

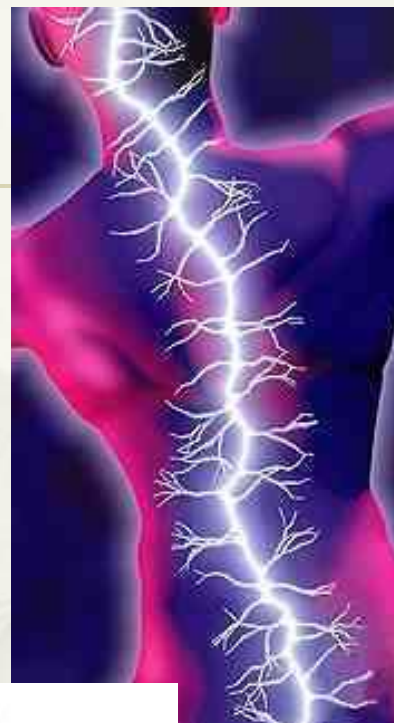


肩頸腰膝痛症 成因、處理及預防

Gorman Ngai
魏志榮
Physiotherapist



你曾否患有?



又或是?



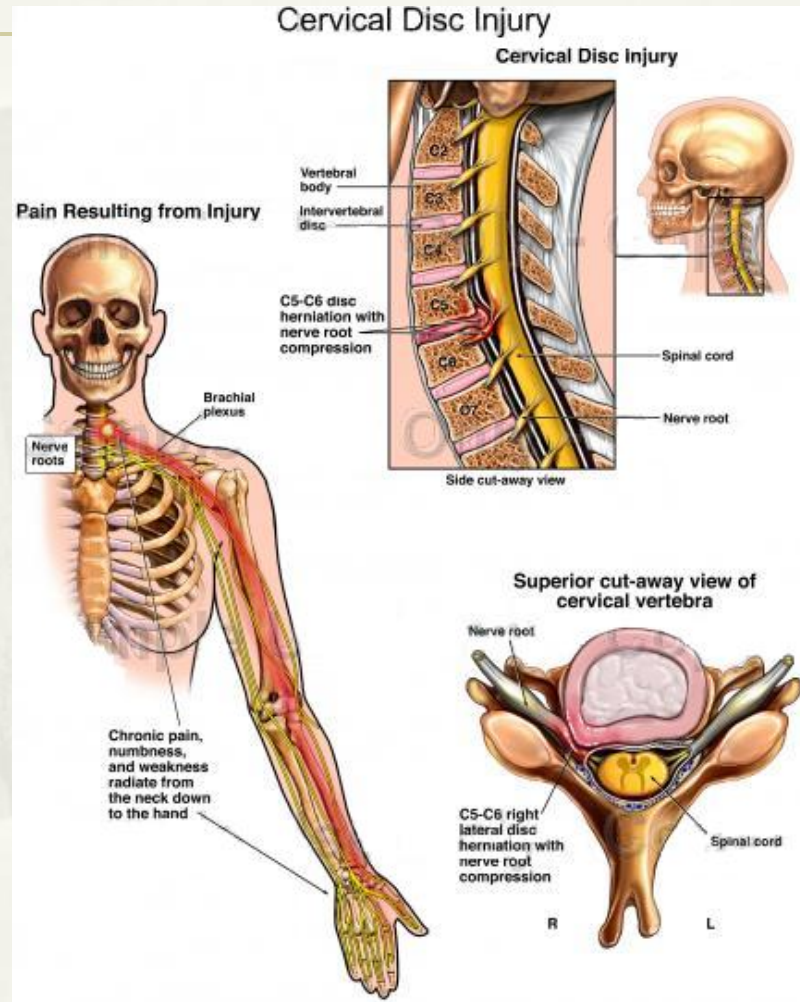
城市人常見肌肉骨骼毛病

- * 頸腰背痛
