

腰酸背痛？出了甚麼問題

晟揚骨科 朱仁杰醫師



骨刺?

坐骨神經痛?

骨質疏鬆?

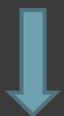
脊椎骨盆歪
了?

脊椎跑掉了?

最常見原因：扭傷



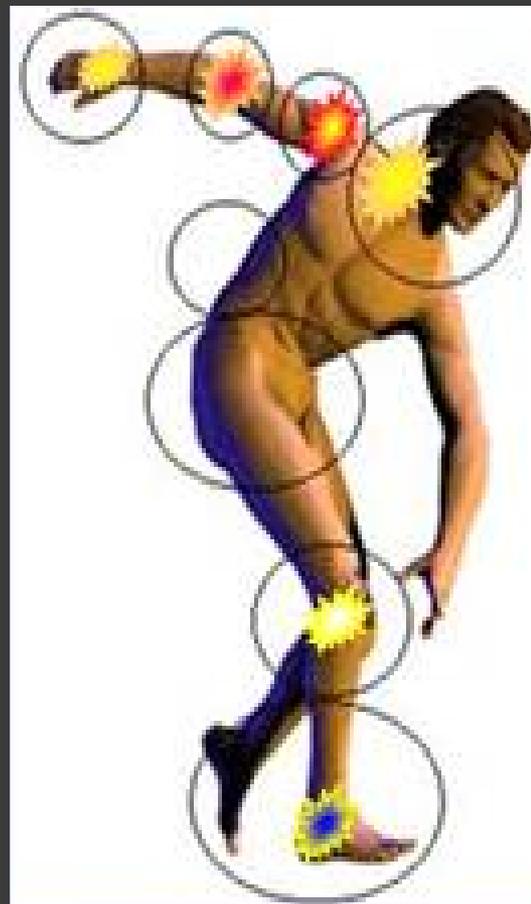
慢性傷害



慢性疼痛

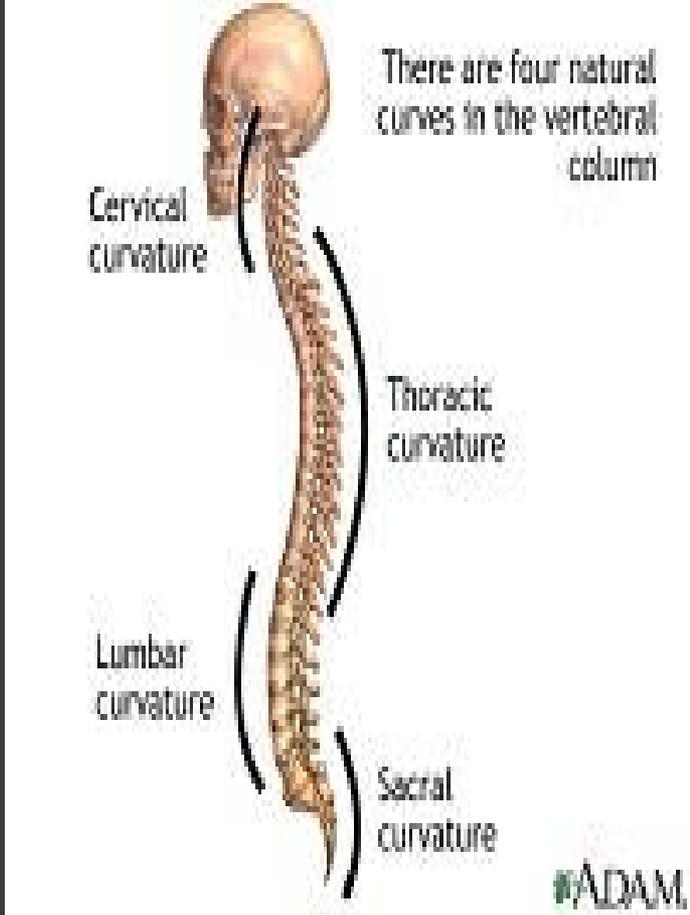
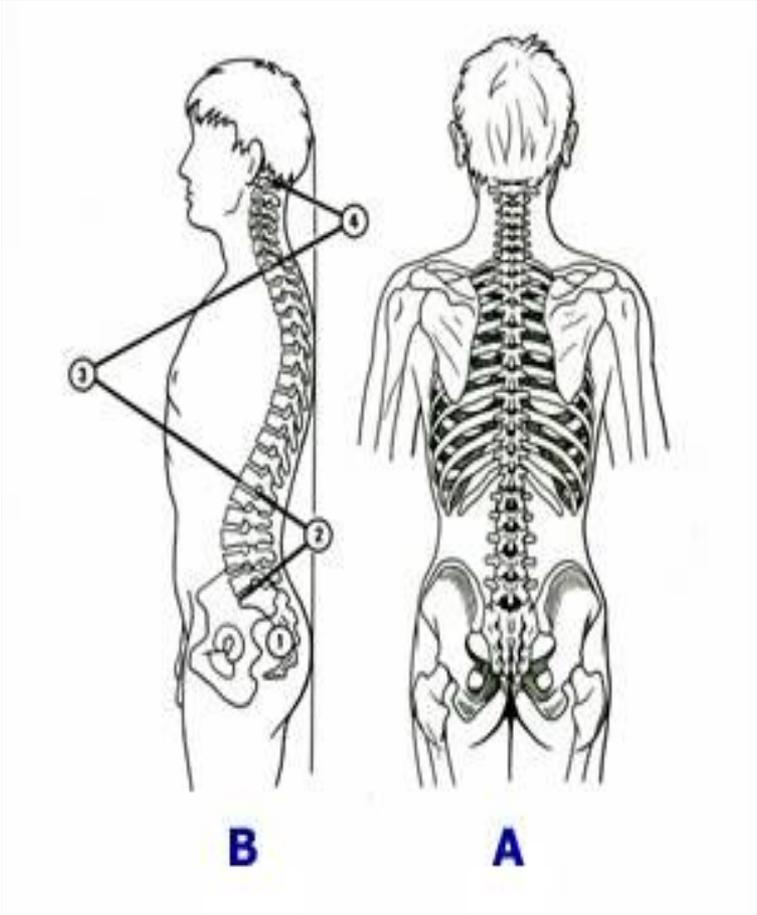


背部肌筋膜症候群



其他原因

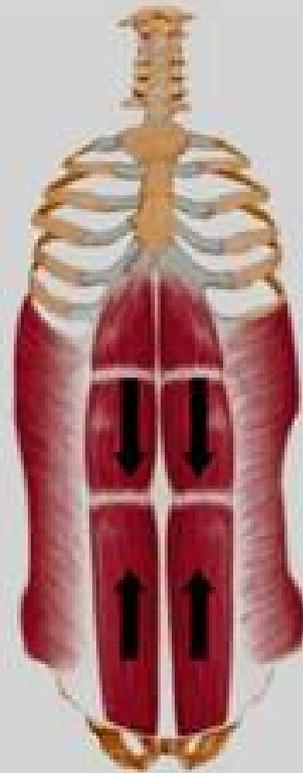
- ◎ A◆ 椎間盤突出
- ◎ B◆ 脊椎退化性病變
- ◎ C◆ 脊椎骨骼異常
- ◎ D◆ 脊椎感染、周邊組織發炎、原發性或轉移性脊椎或脊椎腫瘤
- ◎ E◆ 腹腔內臟器疾病引起下背痛
- ◎ F◆ 其他...







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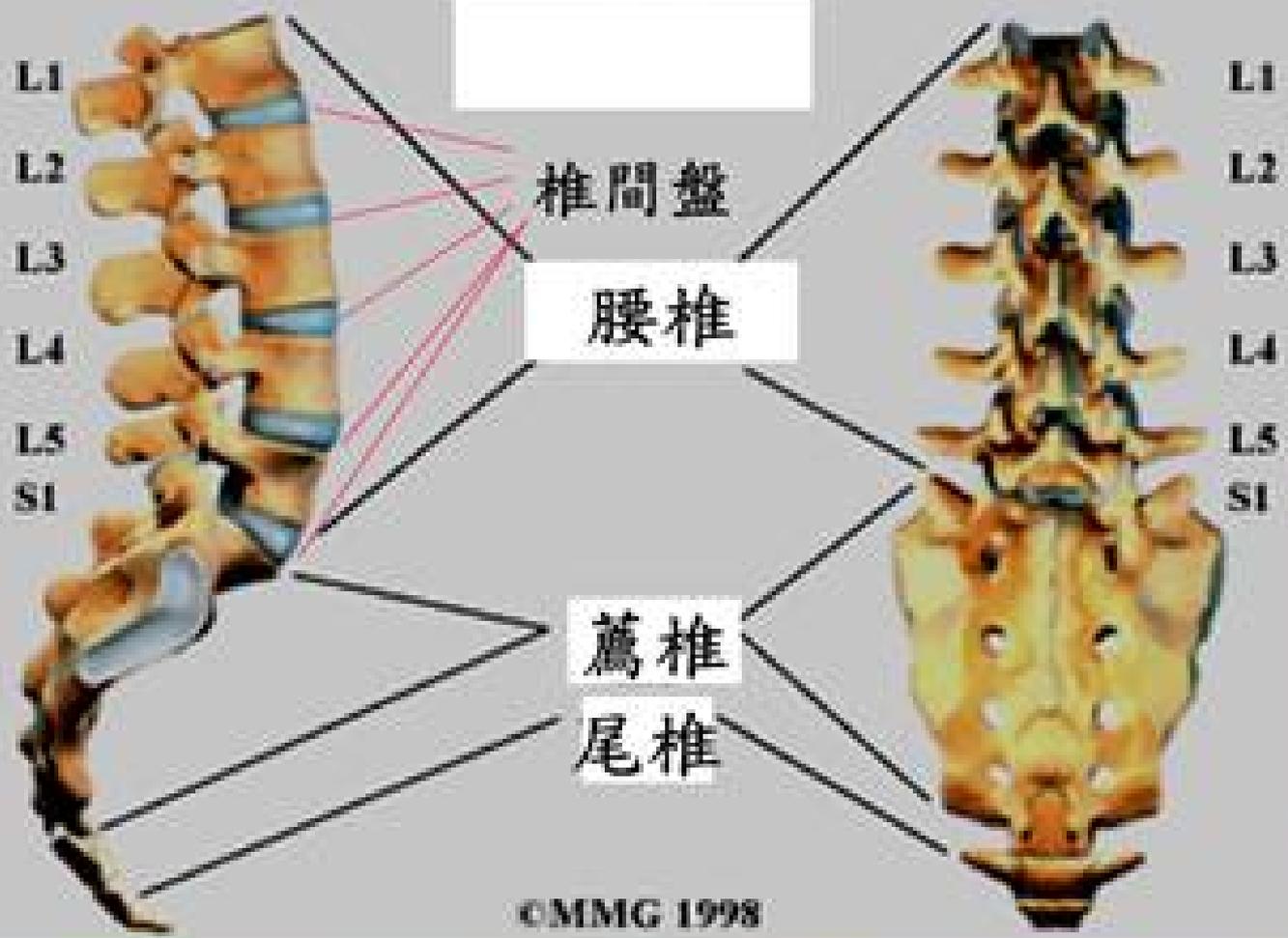


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◎骨刺?! 如何來的?

