



仁安醫院
UNION HOSPITAL



腰痛護理

Back Care

仁安醫院 物理治療部

Union Hospital Physiotherapy Department

背部的結構

Anatomy of the Back

腰椎有五個椎骨，每個椎骨由脊椎、脊髓神經、椎間盤和肌肉組成。
在日常生活中，站立、走路及搬物件等姿勢和動作，脊椎都承受很大的負荷。

The lumbar spine is composed of five levels. Each level consists of vertebra, neural tissues, intervertebral disc and muscles. The lumbar spine has to bear large loading in everyday activities e.g. standing, walking and lifting.



常見的腰背痛成因

Common causes of low back pain

1. 腰背扭傷

Back sprain and strain

當背肌和韌帶過份伸展或受力至不能負荷時，肌肉會扭傷形成急性腰痛。不正確的搬拾重物姿勢和彎腰姿勢都可以導致韌帶和肌肉拉傷。若有適當治療，腰背扭傷是可以康復的。

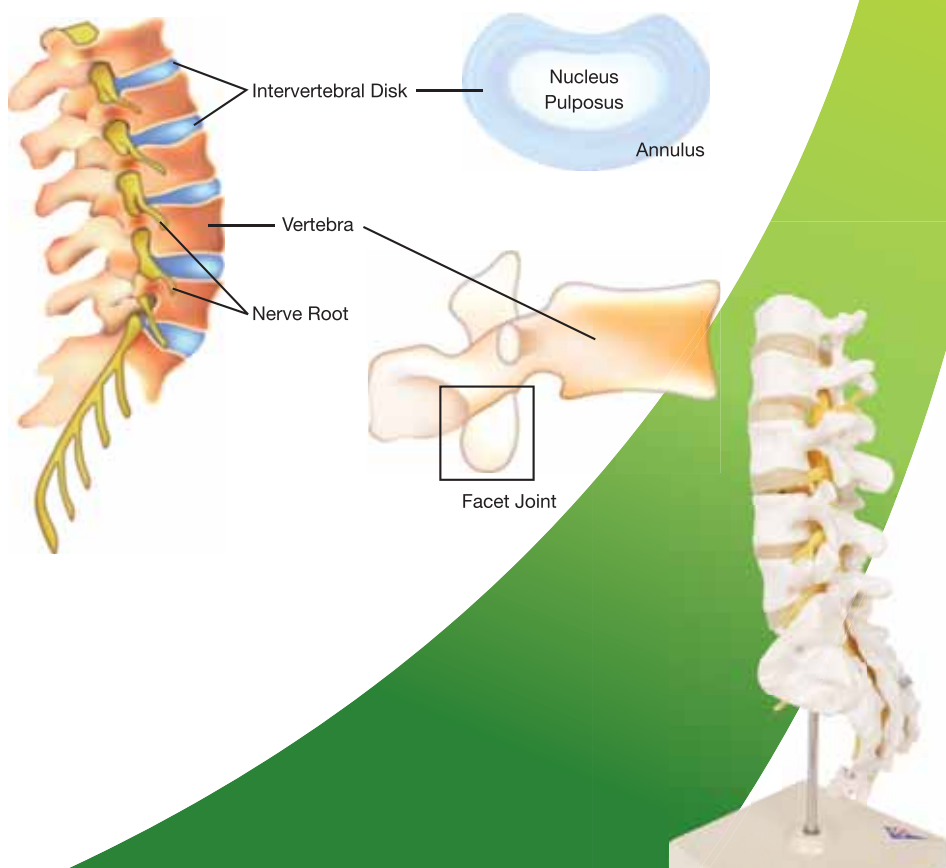
Back sprain and strain occur when the back muscles or ligaments are over-stretched or loaded excessively as in incorrect lifting and bending postures. Back sprain and strain injury can recover when treated properly.



2. 椎間盤突出 Prolapsed intervertebral disc

椎骨之間受力的軟骨組織椎間盤，若受力不均而突出，有機會會壓著脊椎神經。若供應腳部之神經受壓而產生痛楚，便會形成坐骨神經痛。大多數情況下，椎間盤突出可以透過非侵入性治療減輕症狀，但亦有些病者需注射藥物或進行手術。

The soft disc between two vertebrae may bulge out and compress on a nerve due to uneven pressure. When the herniated disc presses onto a nerve, pain may radiate to the buttock and leg causing sciatica. Symptoms from the herniated disc can be relieved through non-surgical treatment. However, a few patients may need injection or surgical intervention.



3. 脊椎關節退化 Osteoarthritis

隨著年齡增長及關節磨蝕，脊椎會容易退化並形成骨刺，椎間盤高度亦會收窄。嚴重退化可能產生痛楚及關節變得僵硬。

Degeneration of the spine, bone spurs and narrowing of intervertebral discs occurs due to ageing and wear and tear. Severe osteoarthritis may lead to pain and joint stiffness.



退化脊椎 - 形成骨刺
Degenerative Spine - osteophytes noted at the bone edge

4. 情緒和壓力 Tension and emotional problems

當情緒緊張或受壓力時，腰痛也可能加劇。

Stress and emotional distress may aggravate back pain.