- * 膝關節痛
- * 小腿和腳後跟痛
- * 大腳趾疼痛/ 外翻
- * 靜脈曲張



頸椎痛

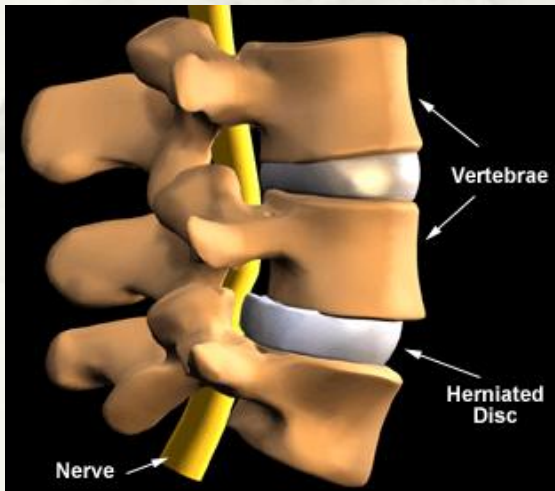
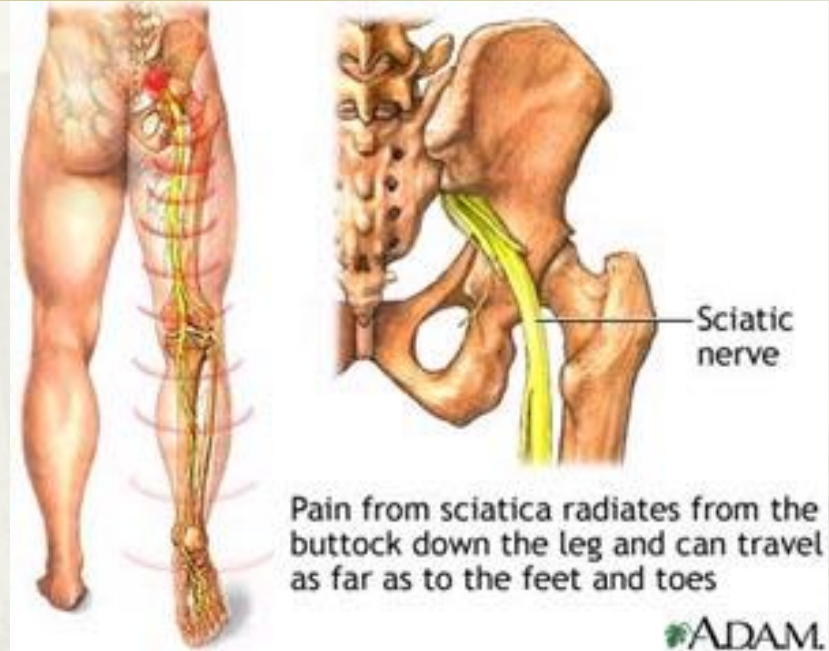
- * 頸椎椎間盤突出
 - * 斜頸
 - * 頭痛
 - * 頸椎退化
- ➔ 不良姿勢





