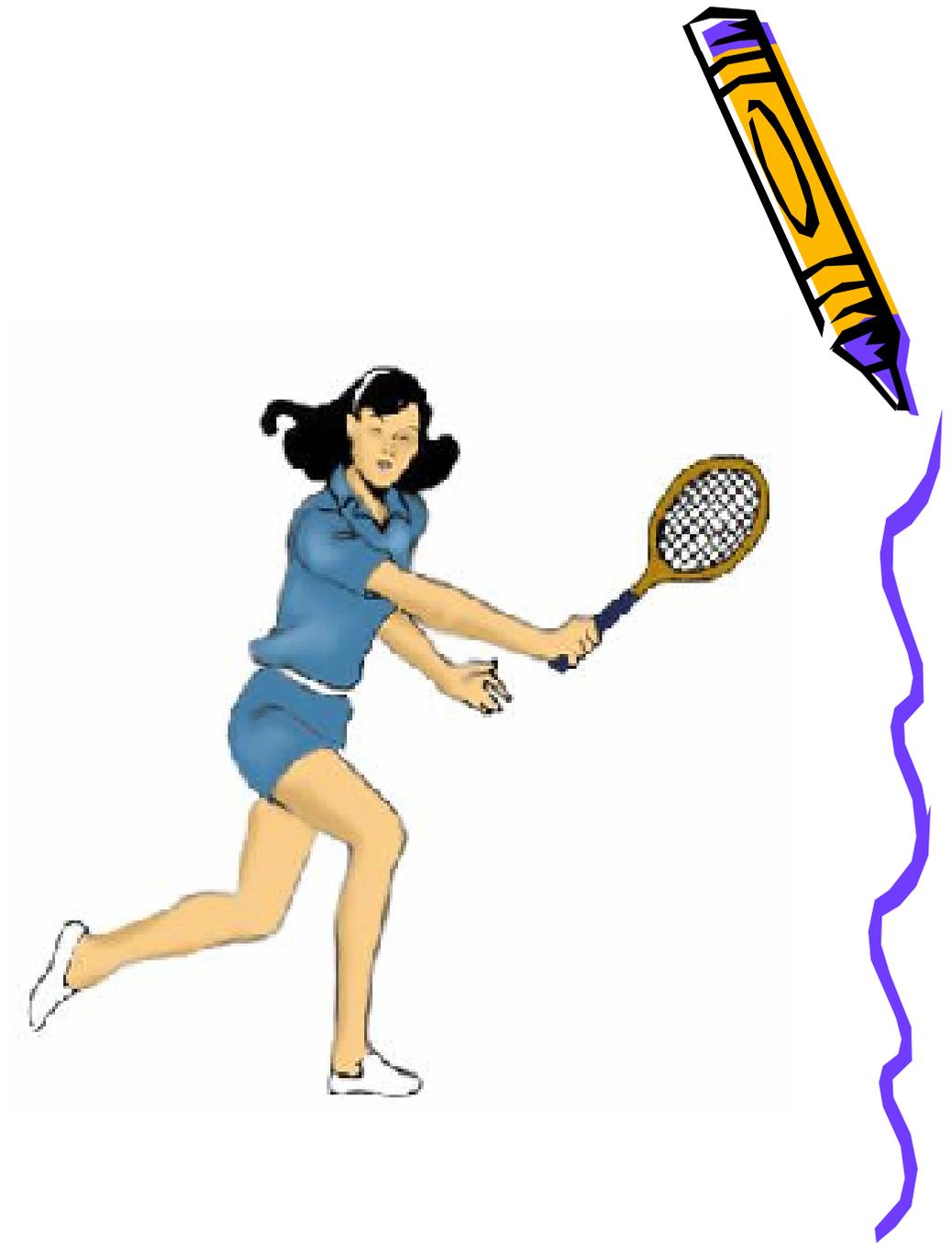
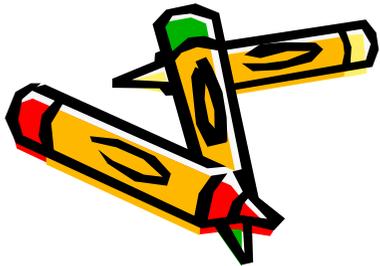
年紀較大的人比較
常見。



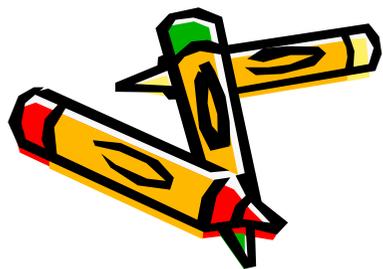
骨關節炎出現是由於重覆使用關節。正因為這原因，通常會出現於附重的關節（例如：腕部及膝蓋）。



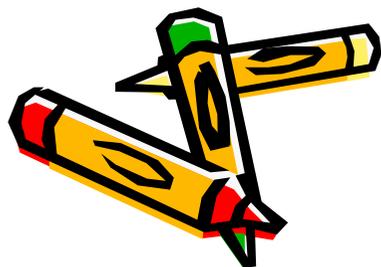
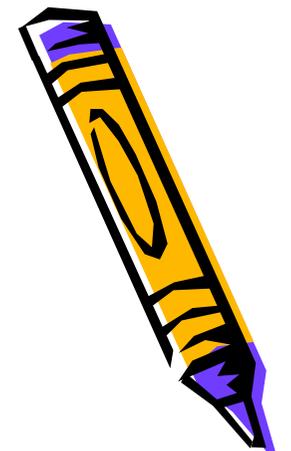
重覆地使用關節會導致關節的軟骨受到磨損及撕裂。



受影響的關節
會於活動時發
出磨擦聲。

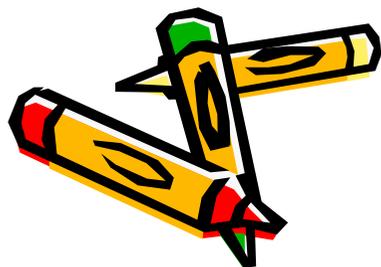


肥胖會使骨關節炎惡化，因為這樣會使關節承受更多壓力。

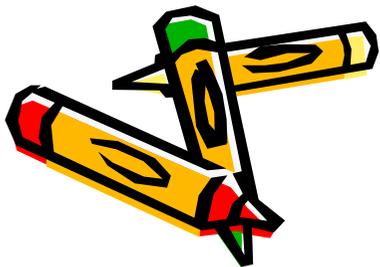
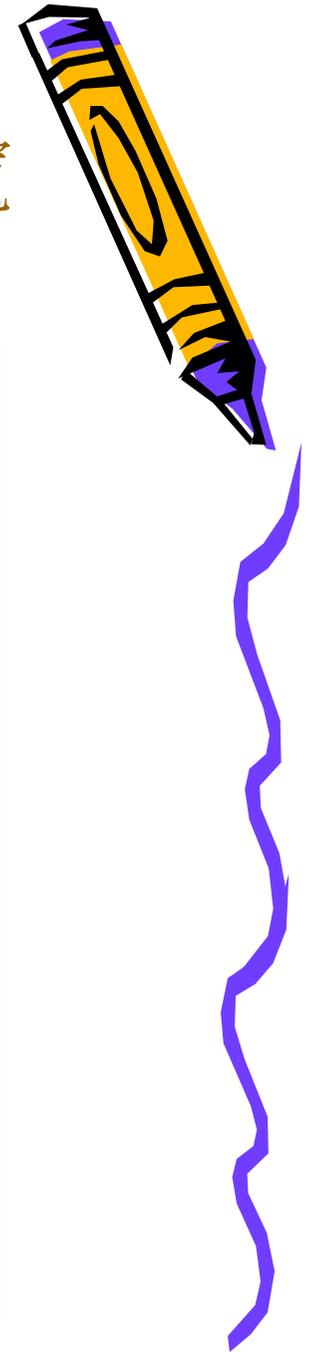


創傷後關節炎是因為關節曾受創傷。

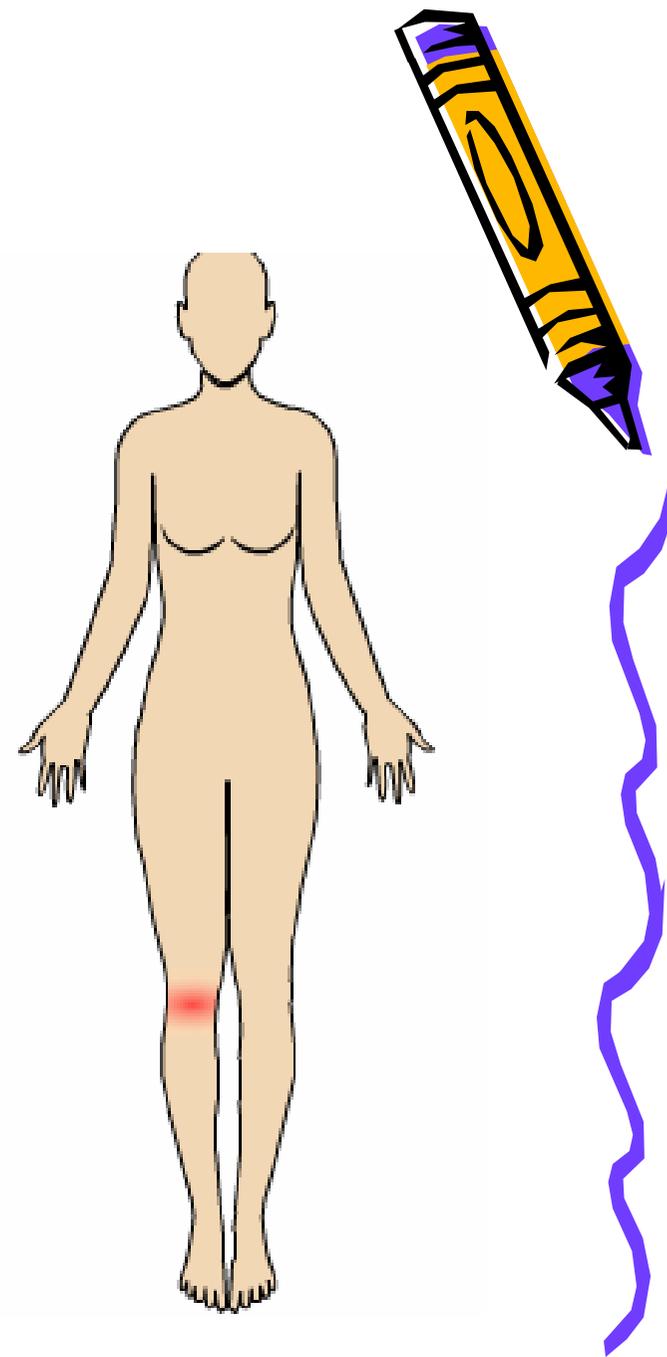
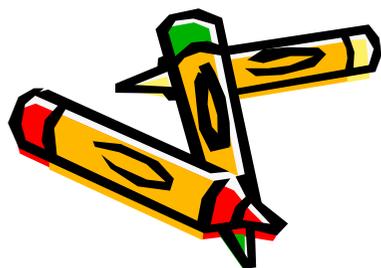
創傷可能發生於車禍，運動受傷……