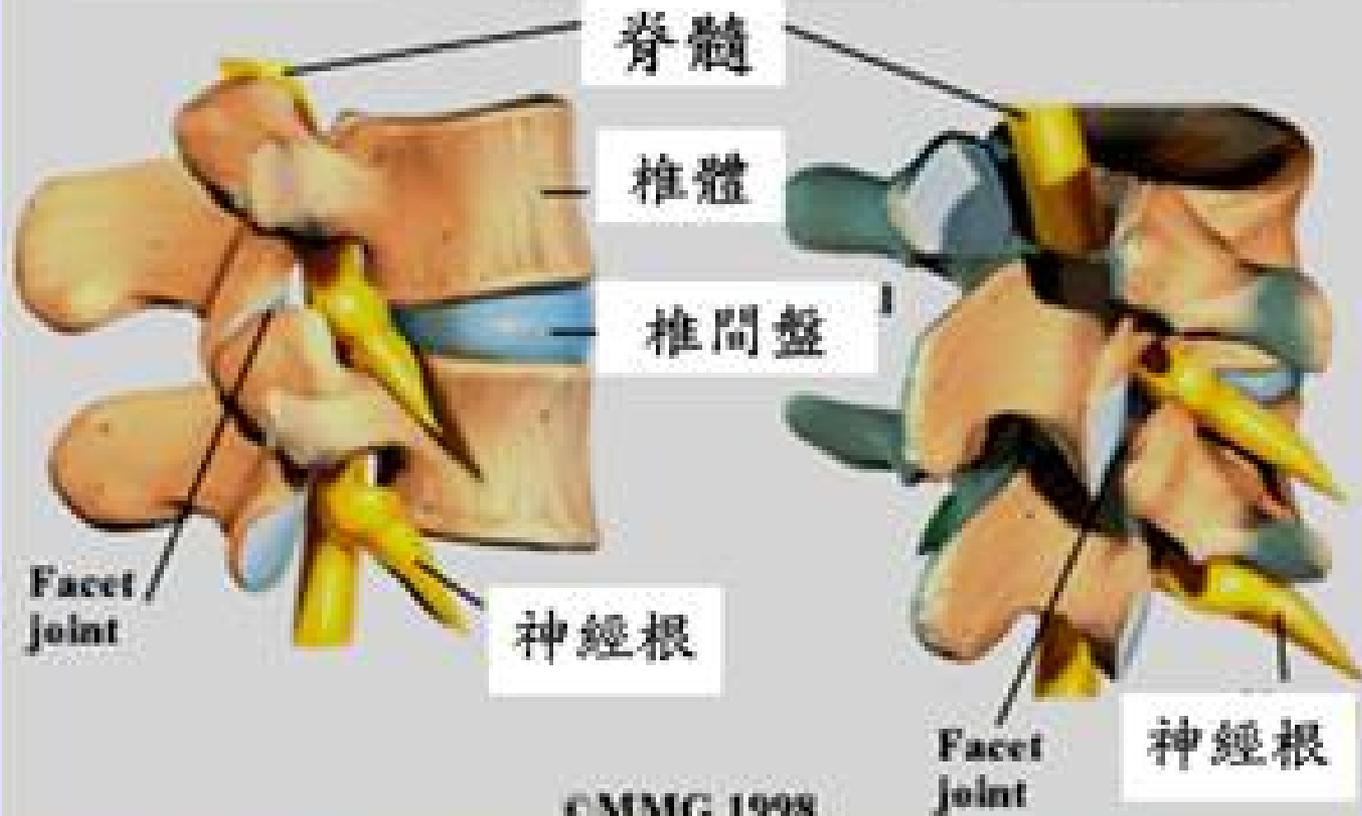
◎ 骨刺 = 坐骨神經痛

?