腰背痛

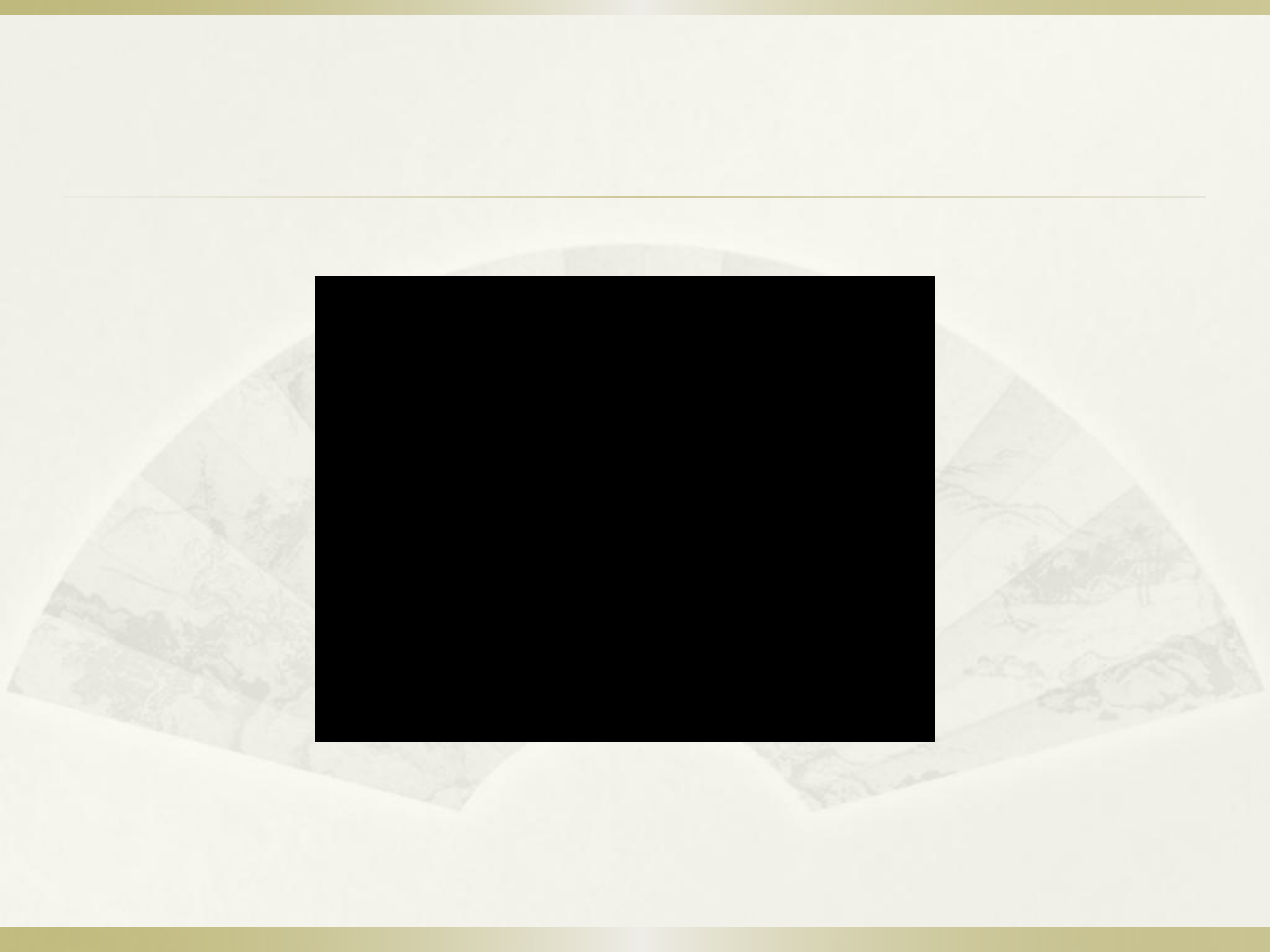
- * 坐骨神經痛
- * 腰椎椎間盤突出症
- * 腰椎退化



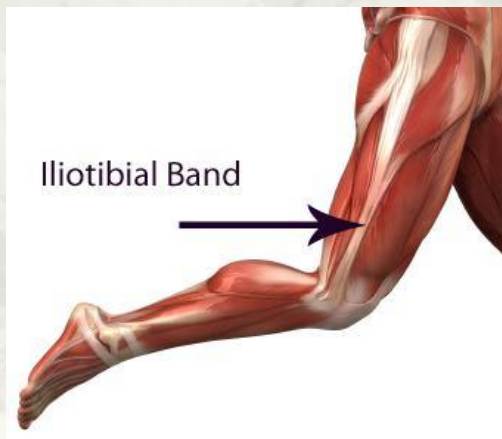
膝關節痛

退化性關節炎

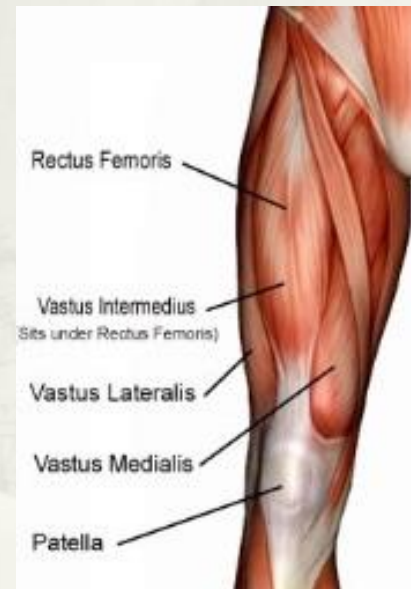




髂脛束綜合症



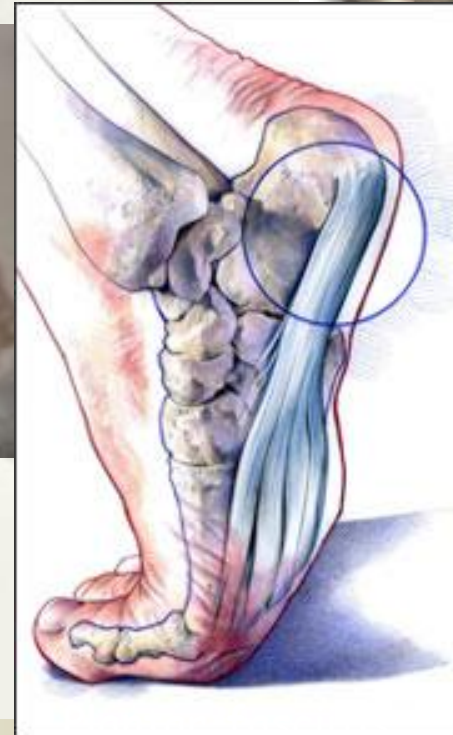
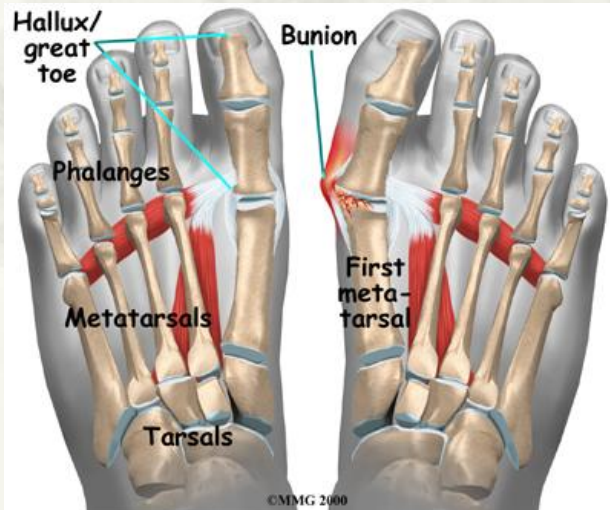
髕股關節綜合症



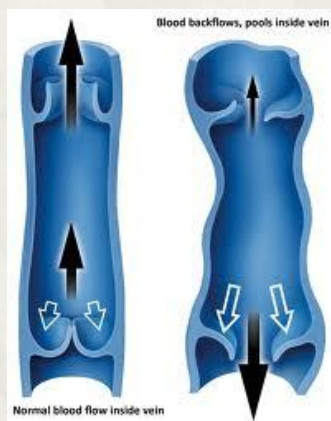
小腿和腳後跟痛

- * 足底筋膜炎
- * 阿基里斯跟腱炎
- * 大趾內側的腫脹

Achilles Tendonitis



靜脈曲張



你能做些什麼來幫助自己呢??



人體功效學(Ergonomics)

- * "Ergonomics is about 'fit': the fit between people, the things they do, the objects they use and the environments they work, travel and play in. If good fit is achieved, the stresses on people are reduced. They are more comfortable, they can do things more quickly and easily, and they make fewer mistakes."