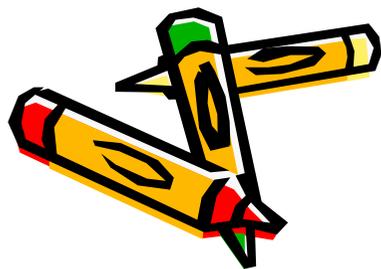
骨關節炎常見於附重的關節，例如：髋部及膝蓋。



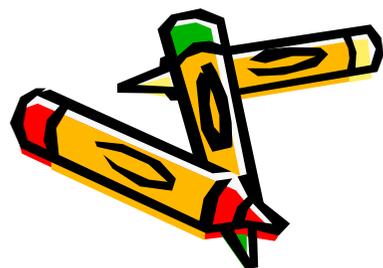
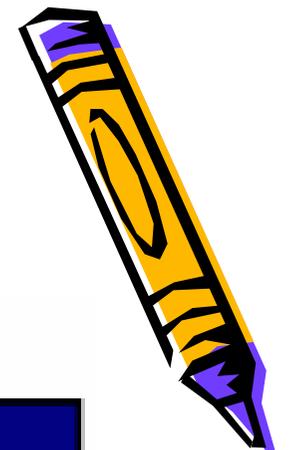
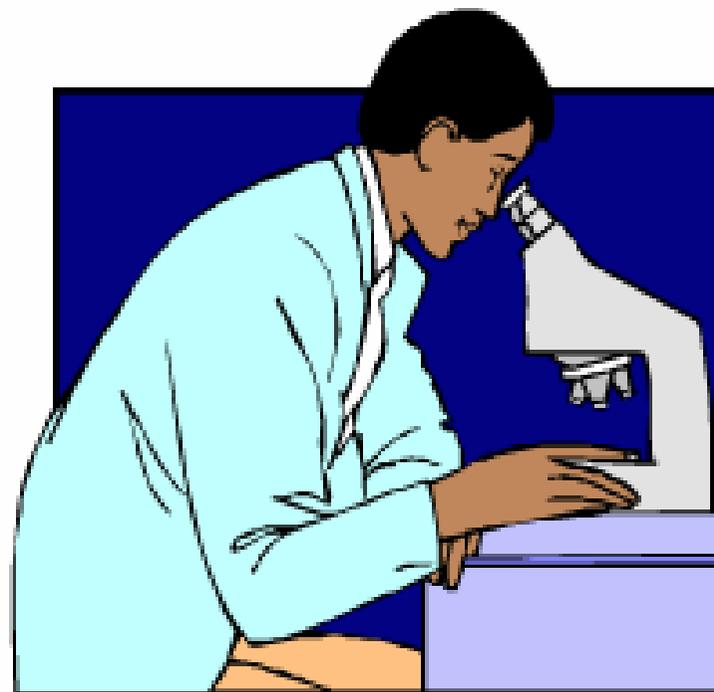
類風濕性關節炎會使關節腫脹，發紅及變得軟化。



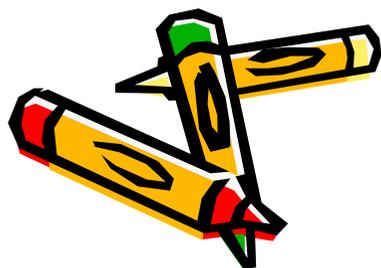
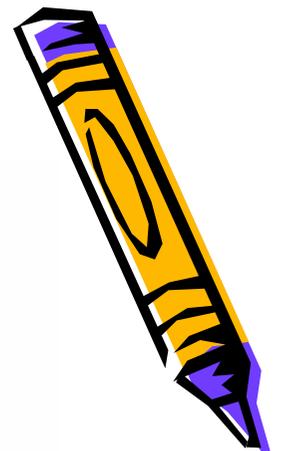
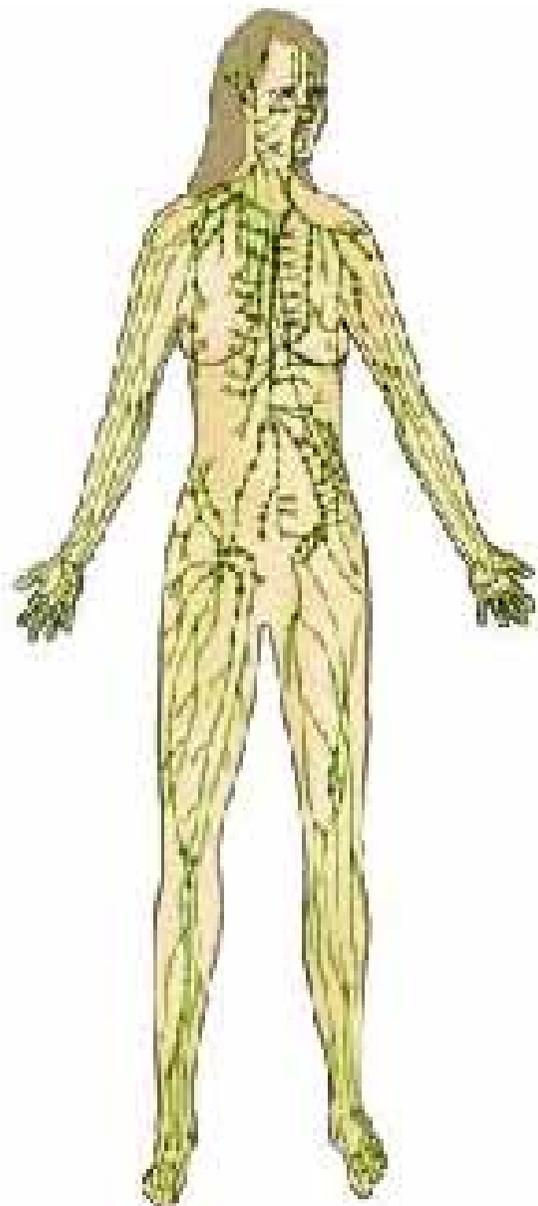
類風濕性關節炎
會引致受影響的
關節腫脹、發紅
及變得軟化。



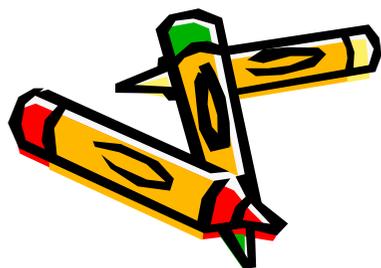
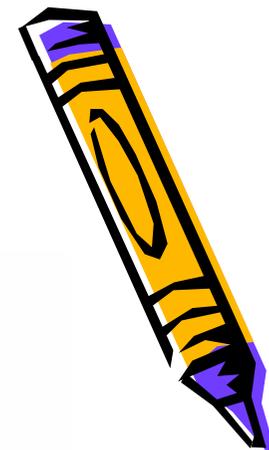
類風濕性關節炎
的真正成因尚未
完全了解，有待
研究。



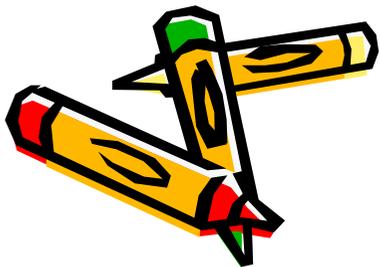
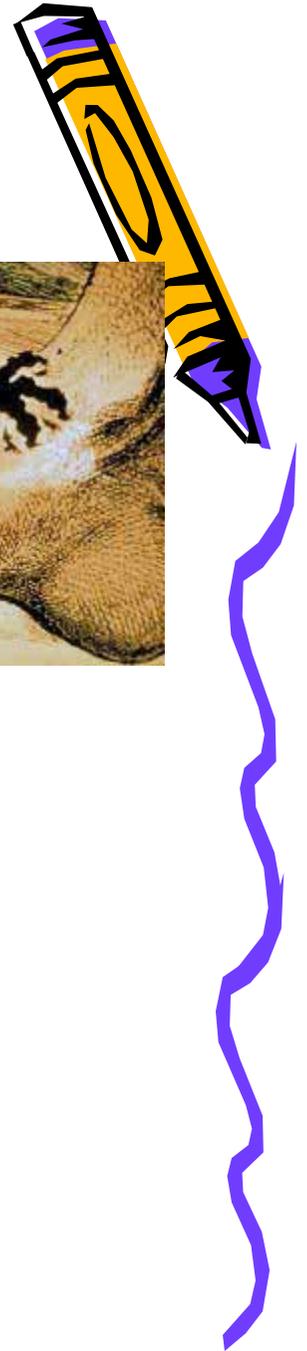
類風濕性關節炎中，
身體的免疫系統攻擊
關節的滑膜，使關節
受到破壞。