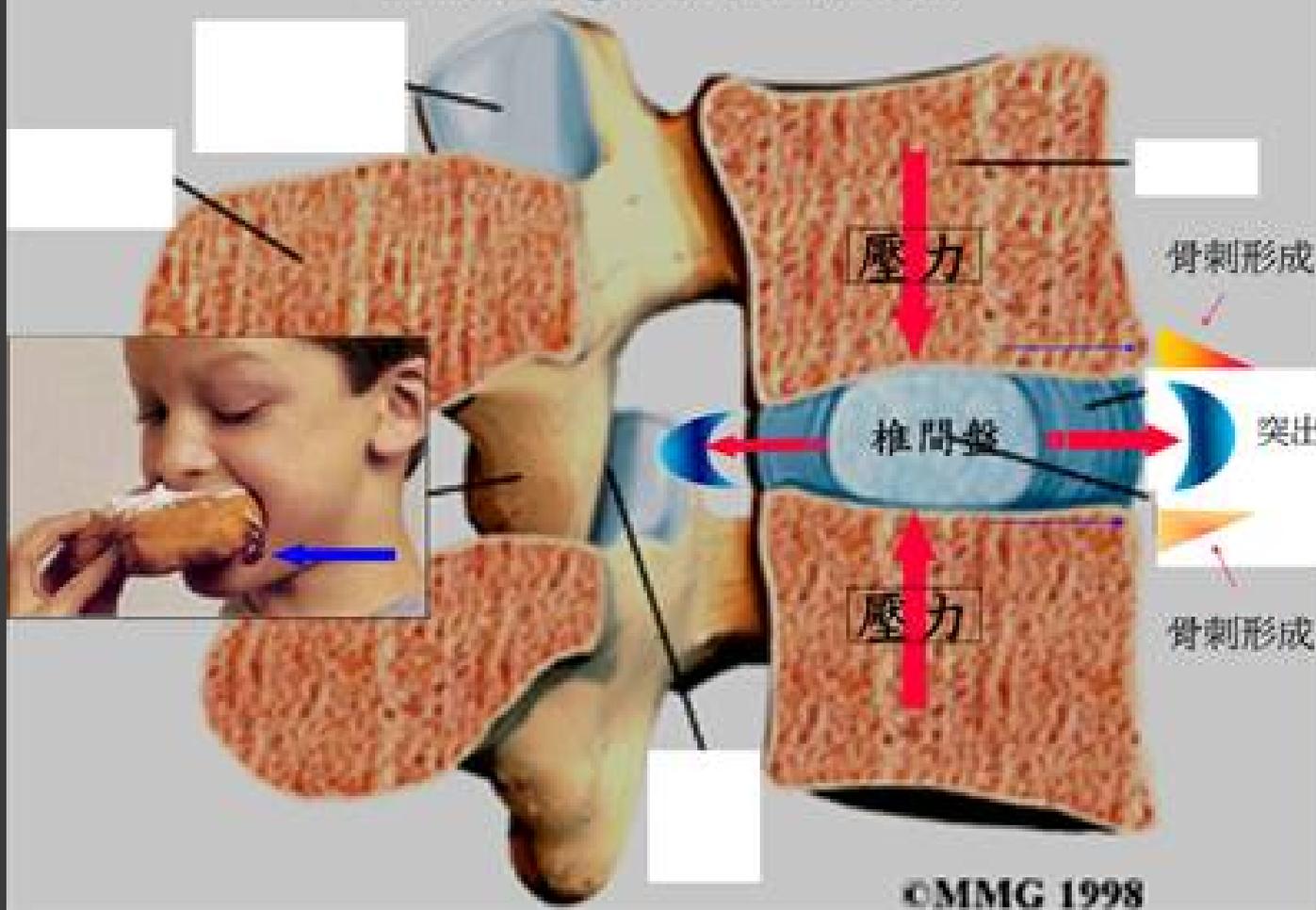


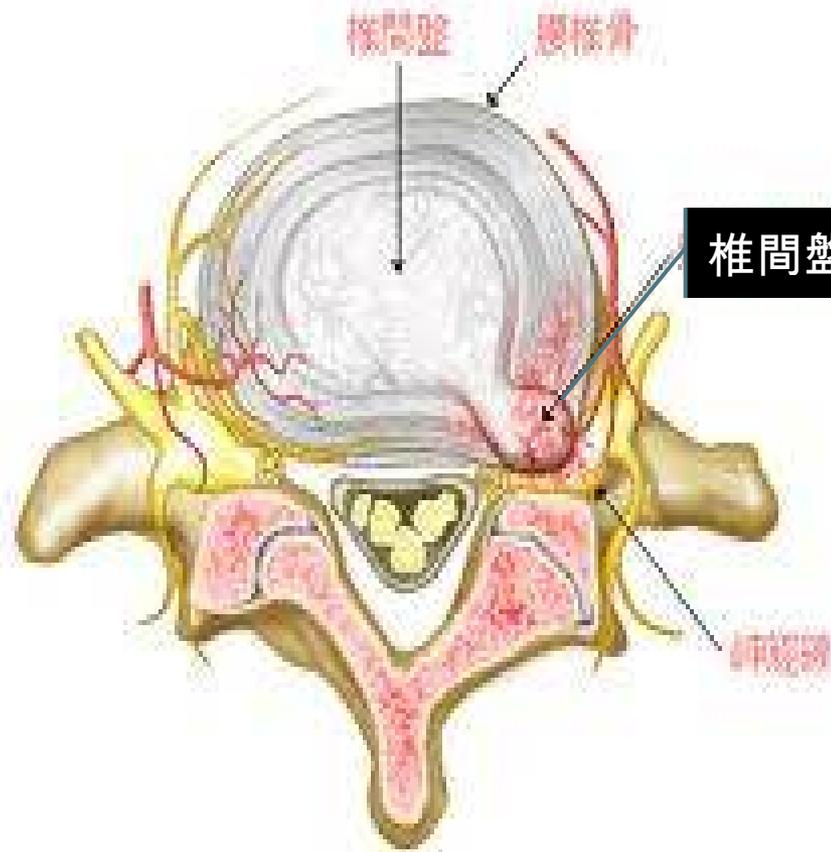
側視

$\frac{3}{4}$ 側視



Lumbar Segment, cross section





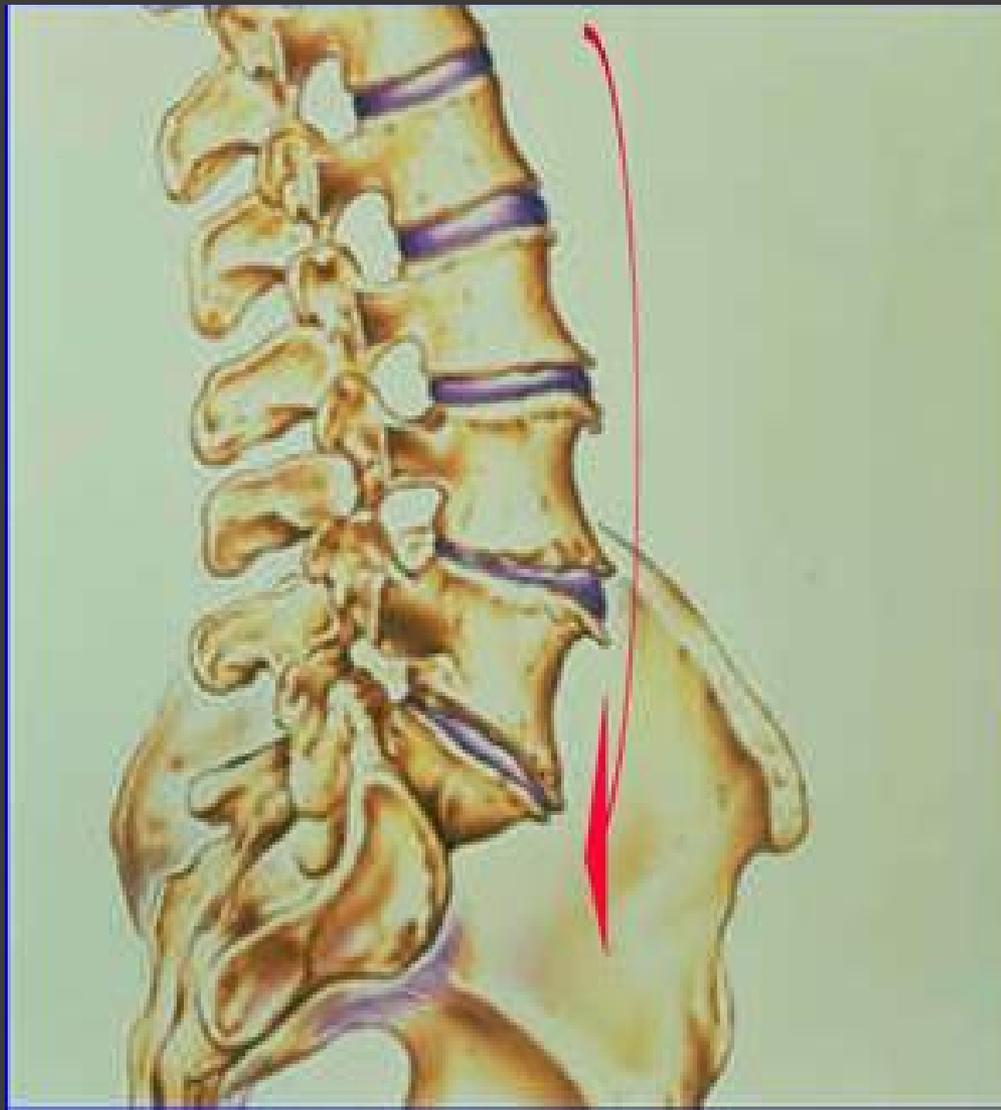
椎間盤

椎體

椎間盤突出壓迫

神經根

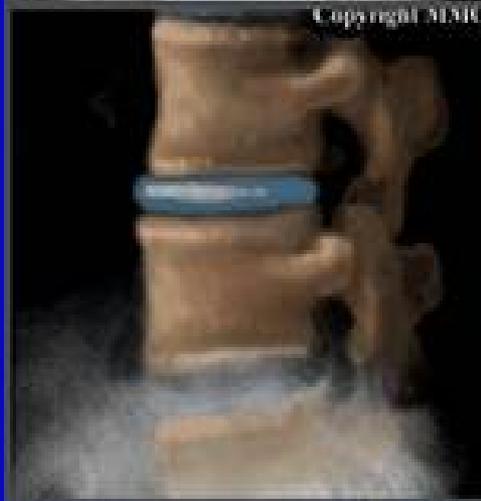


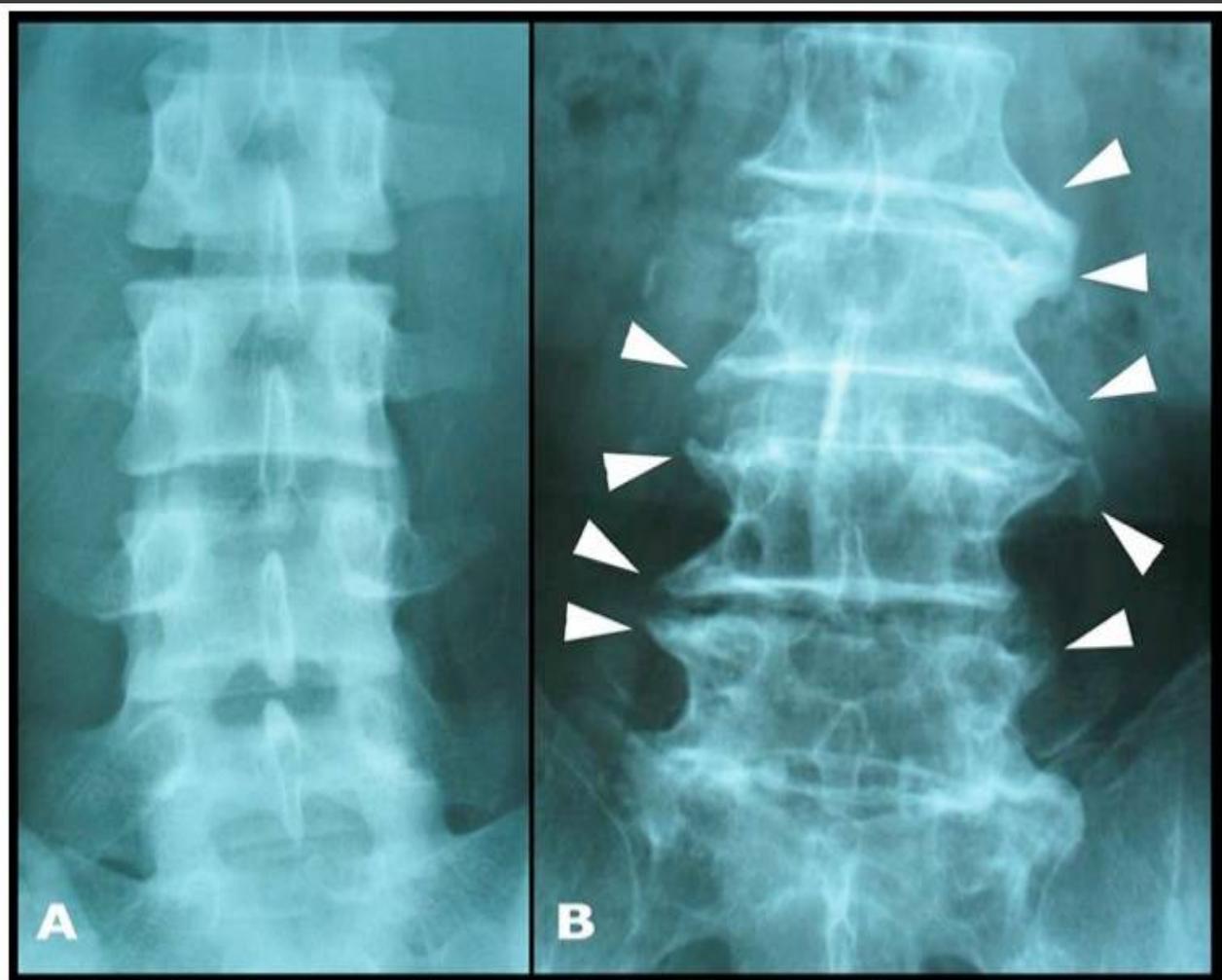


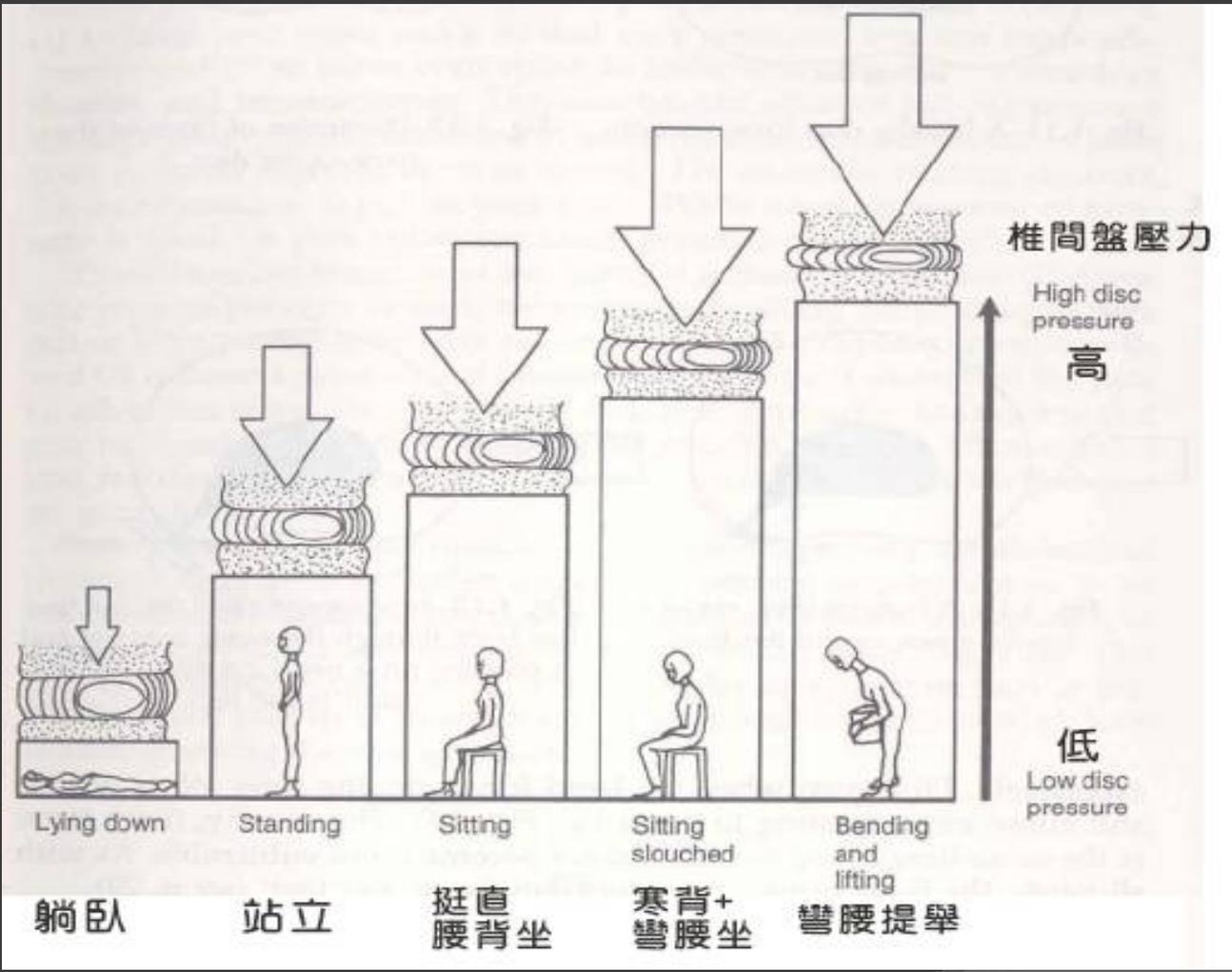


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Lying down