- * *The Ergonomics Society (Europe)*

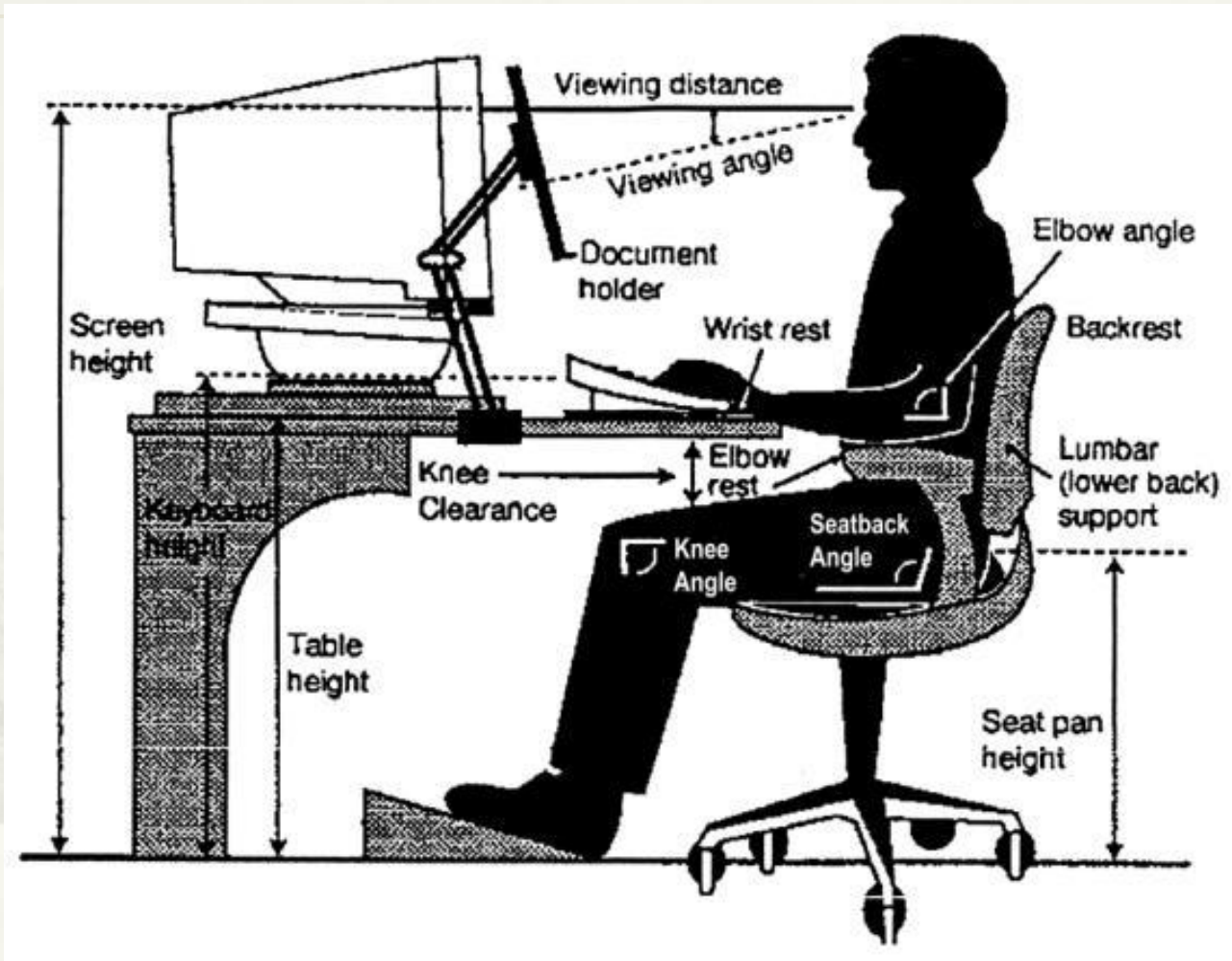


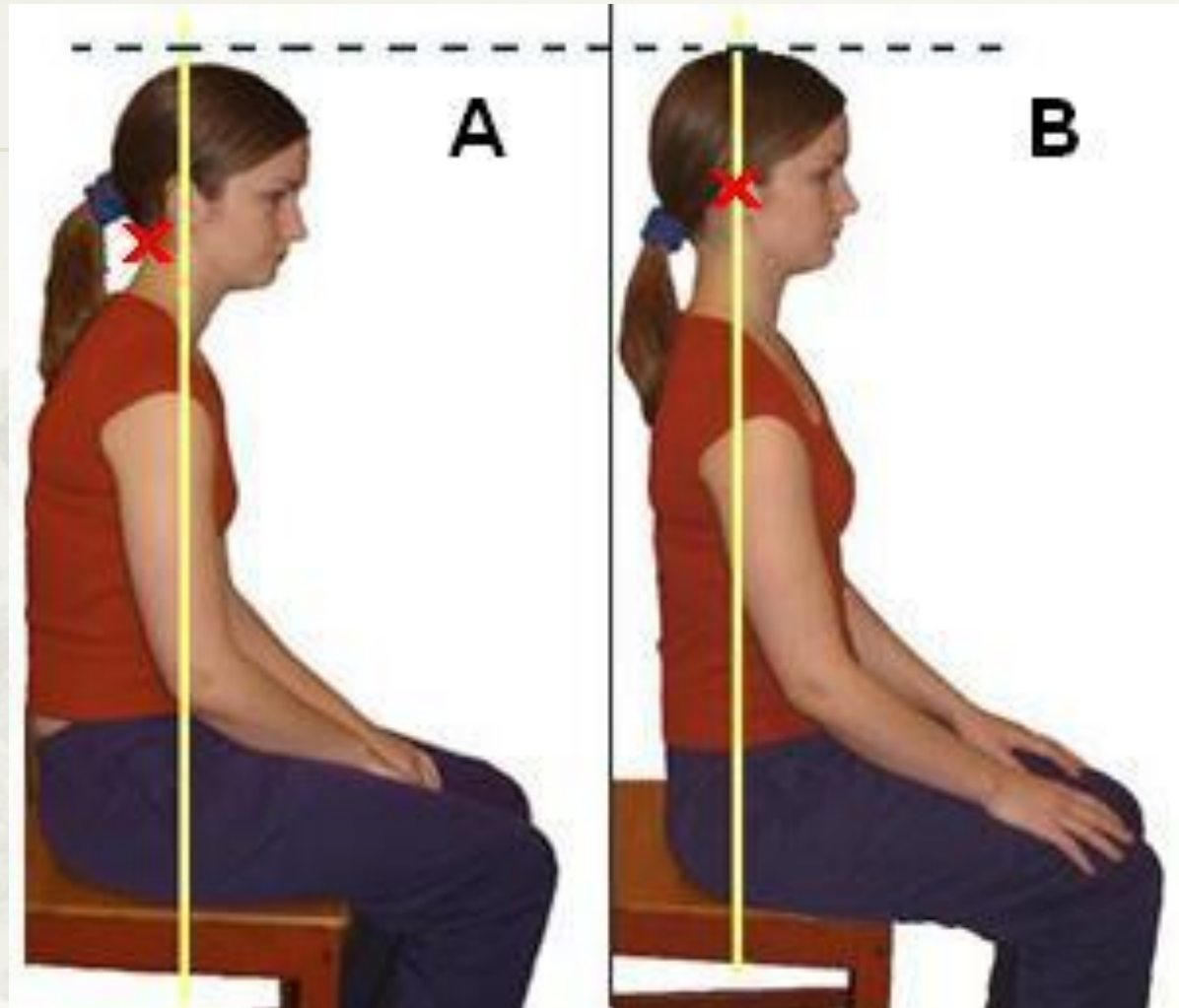