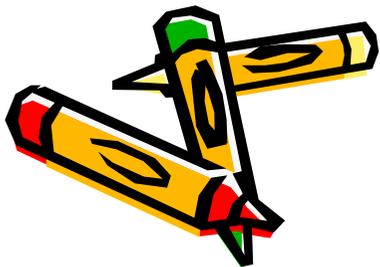
類風濕性關節炎
可以在家族傳。



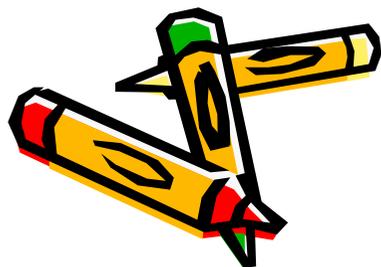
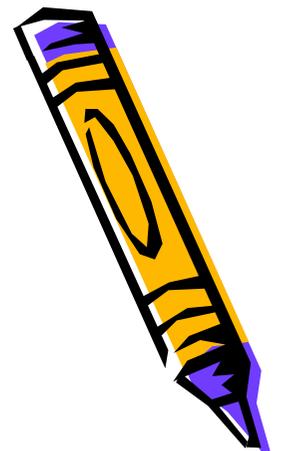
某些疾病會出現類似的情況。如：狼瘡、痛風、硬皮病。



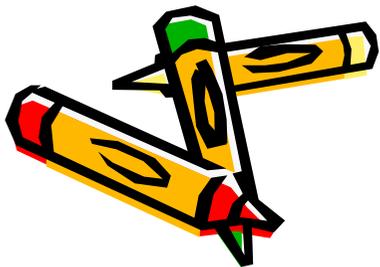
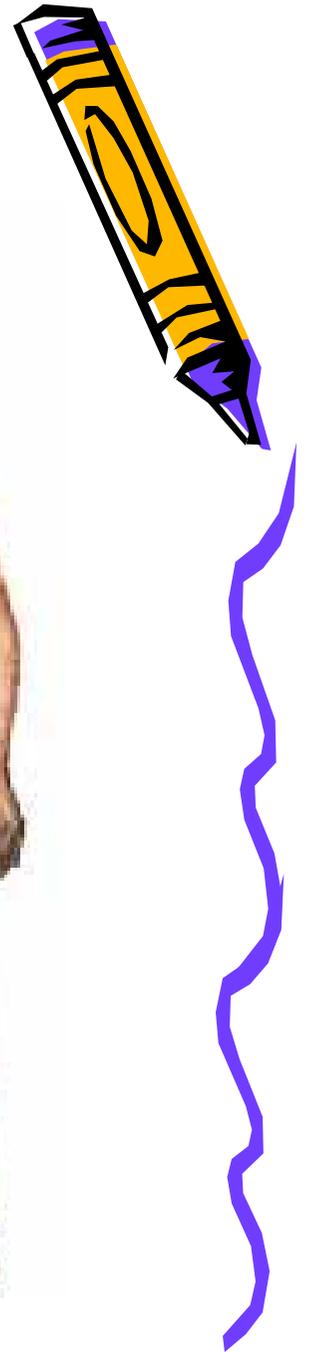
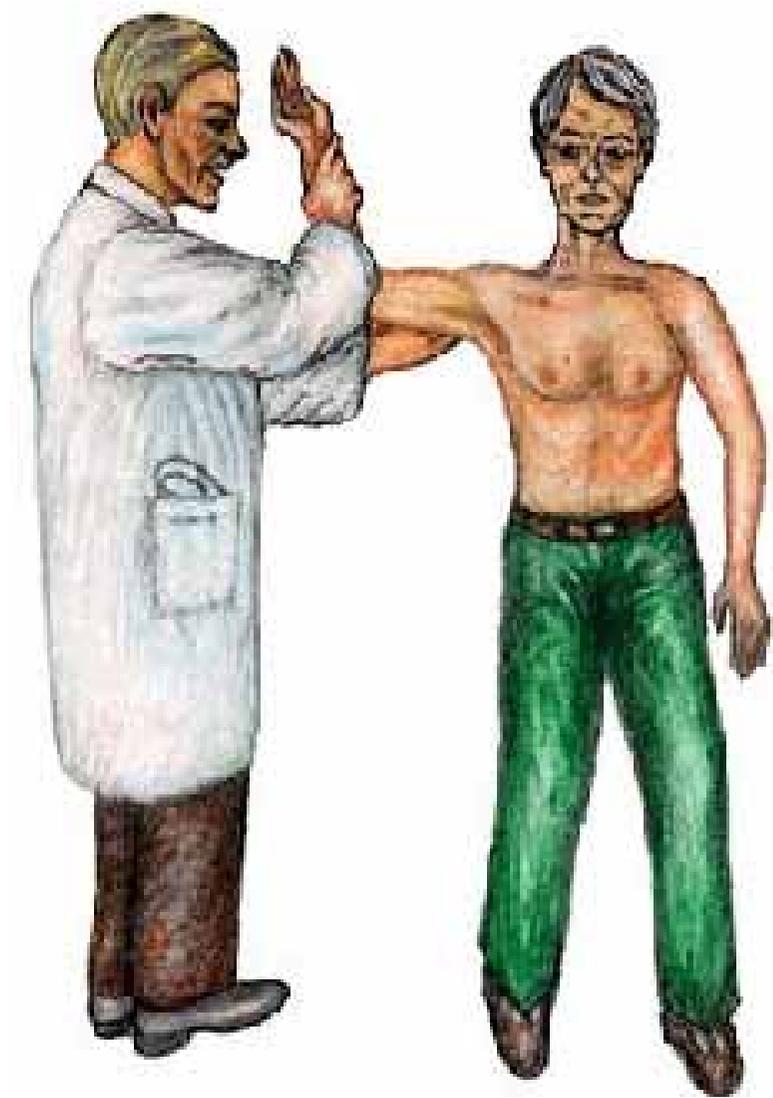
所有類形的關節炎都會使關節受到破壞，這些通常都會導致痛楚及關節變形。



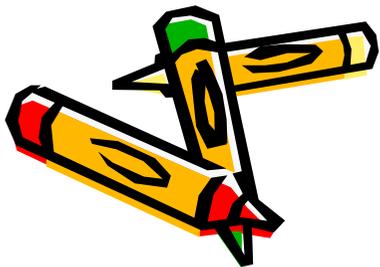
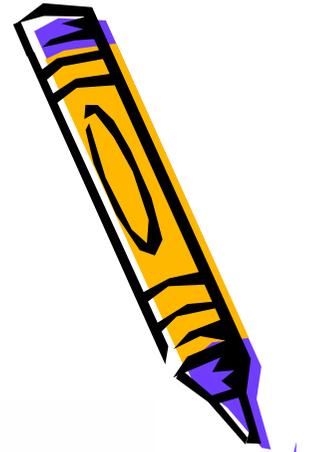
診斷



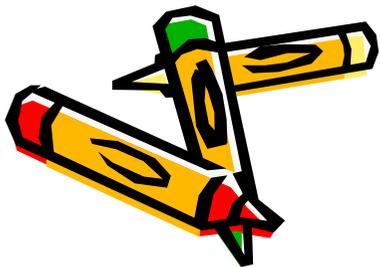
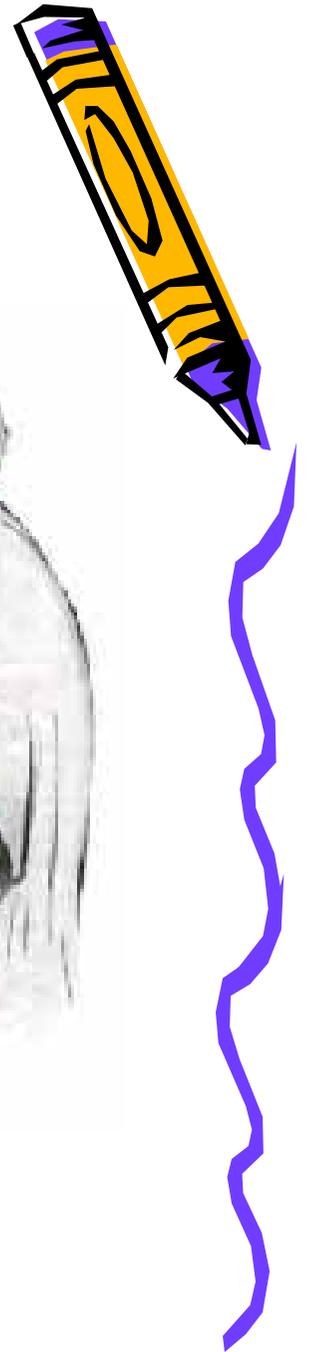
關節炎需要採用全面的病歷及身體檢查以作診斷。