Standing

Sitting

Sitting slouched

Bending and lifting

躺臥

站立

挺直腰背坐

寒背+彎腰坐

彎腰提舉

椎間盤壓力

High disc pressure

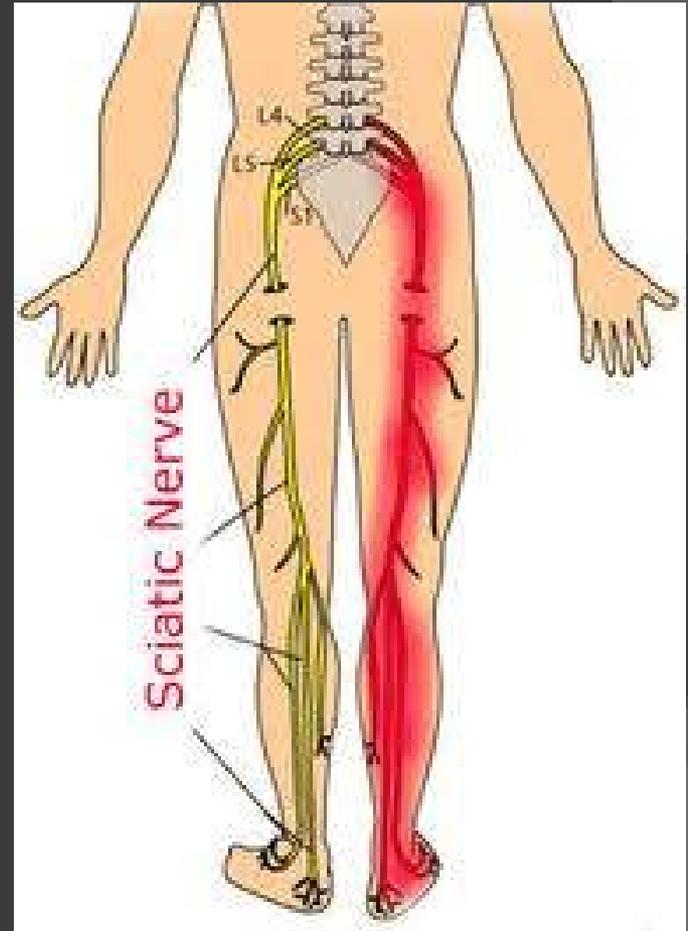
高

低

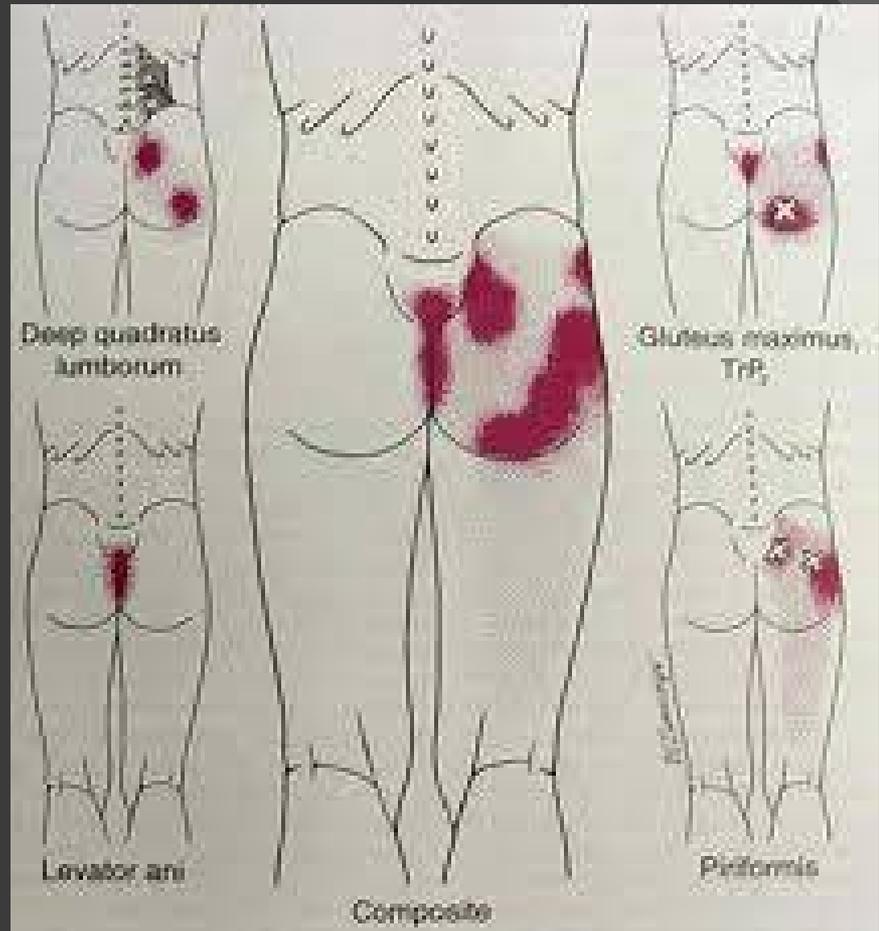
Low disc pressure

坐骨神經痛





◎ 假性坐骨神經痛？

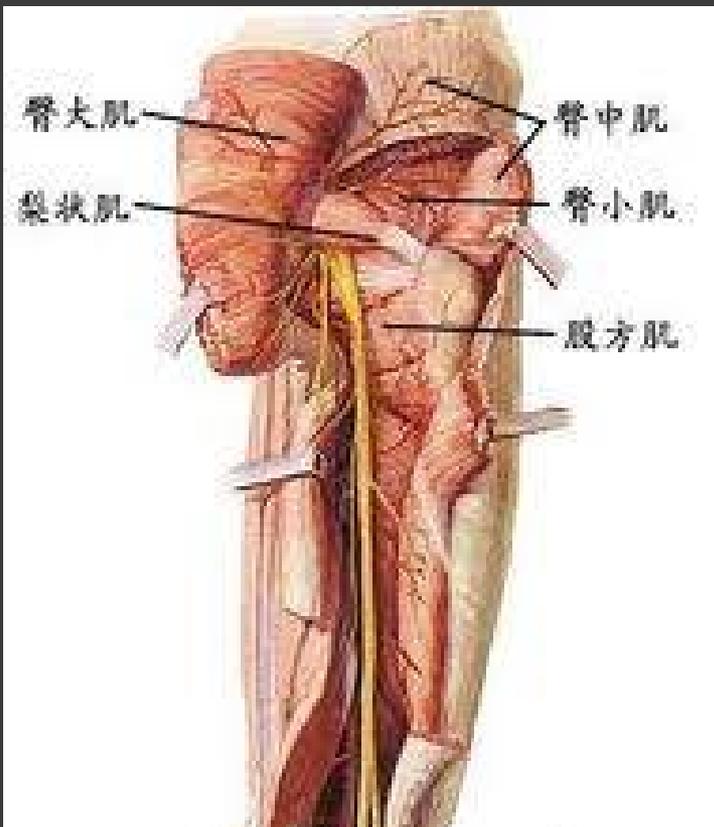


- ◎ 長時間久坐容易出現 -- 梨狀肌症候群
- ◎ 肌肉肥厚過度或纖維化時，容易壓迫坐骨神經而造成疼痛，症狀跟椎間盤凸出很相似
- ◎ 常見於： 女性；工作久蹲久坐；長坐硬式椅子...