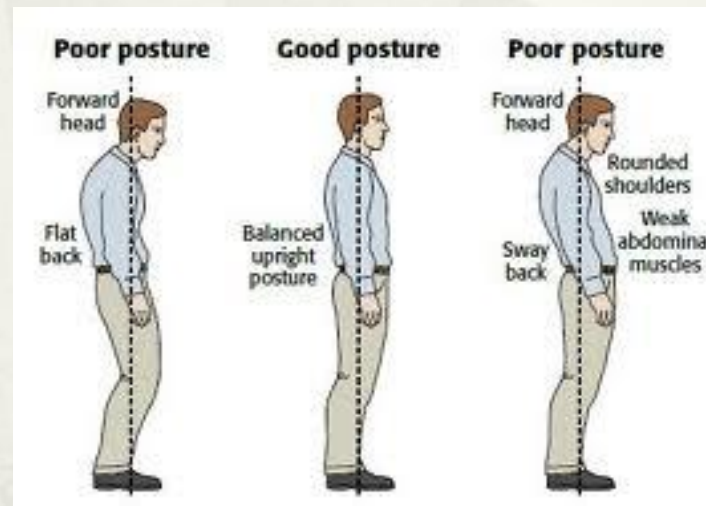
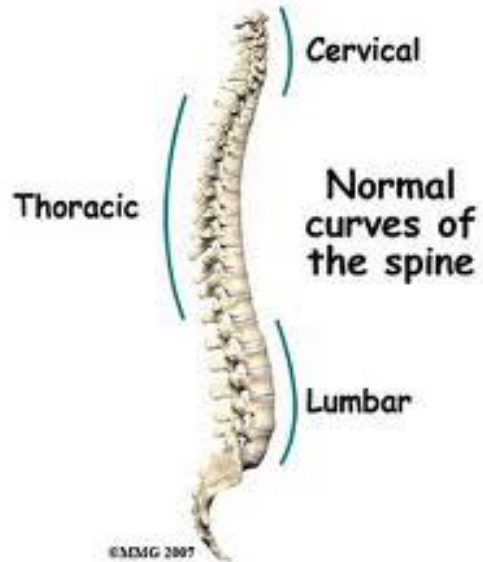
理想的辦公桌設置







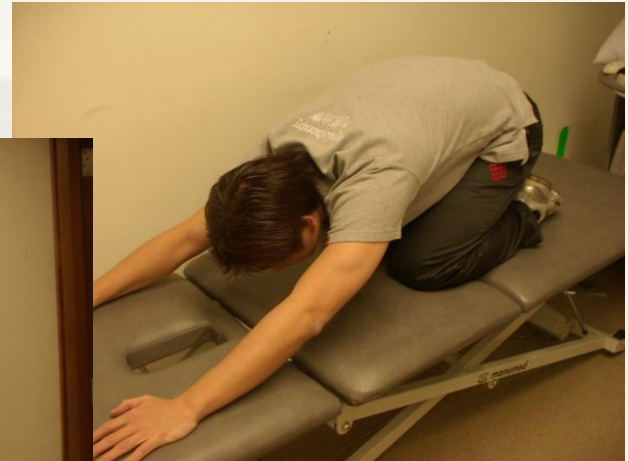