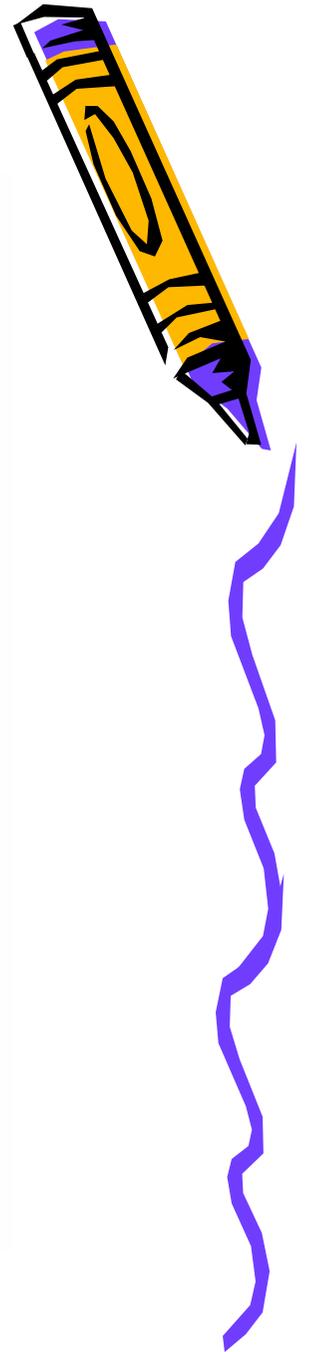
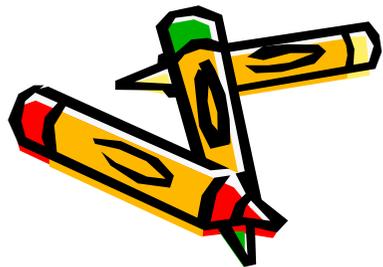
驗血能探測出類風濕性關節炎及狼瘡有關的抗體。這些抗體是身體免疫系統產生的特別的化學物質，以抵抗細菌和病毒的侵襲。



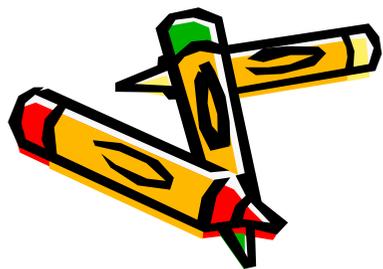
醫學界認為類風濕性關節炎及狼瘡症患者的免疫系統會誤認身體關節為外來物質並加以襲擊。



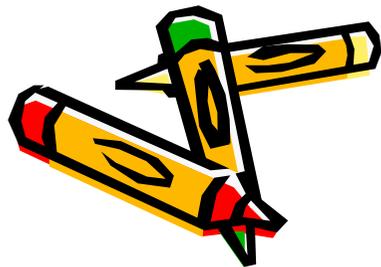
某些的血液測試能夠探測到血液中含有很高的尿酸，這就是痛風的原因。痛風是一種類似關節炎情況的疾病。



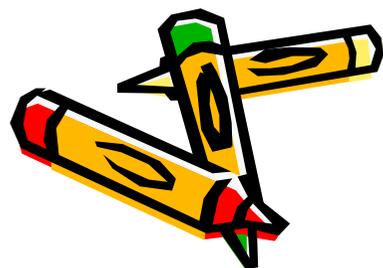
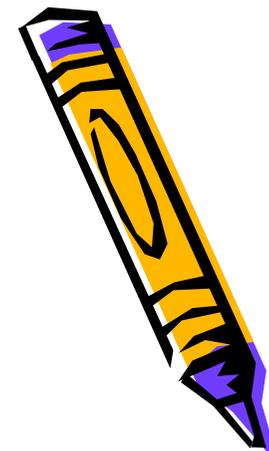
有些時候需要於發炎
或及腫脹的關節抽出
液體，以斷定關節炎
的成因。



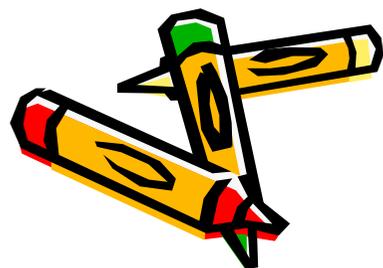
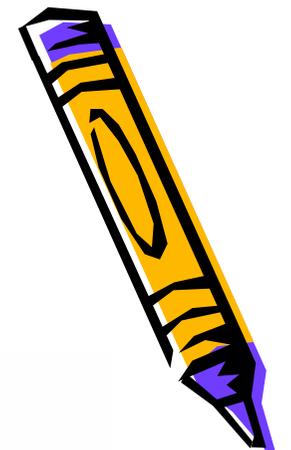
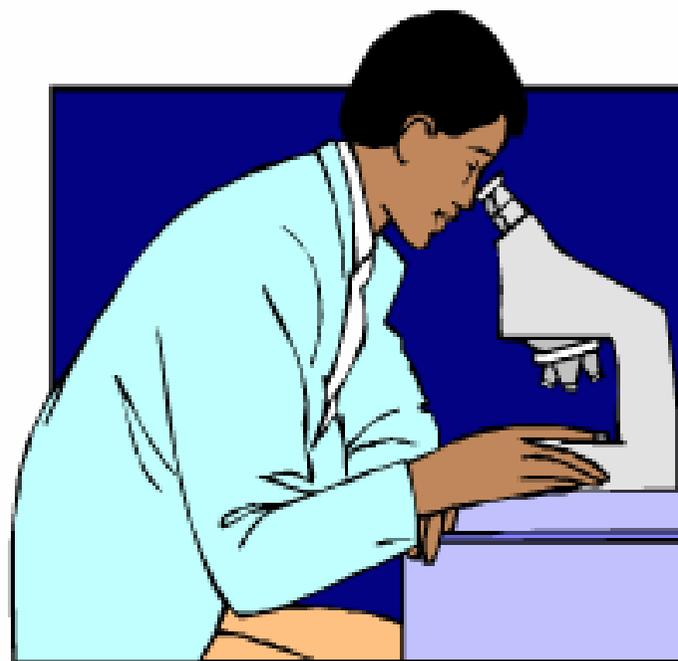
對於診斷關節炎的狀況，X-光、電腦素描（CAT scan）及磁力共振(MRI)，都非常有效。



治療

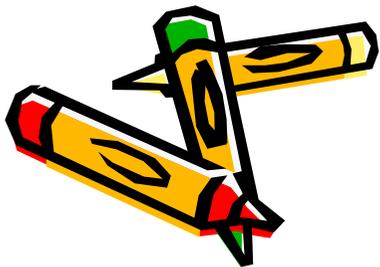
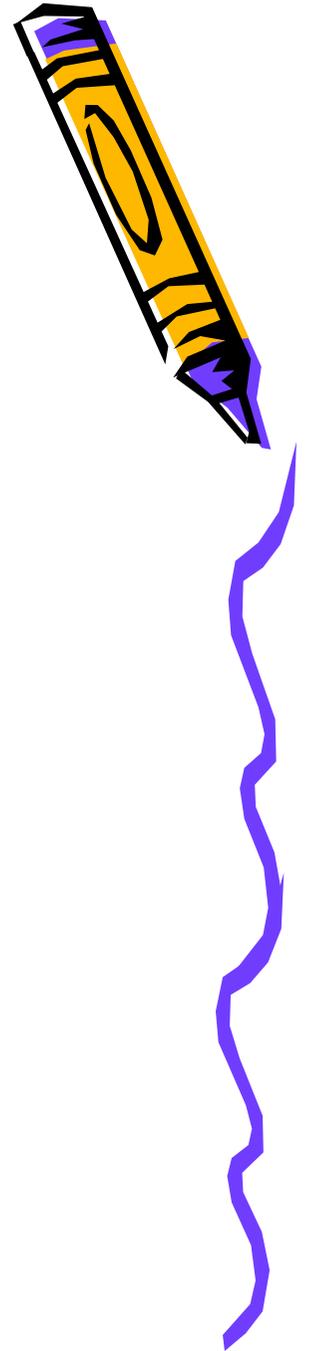


不幸地，大部份的關節炎是不能夠根治的。



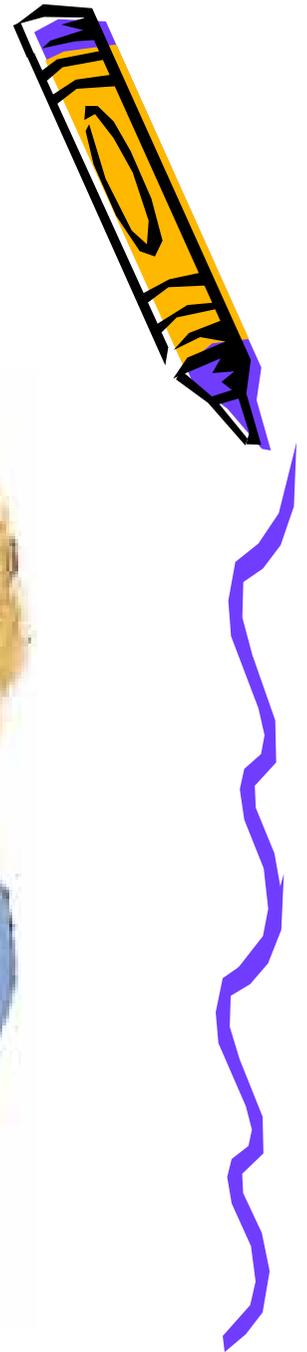
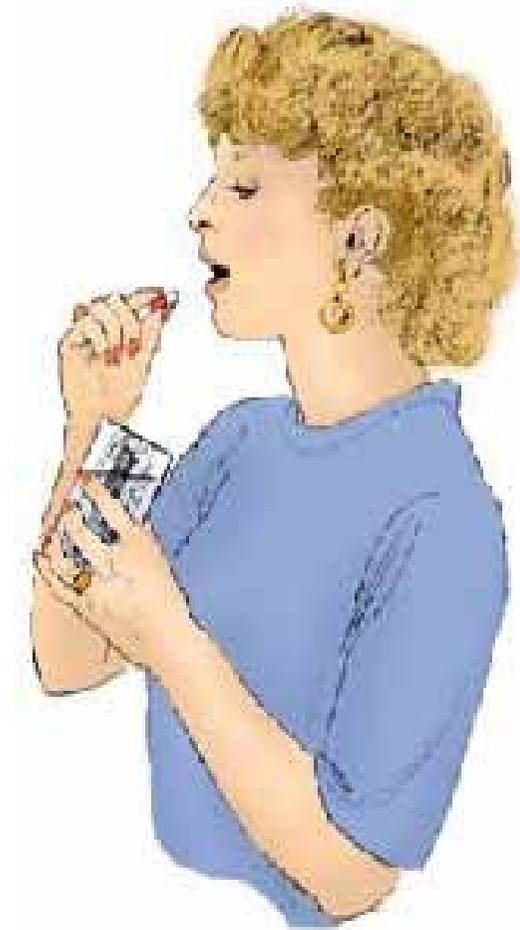
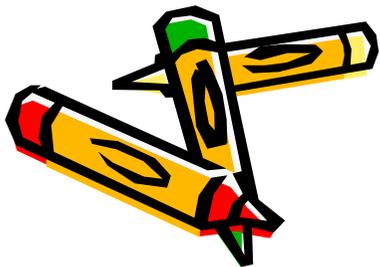
治療方法