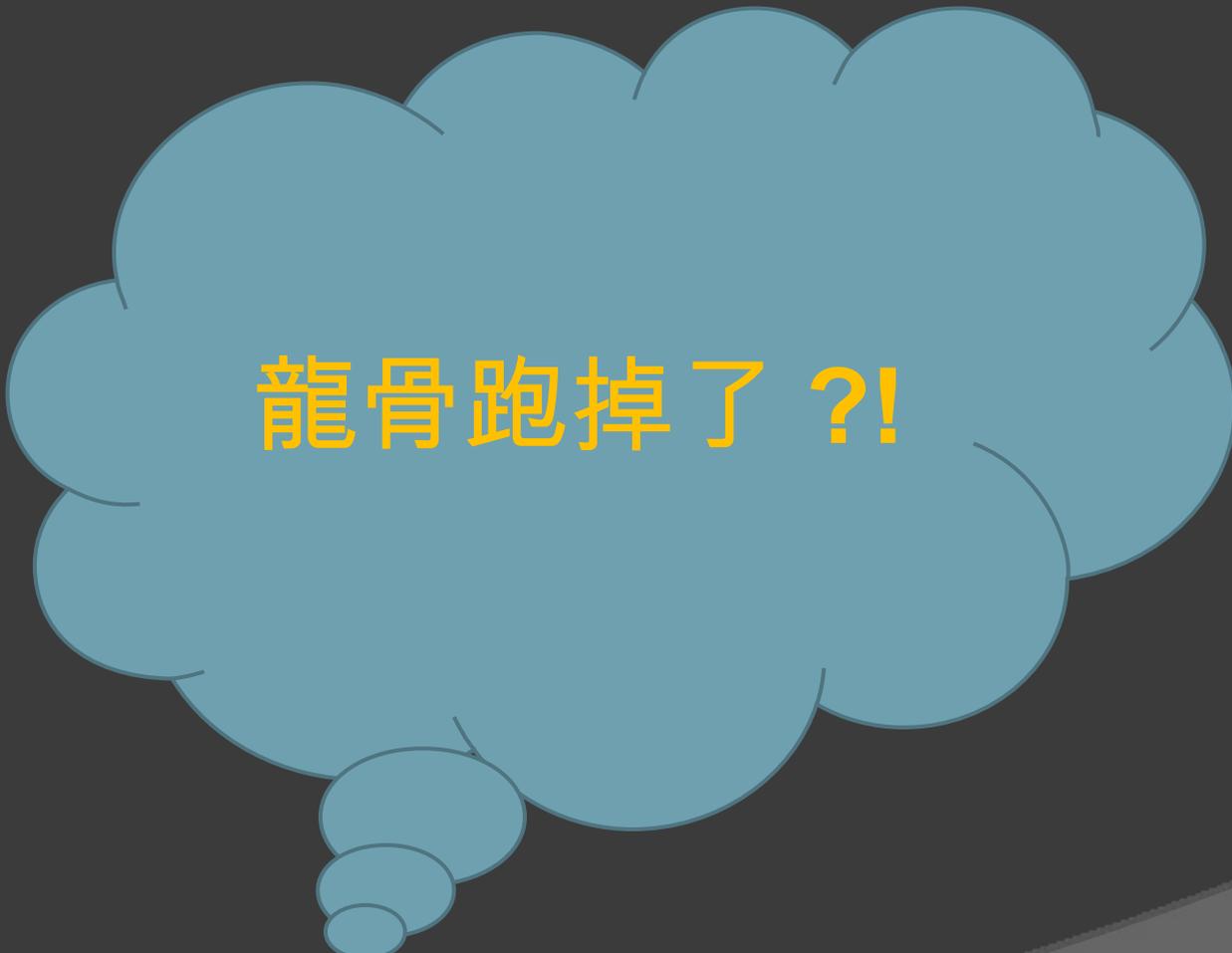


Piriformis Syndrome

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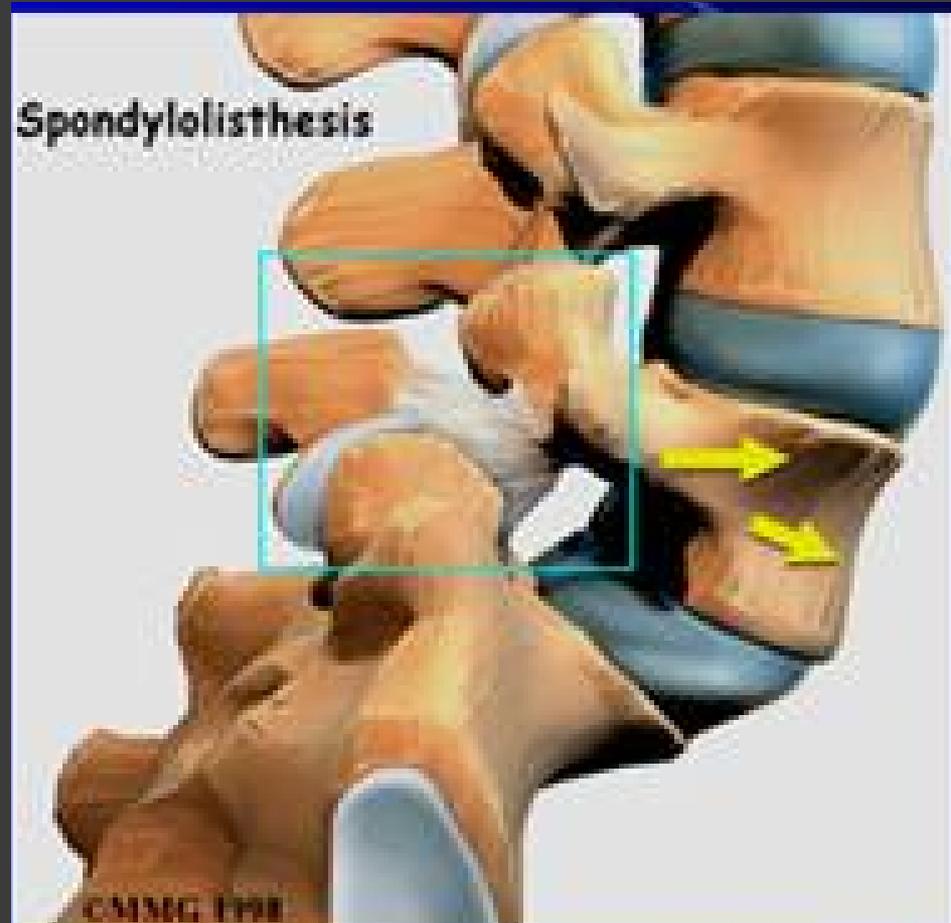


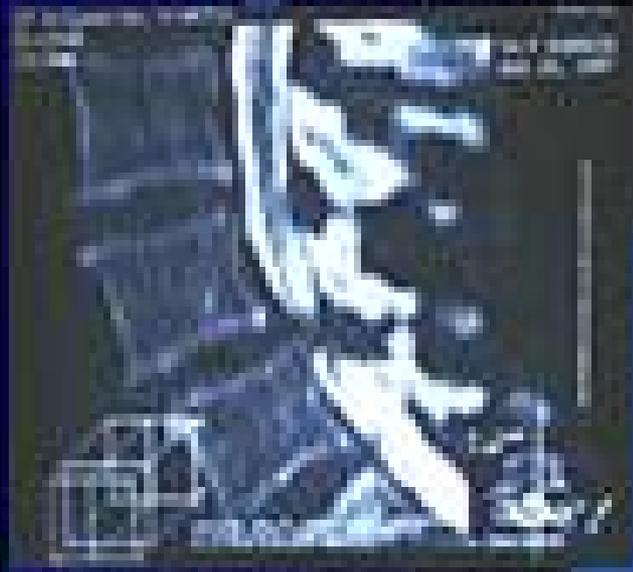
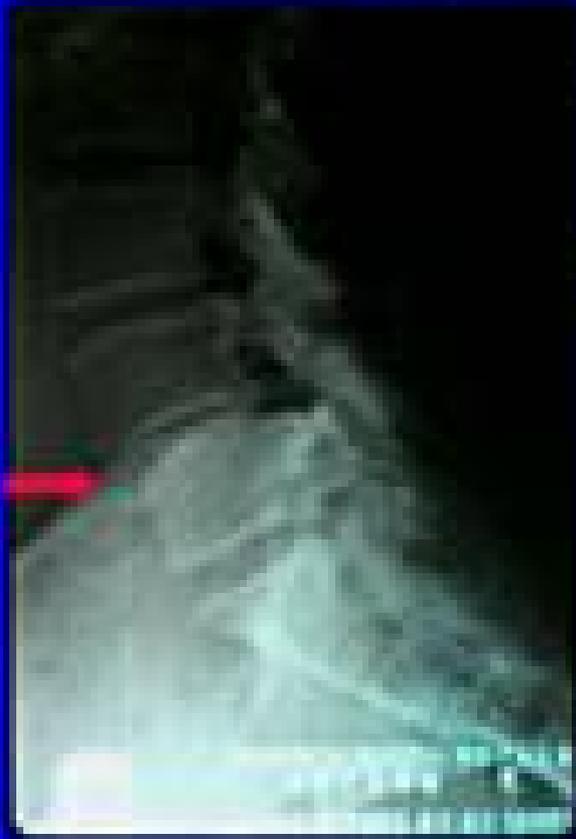


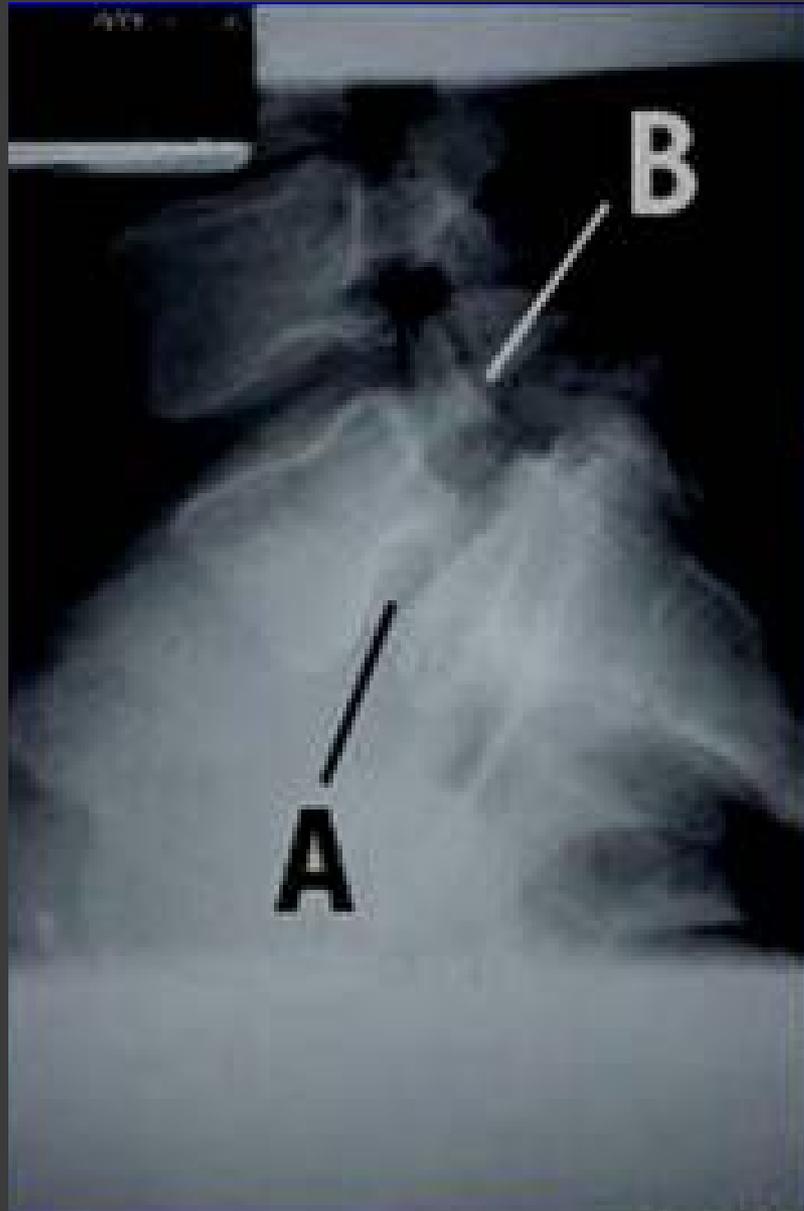
A large, light blue thought bubble with a thin black outline is centered on a dark grey background. Inside the bubble, the Chinese text '龍骨跑掉了?!' is written in a bold, yellow font. The bubble has several smaller, lighter blue circles of varying sizes trailing off to the bottom left, suggesting movement or a thought process. The background features a dark grey upper half and a lighter grey lower half, separated by a curved line.

龍骨跑掉了?!