病徵 Symptoms

- 腰背痛
Back pain
- 腰背僵硬
Back stiffness
- 乏力
Weakness
- 下肢麻痺或麻木感覺
Tingling / Numbness in the lower limbs



預防腰痛的要點

Notes to prevent back pain

維持日常生活的良好姿勢

Maintain good posture



1. 站立

Standing

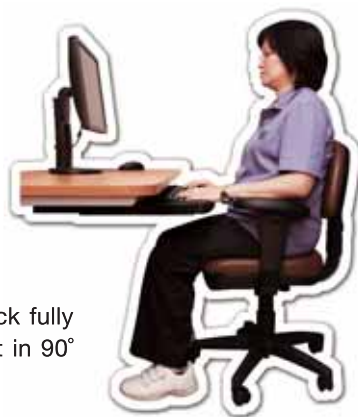
雙眼向前望，上背及腰部挺直。
Look forward with chest up and back straight.

2. 坐姿

Sitting

坐有靠背的椅子，腰部時常保持平直；髖、膝關節成90度角，腳平放於地上。

Sit up straight on chair with back fully supported, hips and knees kept in 90° with both feet flat on the ground.



3. 開車坐姿

Driving

調較座椅的闊度及腳踏與座位的距離，使髖關節與膝關節成一水平。

Adjust the seat so that the hips and knees are kept at the same level.



4. 睡姿

Sleeping

側臥 Side lying

雙腳稍作屈曲，用枕頭承托兩腿間。
Slightly bend the knees and put a pillow between the legs for support.



仰臥 Supine

用毛巾捲起承托腰部及用枕頭放在膝下，以放鬆背部肌肉。
Use a towel to support the lumbar curvature and a pillow to support under the knees in order to relieve the muscle tension of the lower back.



5. 抬舉重物

Lifting

- 用手推車可免肌肉過勞
Use a trolley to transport heavy objects



- 用雙手提起重物可避免腰骨傾側
Carry heavy objects with both arms at the same time to prevent unbalanced stress on the back.



雙手提起重物可避免腰骨傾側



單手提舉重物會令腰骨傾側



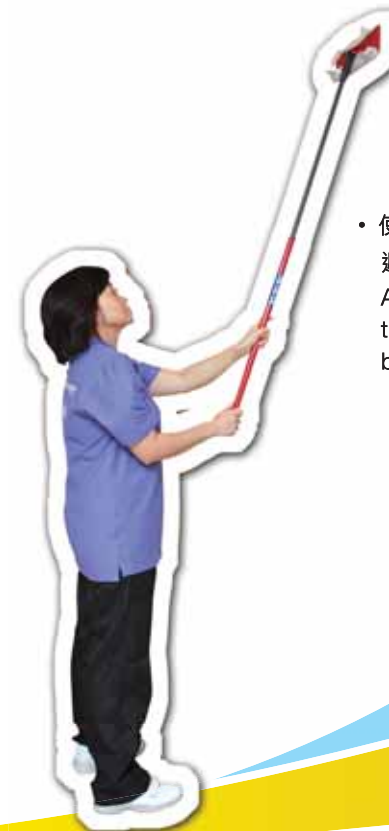
- 重物提舉於身前會較省力
The heavy object should be held close to the trunk.

6. 處理家務 Housework

- 蹲下並將重物靠近身前才提起
Squat and keep the object close when lifting heavy objects.



- 用矮凳承托腳部，避免背部彎曲
Use a stool to keep the back straight.



- 使用可調較高度的用具，
避免背部過份彎曲
Adjust the height of the tool to reduce back bending.

治療方法

Treatment



● 藥物

Medication

- 消炎藥
Anti-inflammatory drugs
- 止痛藥
Analgesia
- 鬆弛肌肉藥
Muscle relaxant

● 物理治療

Physiotherapy

- 手法舒整
Manual therapy
- 軟組織放鬆
Soft tissue release
- 超聲波 / 電療
Ultrasound / electrical stimulation
- 針灸
Acupuncture
- 熱敷
Heat Treatment
- 肌肉伸展運動
Stretching exercise
- 深層肌肉鍛鍊
Deep muscle stabilization exercise
- 糾正姿態
Postural correction

腰背運動

Back exercises

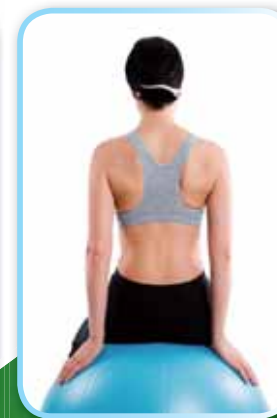
除了注意日常姿勢外，最佳的腰背保護是建立柔韌而強壯的軀幹肌肉。腰背運動若能持之以恆，就能減少腰背痛的發生。

Apart from a good posture, the best back care is to build up flexible and stable core muscles. Back pain can be minimized by keeping back exercises regularly.

- 伸展及關節舒整運動
Stretching and mobilizing exercises



- 強化肌肉及軀幹鞏固運動
Strengthening and core stabilization training





此單張之內容只供參考用途，如有任何疑問，請向物理治療師諮詢。

© 2011仁安醫院物理治療部，版權所有，不得翻印。

All information in this pamphlet is for reference only.

Should you have any enquiries, please consult your physiotherapist.

© 2011 Union Hospital Physiotherapy Department, All rights reserved.