- 保守治療法
 - 適當的休息和運動
 - 藥物
 - 物理治療
 - 行動輔助器
 - 減輕體重
- 手術治療法
 - 關節內窺鏡
 - 人工關節

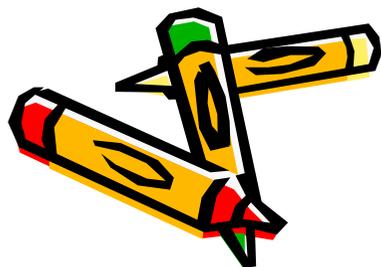
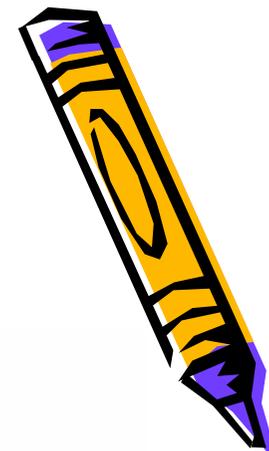


藥物治療法

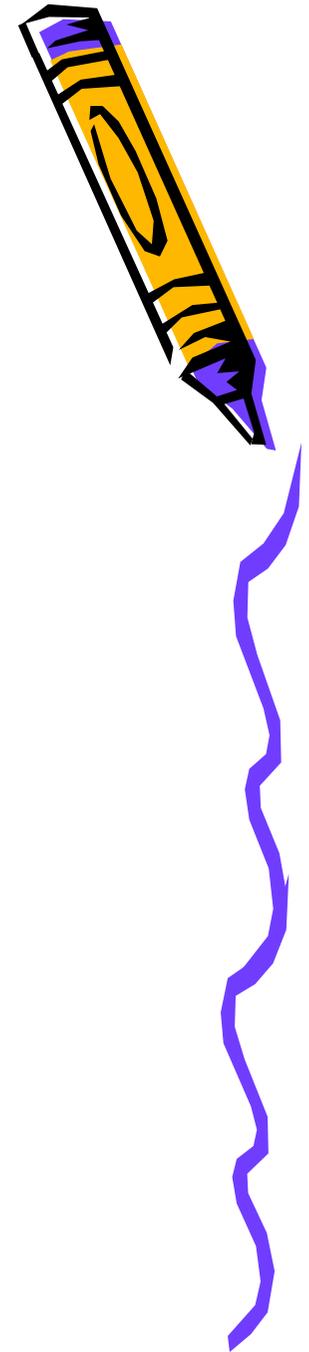
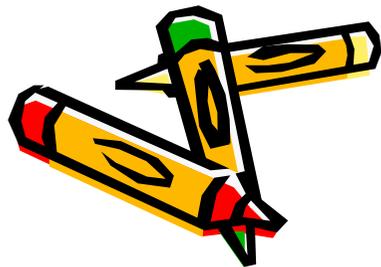
- 止痛藥
- 消炎止痛藥
- 類固醇
- 治癌藥物



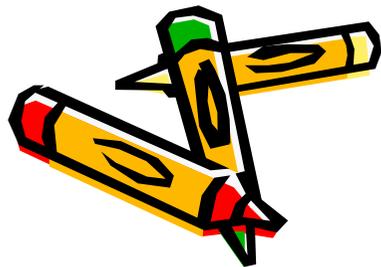
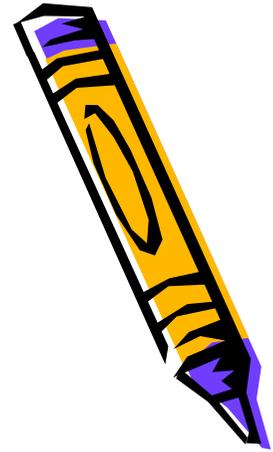
物理治療可幫助維持/改善關節的正常功能。



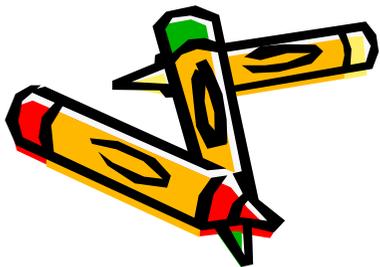
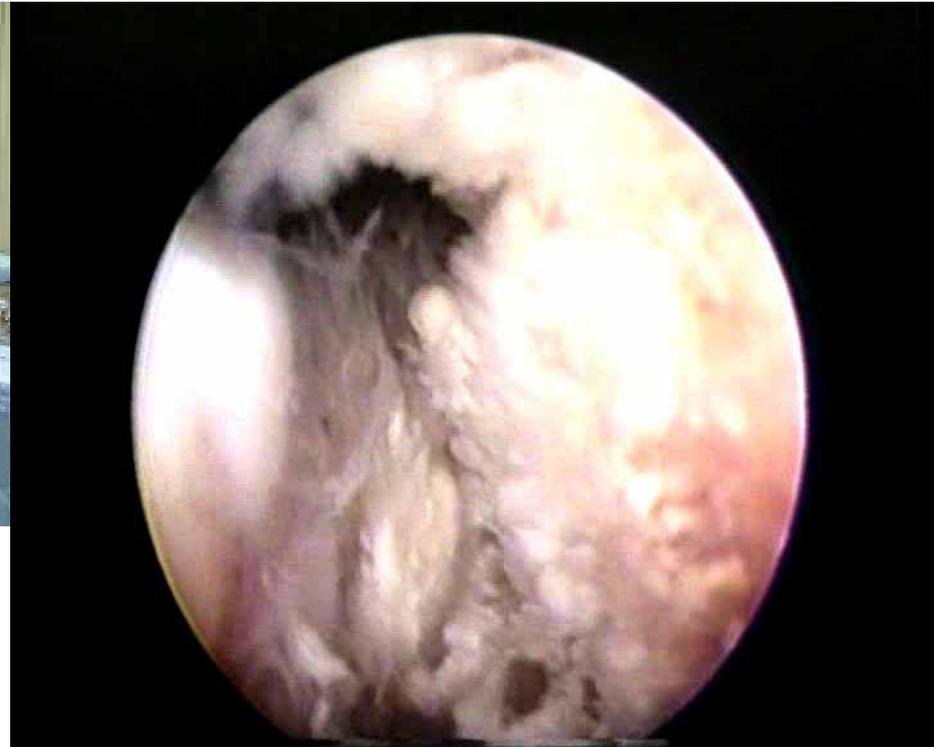
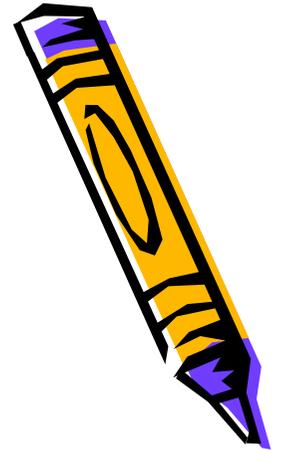
夾板常用於防止、減慢
或改正關節變形。



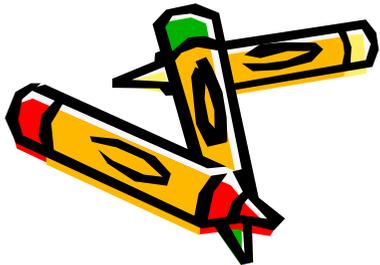
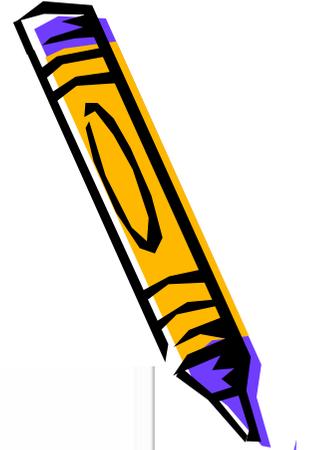
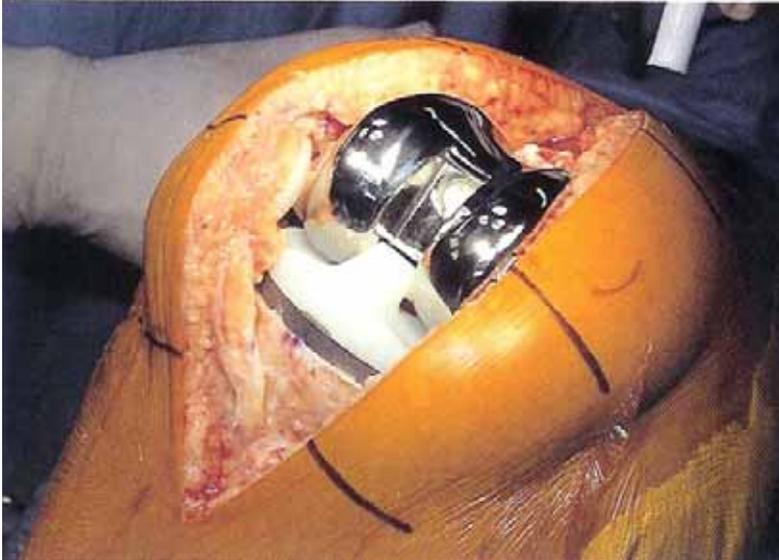
假若這些治療未能成功，以手術方法可減少病者的痛楚和改善關節之功能