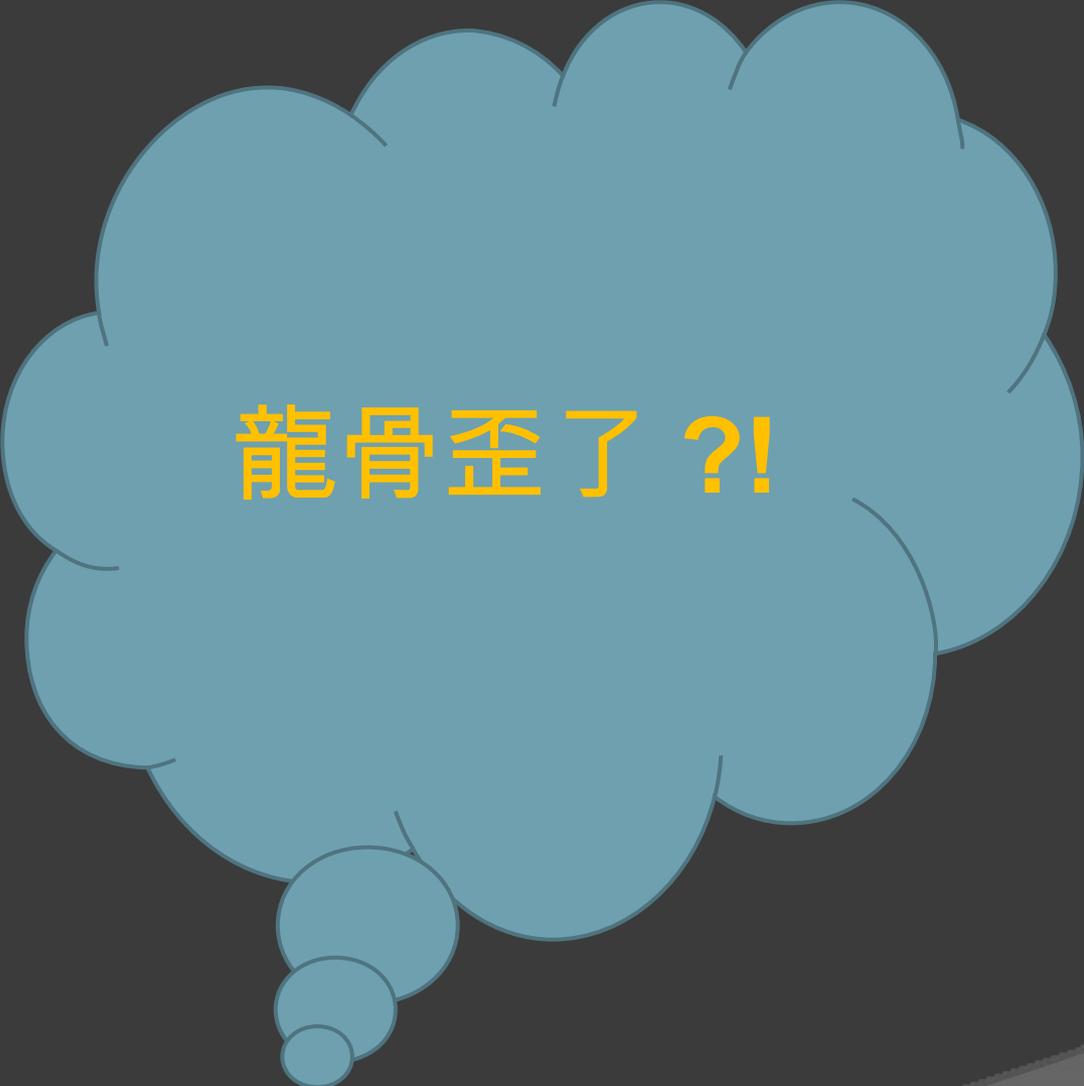
腰椎滑脫症





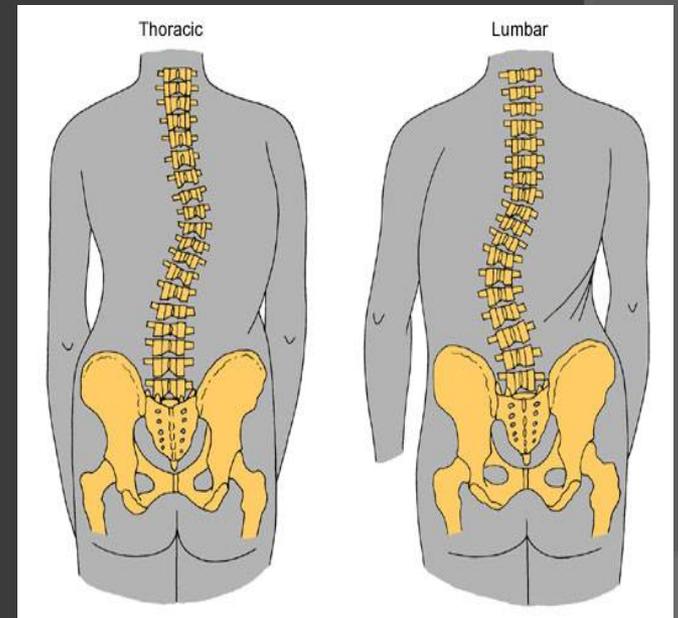




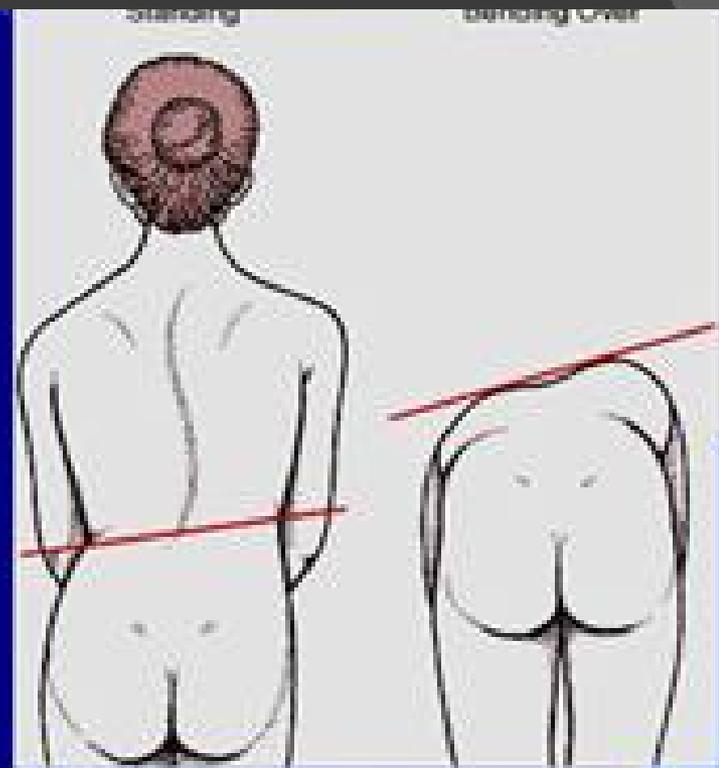
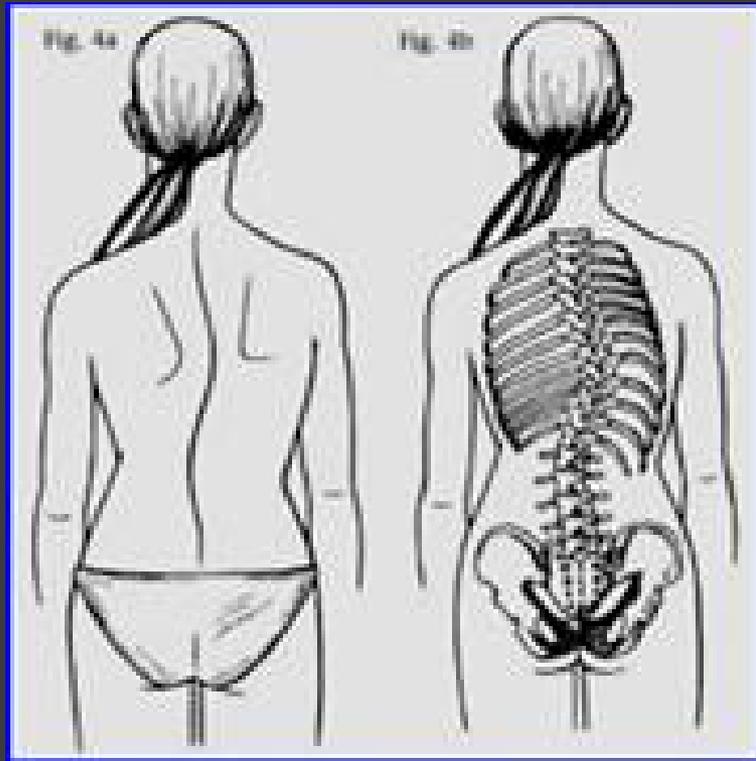


龍骨歪了?!

脊柱側彎







◎ 整脊？



American
Chiropractic
Association

Professionally
Recognized

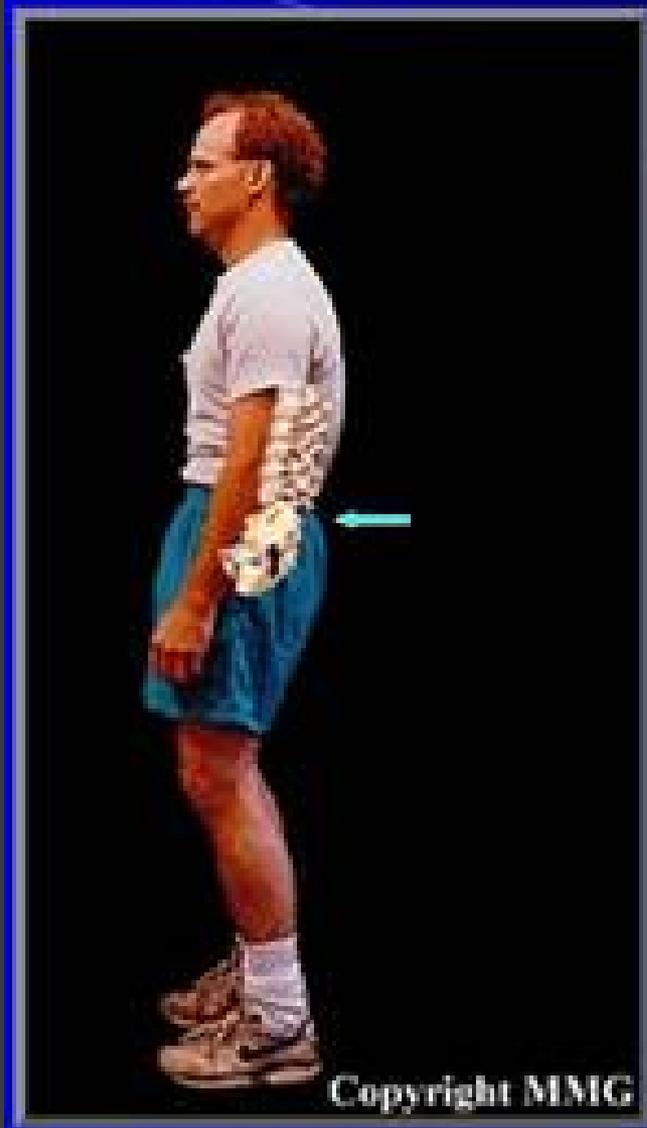
ACA



喀

!