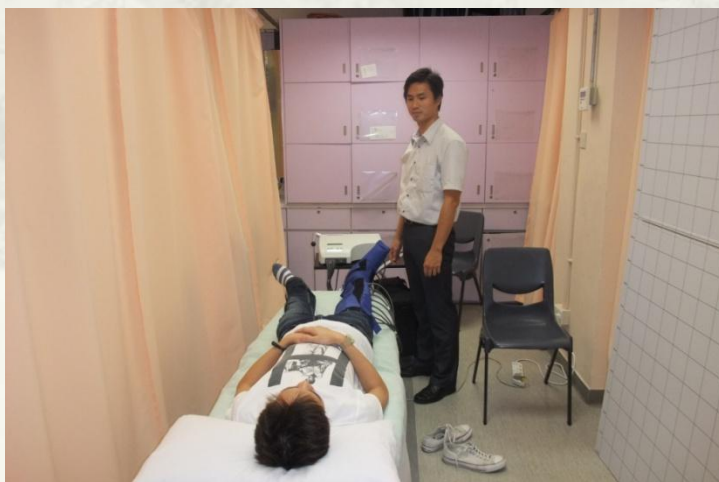




如果疼痛持續存在，你可以做什麼？



物理治療











Thanks!!

Enjoy your health!!