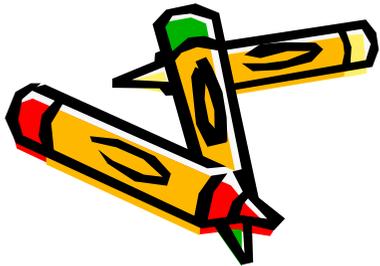
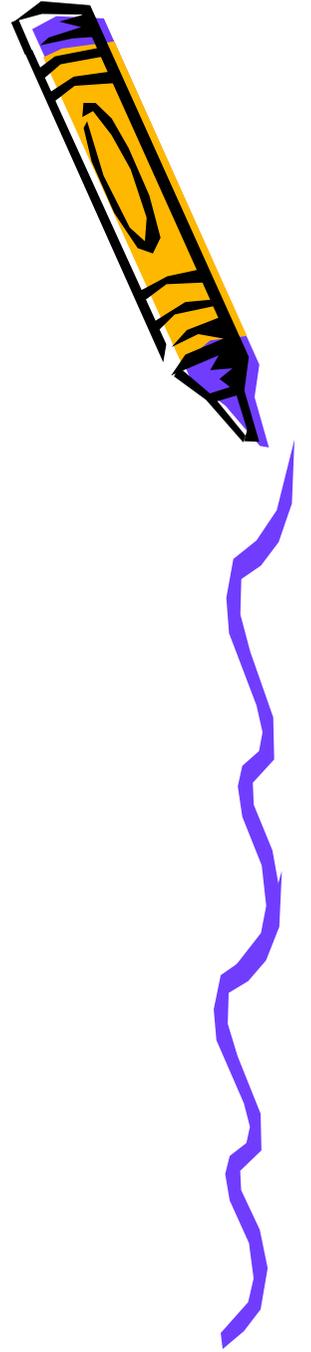
關節內窺鏡 (微創手術)



更換人工關節

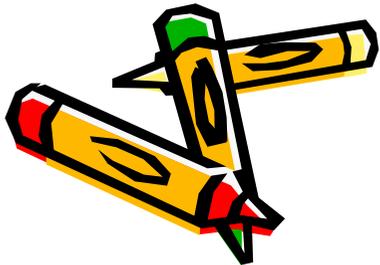


創傷

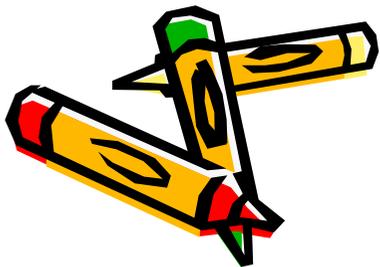
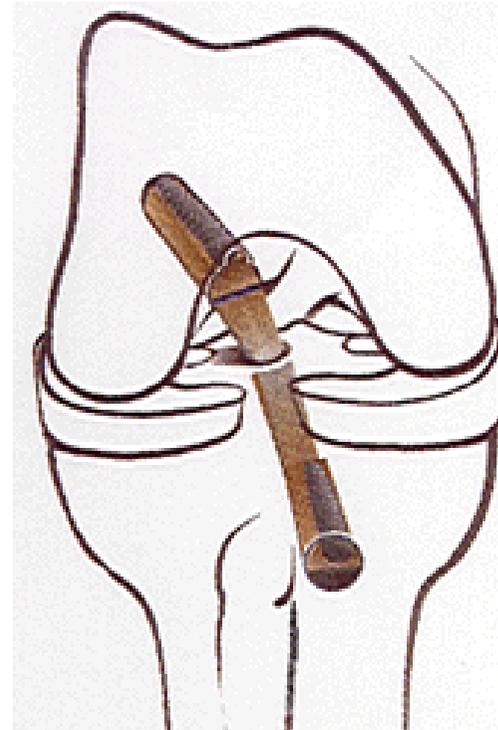


運動創傷

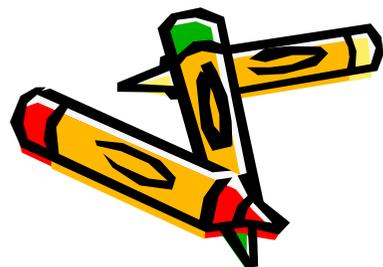
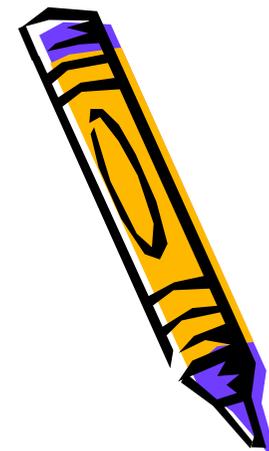
- 運動中的意外或不適量的運動也可能對關節造成損傷
- 肌肉或筋腱勞損
- 筋膜發炎



- 較嚴重之情況:
- 十字韌帶斷裂
 - 半月版撕裂
 - 軟骨磨損

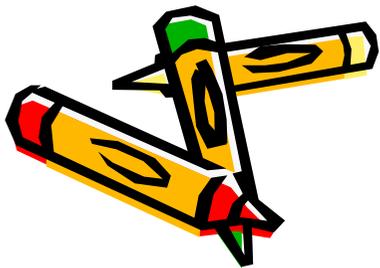
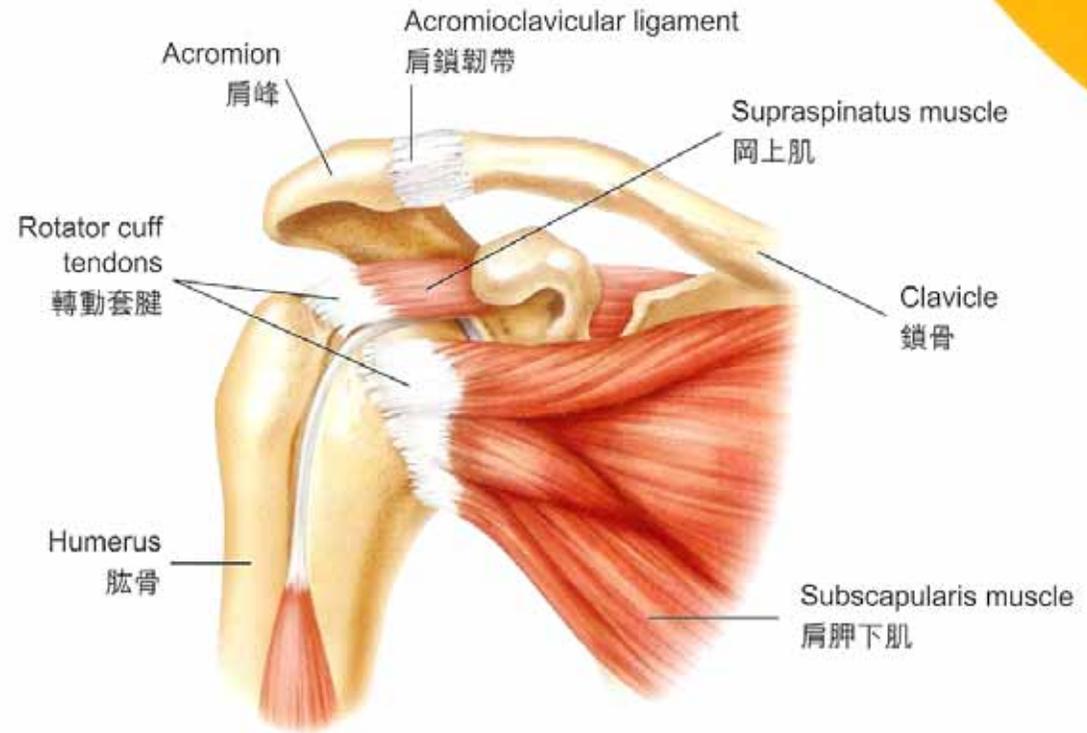


肩關節



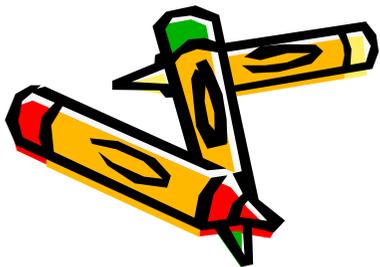
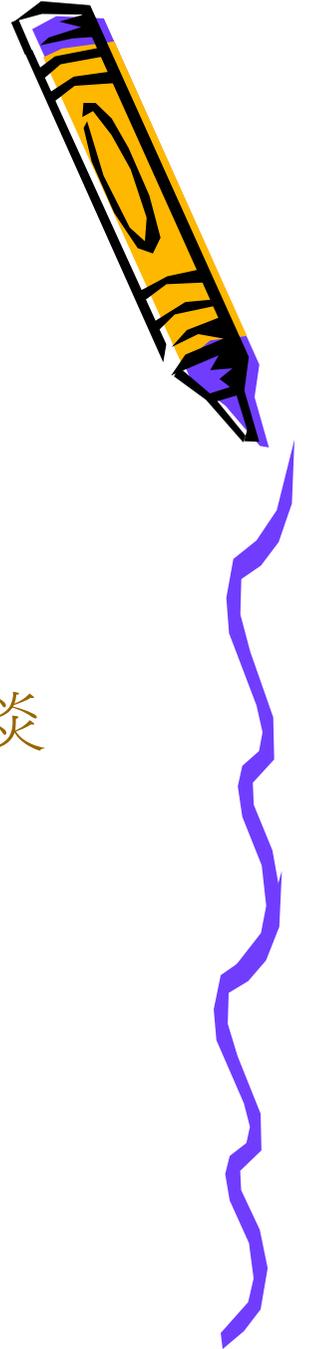
肩關節