姿勢與運動



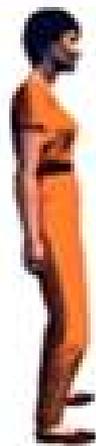
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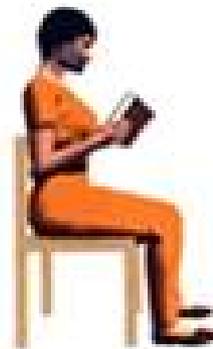
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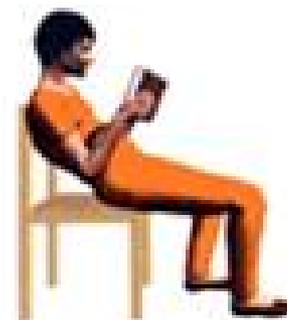
正確



不正確



正確



不正確



正確



不正確



正確



不正確



正確



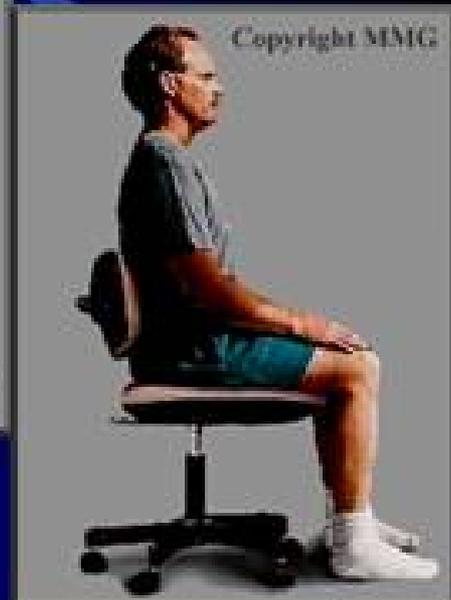
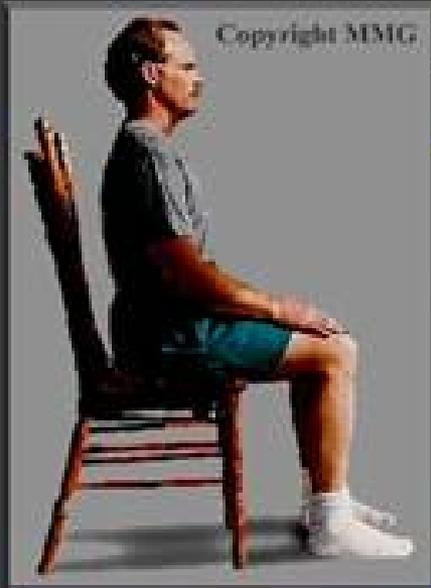
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正確



不正確







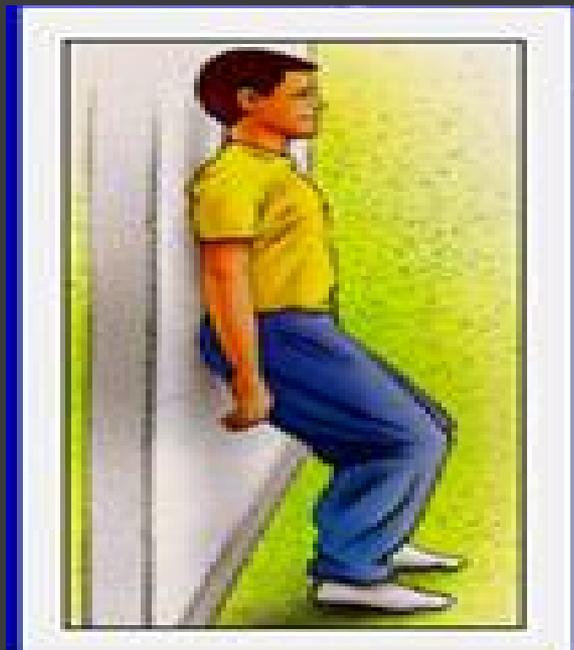
和緩運動—腹部



平躺屈膝，雙手置於肋骨下，收腹吐
氣



和緩運動— 牆邊運動



離牆一呎，背貼牆，肚子用力屁股夾緊，緩慢滑下一呎，停十五秒再回升，重複十次
一天兩回



普通運動



雙手扶地，膝蓋彎曲九十度；肚子用力屁股夾緊，慢慢將腰抬起五秒至三十秒，再慢慢回復，一天兩回，每回十次

普通運動(眼鏡蛇1)

Illustration: © 1997 Terry Boles

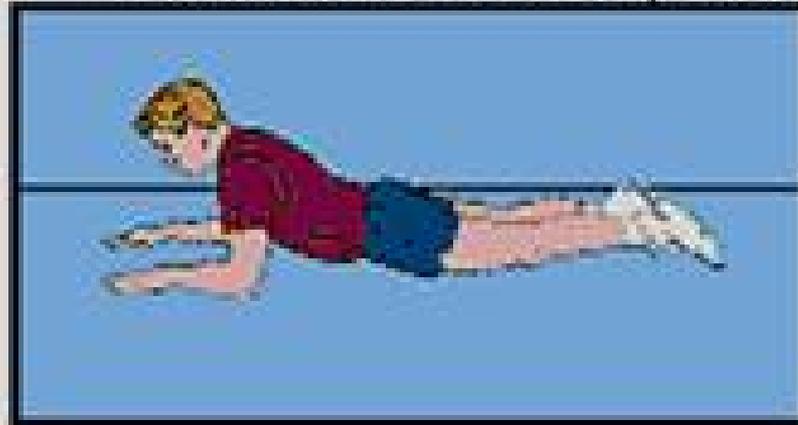


Figure 3. Lie on your stomach, and use your elbows to slowly raise and support your upper body. Keep your hips on the floor and relax your low back. Hold for about 30 seconds; as comfort allows, increase to about 5 minutes. Some people prefer multiple brief repetitions.

普通運動(眼鏡蛇2)

Illustration by 1997 Tony Balch

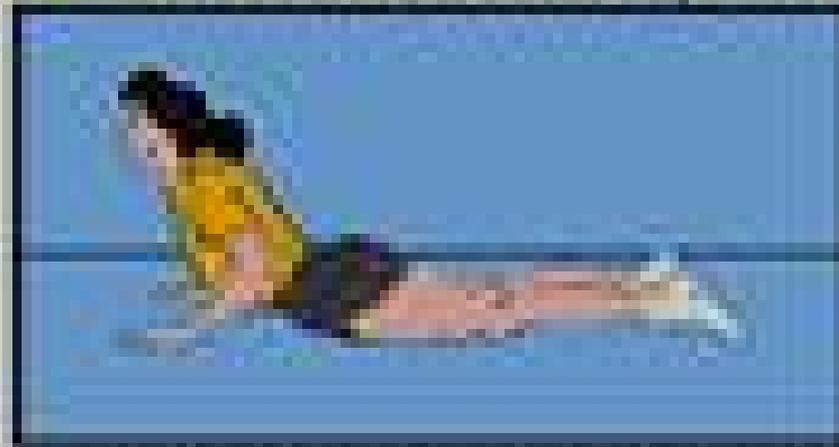


Figure 4. Lie on your stomach with palms rest your shoulders, as far as a straight push-up. Slowly push your shoulders up, keeping your hips on the surface and letting your back and stomach sag. Hold for about 5 seconds. Increase the number of repetitions as you are able.

普通運動(眼鏡蛇3)

Illustration: © 1997 Terry Boles

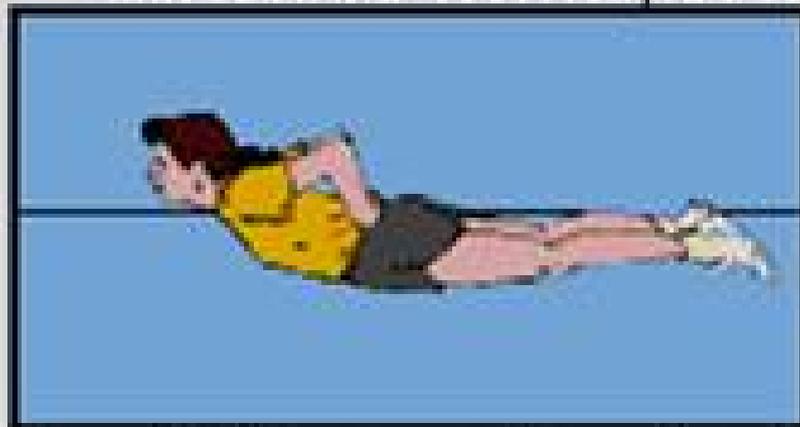
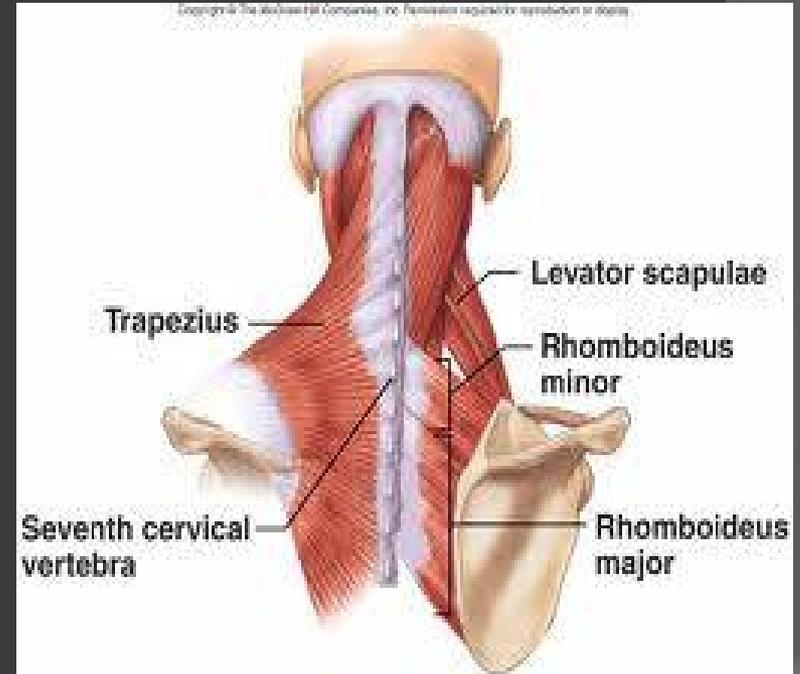
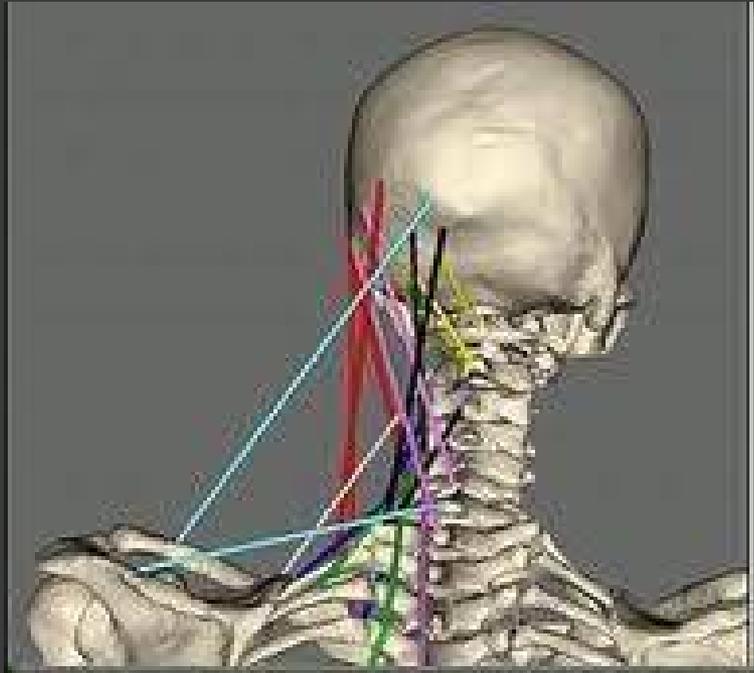
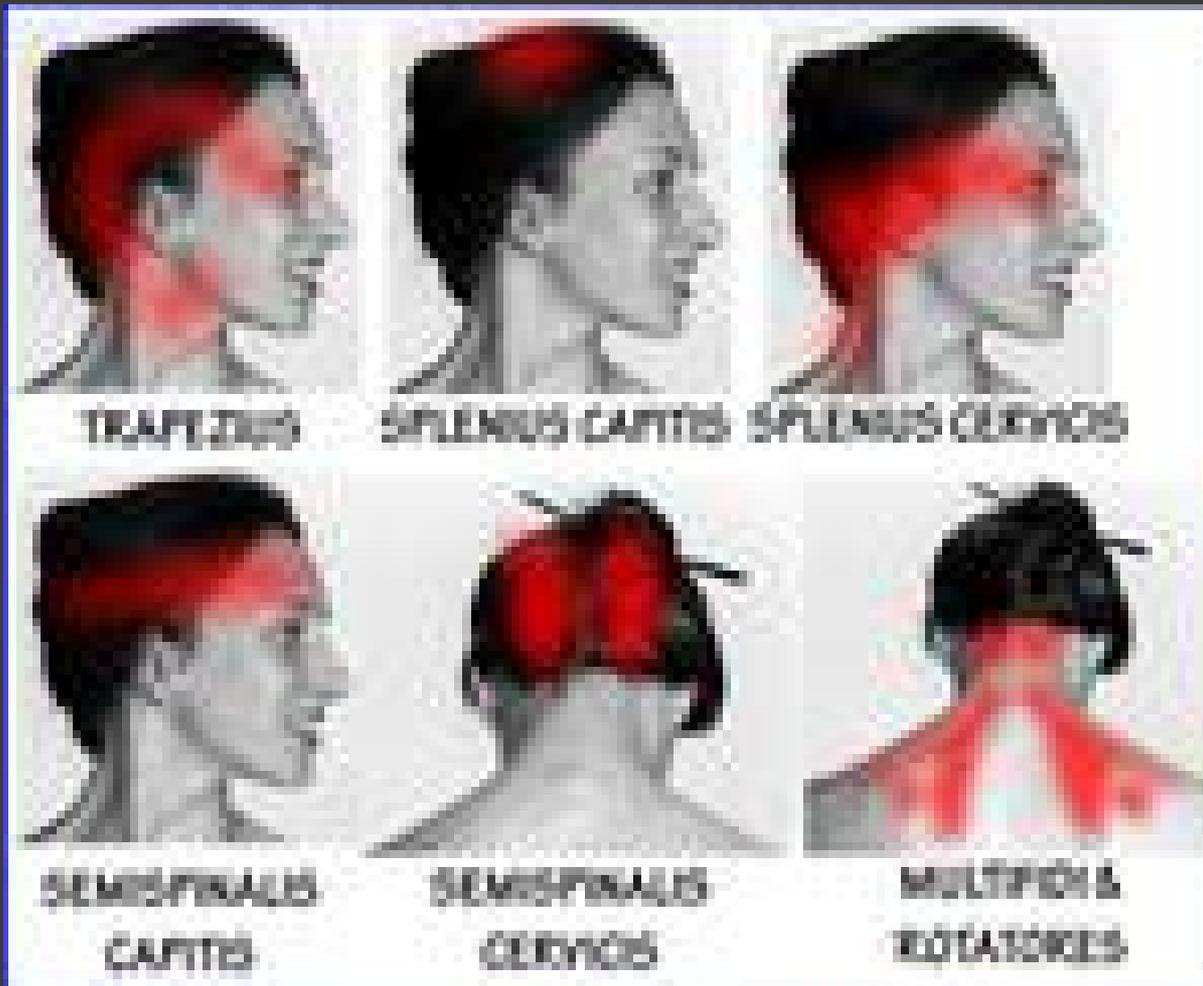


Figure 5. Lie on your stomach and hold your hands together at the small of your back. Lift your shoulders off the surface for 5 seconds. Gradually increase the number of repetitions as you are able.



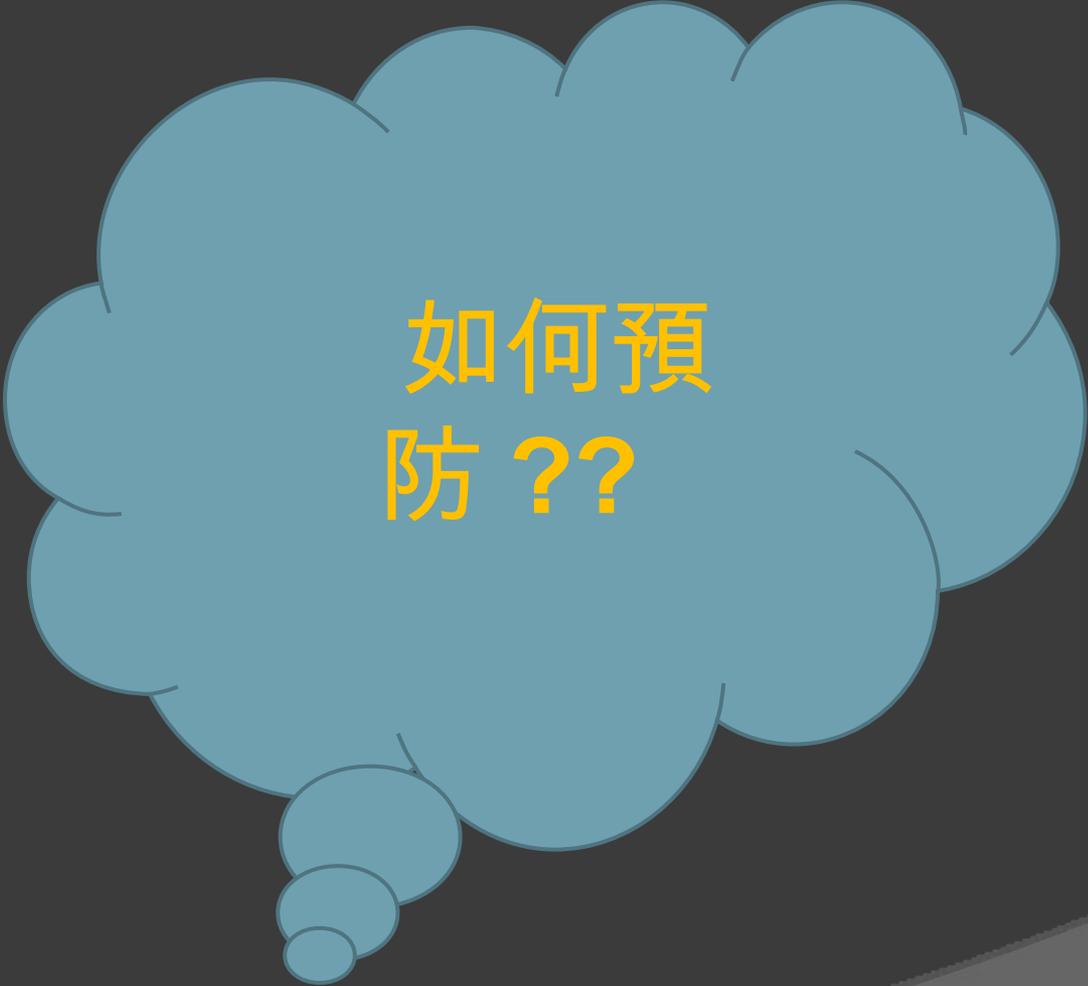
頸肩症候群







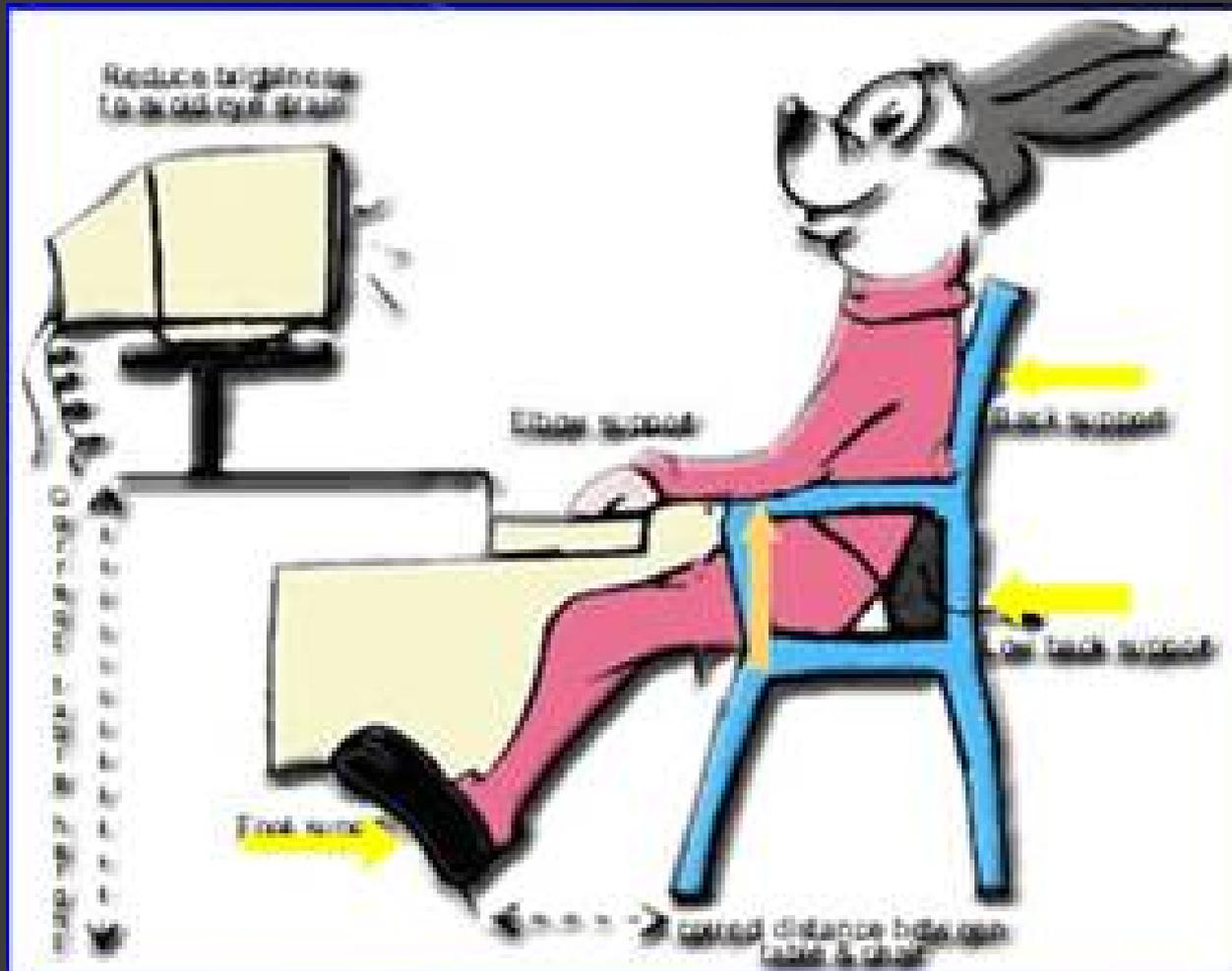




如何預防??

錯誤姿勢：





桌邊運動







聳肩運動：兩側肩胛骨盡量向後往下（以不痛為原則）停三秒，做十次，每天兩回



雙手扶枕部，將肩胛向後向下壓，肘部往後拉開（以不痛為原則），吸氣停二十秒再吐氣放鬆，重複一次，每天兩回



遠離疼痛，健康樂活