肩關節是一個複雜的關節，它增加上肢廣闊的活動範圍



肩關節痛

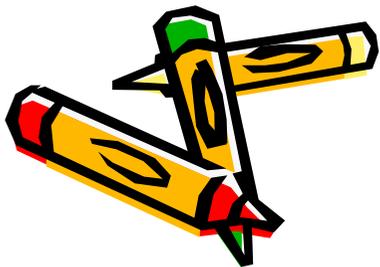
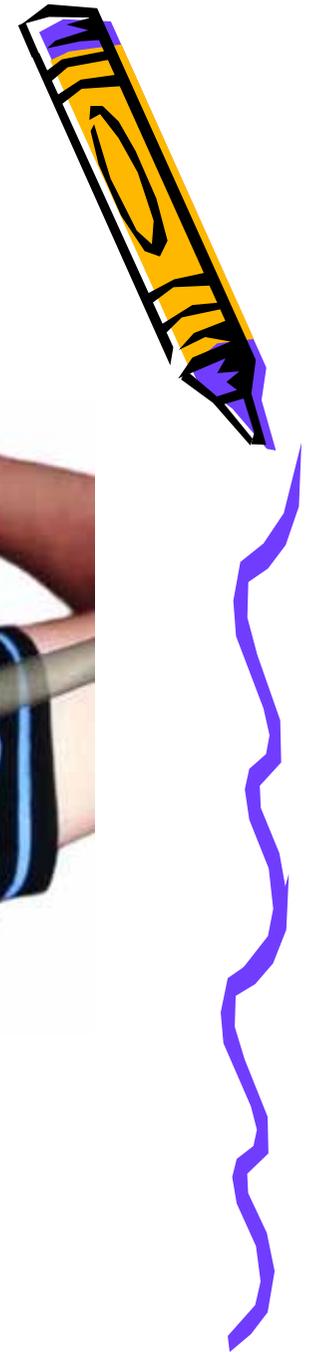
- 關節炎
 - 退化性
 - 類風性濕關節炎
 - 紅斑狼瘡症
 - 痛風
 - 幼年類風濕關節炎
 - 硬皮病
- 肩周炎
 - 五十肩
 - 冰凍肩/冷凝肩
 - 粘連性肩關節囊炎
- 肩袖(筋腱)撕裂
- 肩峰撞擊症



肩周炎

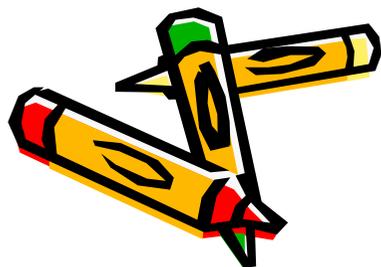
多發於中年人仕，故稱之
為五十肩

肩周炎之成因多為不明，有
部份是由輕微創傷引發



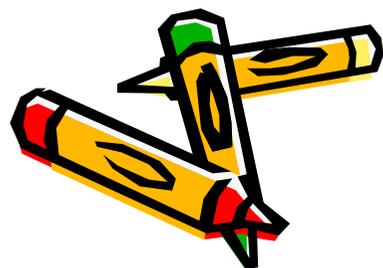
肩周炎一般可分為三個階段：

1. 疼痛期－急性疼痛，甚至影響睡眠
2. 凍結期－開始感覺僵硬，多方向的活動受限制
3. 解凍期－痛楚與活動範圍逐漸改善



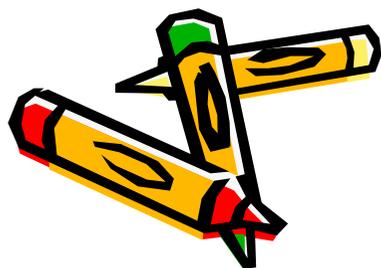
肩膊僵硬

- 無法伸手到背部
- 不能穿衣
- 梳洗困難
- 不能握緊扶手

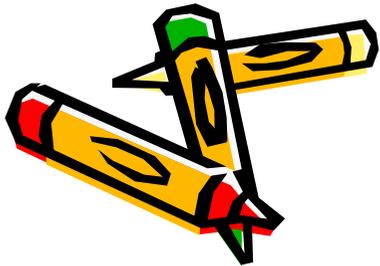
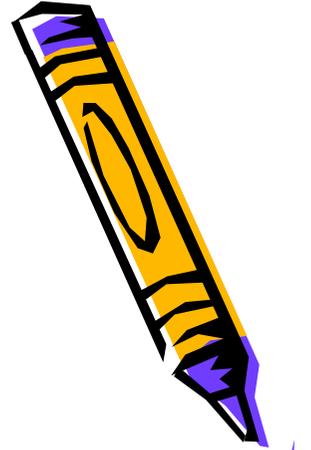


什麼人是高危一族

1. 女性
2. 中年人 – 40-70歲
3. 免疫、代謝性疾病 – 如糖尿病、
甲狀腺病
4. 曾受外傷
5. 手術後

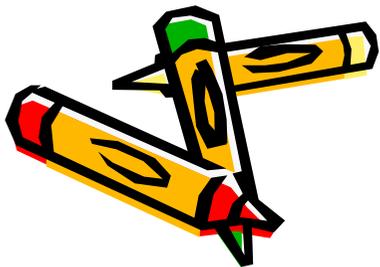


治療



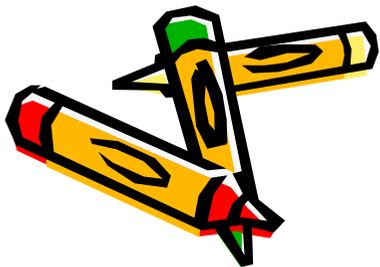
藥物治療可減少病人痛楚，從而
可及早進行進行運動

- 消炎止痛藥
- 止痛藥
- 肌肉鬆弛劑



關節內注射

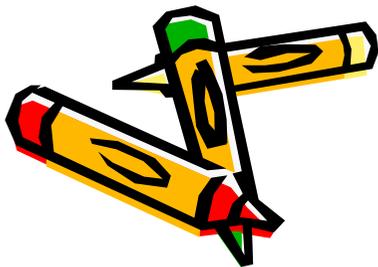
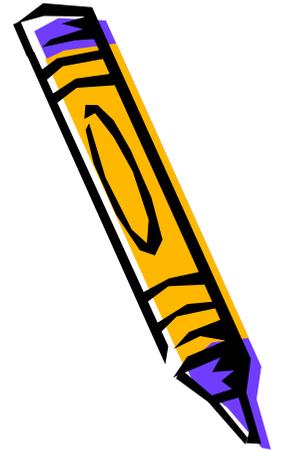
加入類固醇、生理鹽水，
以將關節囊撐開



物理治療

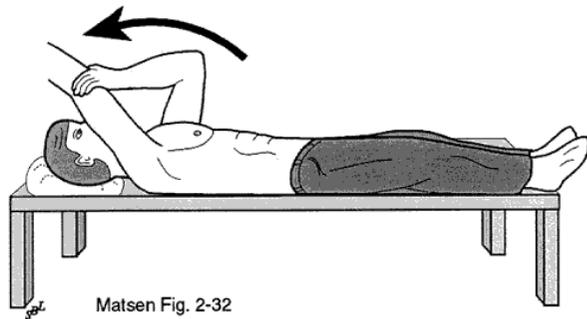
它包括了：

冰敷、熱敷、超音波、干擾波、磁場治療等，
主要是幫助紓緩疼痛；
而運動才是治療肩周炎重要的一環

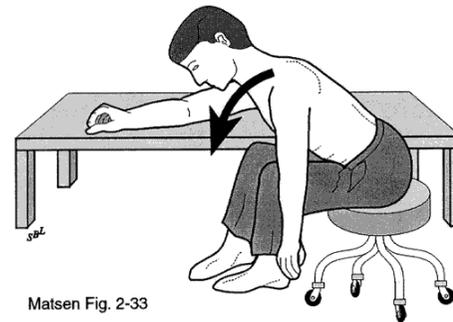


運動療法

需要由醫生和物理治療師
為病人設計一套運動，病人學習後
要在家中繼續運動



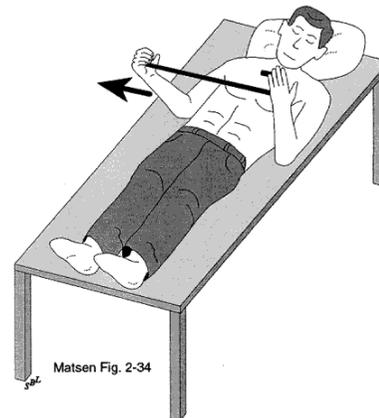
Matsen Fig. 2-32



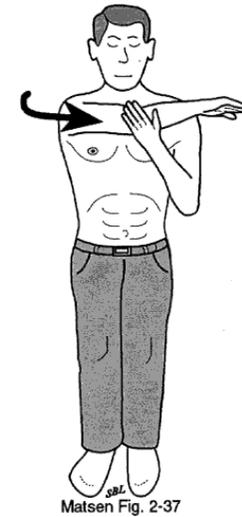
Matsen Fig. 2-33



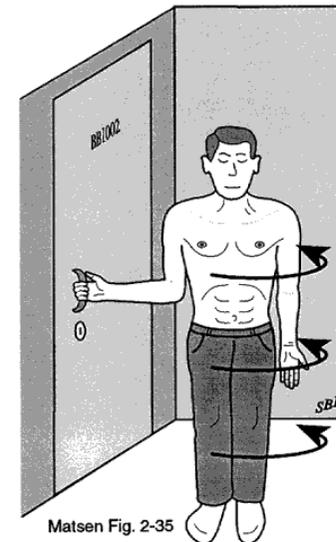
Matsen Fig. 2-36



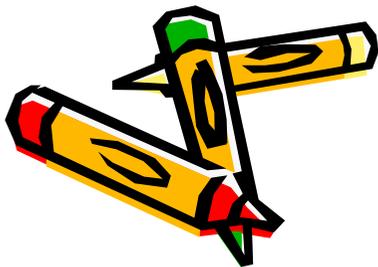
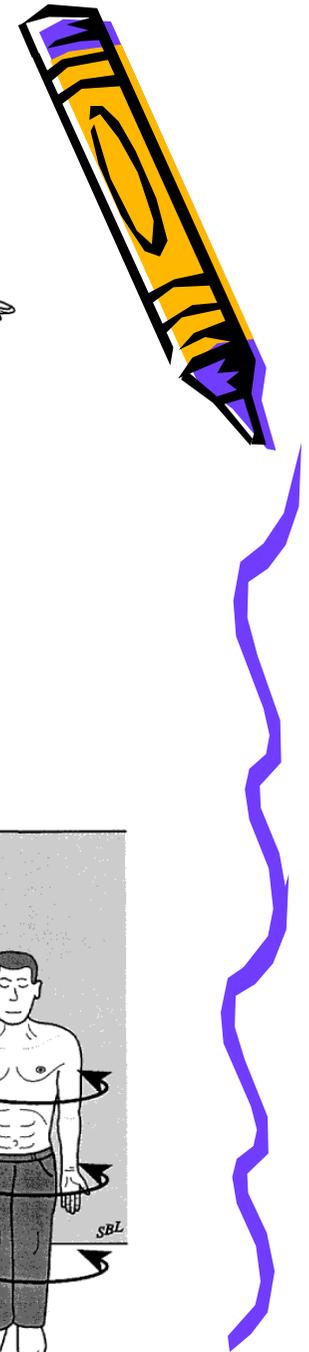
Matsen Fig. 2-34



Matsen Fig. 2-37



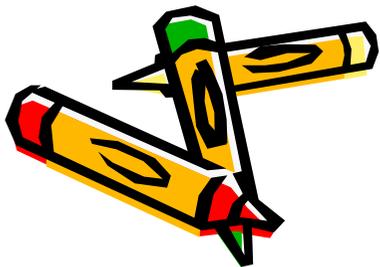
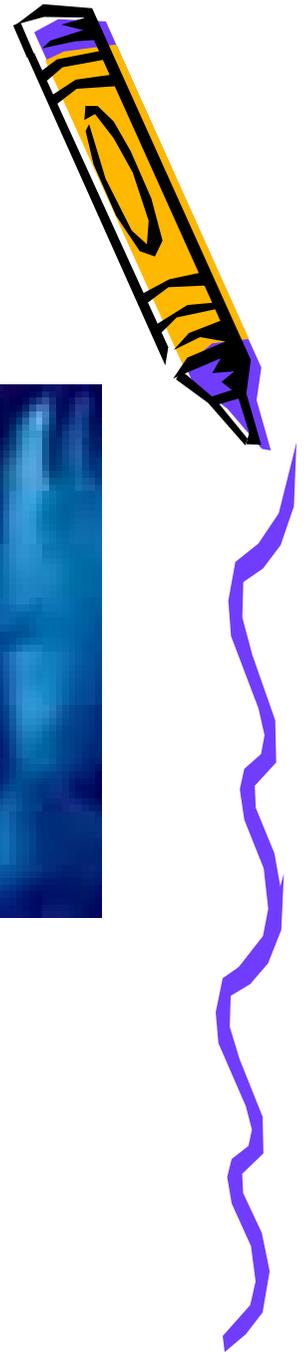
Matsen Fig. 2-35



生活貼士

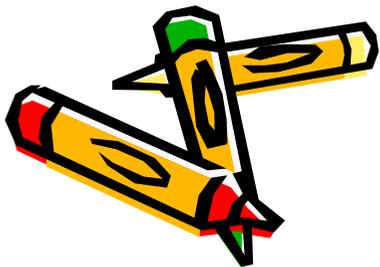
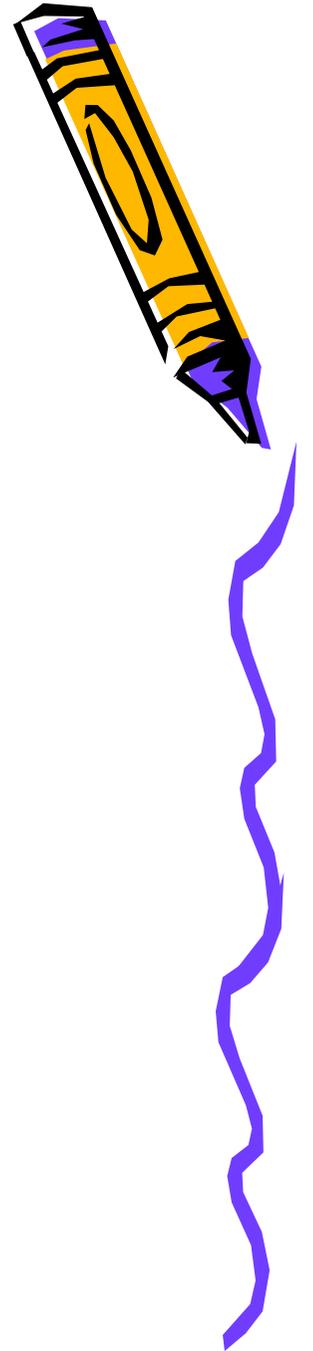
儘量避免：

1. 提取重物
2. 過份依賴另一邊
3. 睡於患處



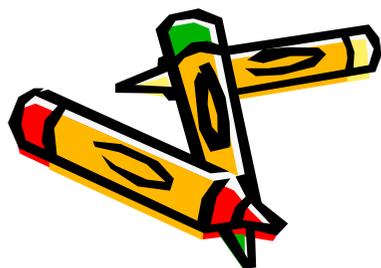
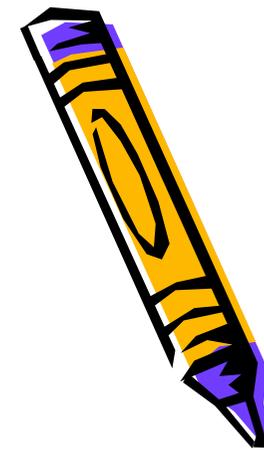
生活貼士

1. 穿衣 : 先穿壞手
2. 寬衣 : 先解好手
3. 洗澡 : 用較長毛巾
4. 梳洗 : 用好手幫助



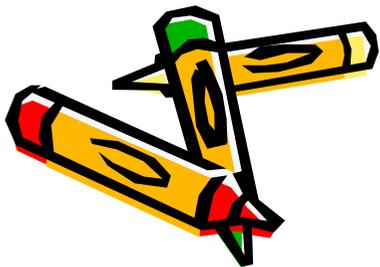
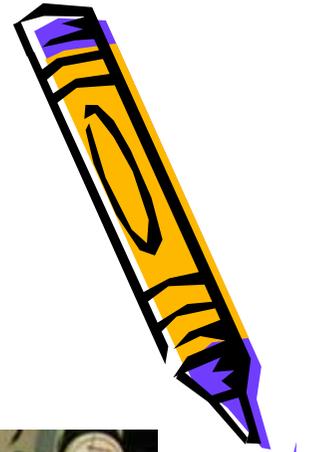
手術治療

如果保守治療未能成功，而日常生活受嚴重，實可考慮手術治療



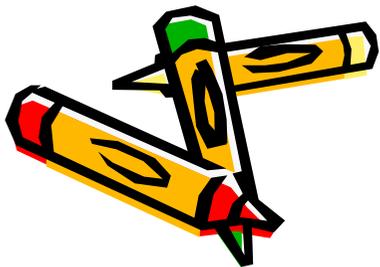
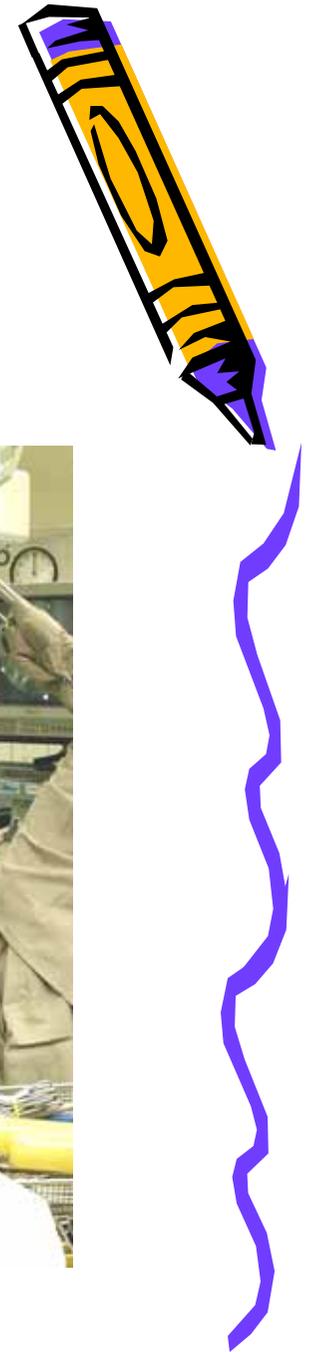
鬆動術

病人在麻醉後，肌肉得以鬆弛，醫生會以適當的力度將收縮了的關節拉鬆



肩關節鏡

現時一般也會輔助以關節鏡，將關節膜鬆開，以提升術後的成功率



應及早醫治，愈早展開治療，
愈快得到根治

