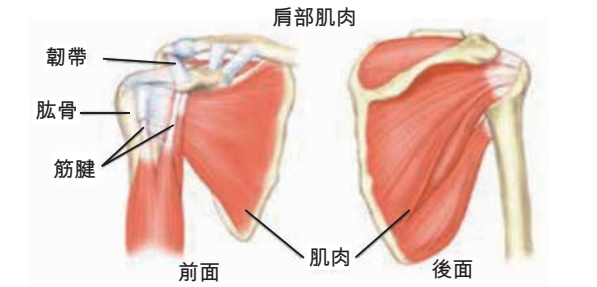


肩周炎（五十肩）

結構

肩關節是由肩胛骨、鎖骨、肱骨組成，並由多組肌肉、筋腱、韌帶及關節囊圍繞，以提供不同方向的肩活動。



肩周炎

又名「五十肩」。

病因

可能因創傷或勞損引致，但其主因不詳。

病徵

- ◆ 肩關節出現疼痛。
- ◆ 肩關節活動受阻礙。
- ◆ 由於疼痛及活動受阻，影響日常生活的操作，如穿衣、梳頭、洗澡、提重物等。

肩周炎四階段

- ◆ **第一階段：**疼痛是主要徵狀，活動機能並沒有明顯阻礙。
- ◆ **第二階段：**疼痛加劇，甚至影響睡眠。一般肩關節的活動會產生痛楚。同時肩關節會逐漸硬化，而且影響日常生活如穿衣等。
- ◆ **第三階段：**自發性肩關節疼痛減少，而肩關節硬化卻變得嚴重。

- ◆ **第四階段：**肩關節硬化會逐漸改善。病人在適當運動及護理下，一般都能恢復肩關節的活動機能。以上各階段的長短視乎各人的情況而定。

家居運動

以下的運動可增加關節的活動能力。病人須按物理治療師的指導，恒心地練習，才可達到預期的效果。

1	讓痛手在空中懸垂，放鬆肩關節，將手向前、後、左、右擺動。	
2	仰臥。痛手放於身旁，掌心向內，伸直手肘，提手靠近頭部。	
3	仰臥。手放於身旁，掌心向天，伸直手肘，伸手向外平上靠近頭部。	
4	仰臥。痛手靠近床邊，張手向外拉開，然後將手伸到另一肩處。	
5	仰臥。手臂向外展開與肩膊成一直線。屈曲手肘成直角，前臂向上、下擺動。	
6	站立。雙手握杖，伸直手肘雙手向上提高。	
7	站立。雙手握杖兩端，保持痛手手肘伸直，好手推痛手向外舉起站立。	
8	站立。雙手持杖高舉過頭，然後屈曲手肘，把杖從後面拉下至肩背。	

9	站立。雙手持杖於背後如圖示，痛手於下方，好手拉痛手向上。	
10	站立。面對著牆，手向上爬。	
11	側身站立。痛手向外張開，手向上爬。	
12	站立。以雙手扶著牆角，使身體微向前傾，彎曲手肘使身體前傾增加。	

家居護理

在第一、二階段、可參考以下之提議：

- ◆ 除適當運動外，盡量減少使用痛手提舉重物或過份活動肩關節。
- ◆ 避免側睡在痛手的一邊。
- ◆ 如肩關節感到疼痛，可用熱敷患處，以減輕痛楚。
- ◆ 日常生活如穿衣、梳頭等，可多使用好手。

在第三、四階段、可參考以下之提議：

- ◆ 盡量使用痛手、運動應以大幅度為原則。
- ◆ 日常生活，要多用痛手。

注意事項

- ◆ 請遵照護理人員指導，不應隨意更改或自創運動方法。
- ◆ 做運動時如有任何不適，如痛楚增加，應立即停止，並應尋求診治，以免對肩膊造成傷害。

資料來源：醫院管理局-物理治療統籌委員會編印



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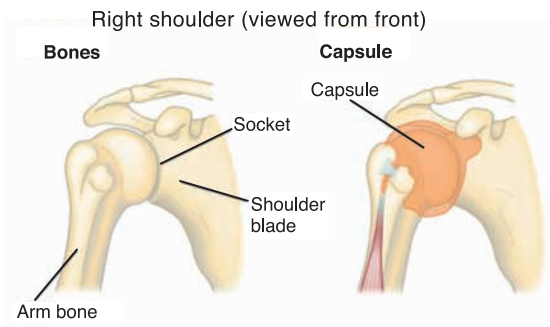
肩周炎（五十肩） FROZEN SHOULDER

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FROZEN SHOULDER

About your shoulder

- ◆ The shoulder is designed to have a large amount of movement. Some movement occurs between the shoulder blade and chest wall. However most shoulder movements are at the ball and socket joint.
- ◆ The ball at the top of the arm bone (humerus) fits into the shallow socket (Glenoid) which is part of your shoulder blade (Scapula). There is a loose bag which surrounds the joint. This is supported by ligaments, muscles and tendon.



Frozen shoulder

Also known as “Adhesive Capsulitis”.

Causes

The exact cause is not known, although it is more likely to occur in people who have diabetes or those who recently had to immobilize their shoulder for a long period, such as after surgery or an arm fracture.

Symptoms

Typically the joint is stiff and initially

painful, often starting without an apparent cause. The loose bag (capsule) around the shoulder joint becomes inflamed. The bag then appears to tighten or shrink. This tightening combined with the pain restricts the movement.

Four stages of Frozen Shoulder

Frozen shoulder typically develops slowly, and in four stages. Each stage can last a number of months.

- ◆ **First stage.** The pain often starts gradually and builds up. It may be felt on the outside of the upper arm and can extend down to the elbow and even into the forearm.
- ◆ **Freezing stage.** Any movement of your shoulder causes pain, and your shoulder's range of motion starts to become limited.
- ◆ **Frozen stage.** Pain may begin to diminish during this stage. However, your shoulder becomes stiffer, and using it becomes more difficult.
- ◆ **Thawing stage.** The range of motion in your shoulder begins to improve.

Exercises

- ◆ Here are some examples of typical rehabilitation exercises for your condition. Start each exercise slowly. Ease off the exercise if you start to have pain.
- ◆ Your doctor or physiotherapist will tell you when you can start these exercises and which ones will work best for you. The exercise can repeat 5–10 times each movement.

1	Pendulum. Lean forwards with support. Let problem arm hang down. Swing it forwards and back; side to side; around in circles (both ways).	
2	Arm overhead. Lying on back. Lift problem arm up overhead. Do not let back arch.	
3	Lying on back. Place problem arm aside body with palm facing upwards. Move it outwards with straight elbow.	
4	Lying on your back. Place problem arm outwards at shoulder level. Cross it to another shoulder.	
5	Lying on back. Place problem arm outwards at shoulder level. Swing forearm up and down with a bended 90° elbow.	
6	Standing. Hold wand in front of body with both hands. Keep both arms straight. Gently lift wand above head.	
7	Standing. Hold wand in front of body with both hands. Keep problem arm straight. Gently push problem arm outwards by good arm.	
8	Standing. Hold wand above head with both hands. Bend elbows. Pull wand down behind head to back of shoulders.	
9	Standing. Hold wand behind back with problem arm below and good arm above. Pull problem arm up by good arm.	
10	Finger walk. Face wall three-quarters of an arm's length away. Reach out and touch the wall at waist level with the fingertips of problem arm. With elbow slightly bent, slowly walk fingers up the wall, spider-like, until shoulder level, or as far as you comfortably can. Fingers	

	should be doing the work, not shoulder muscles. Slowly lower the arm (with the help of the good arm, if necessary) and repeat.	
11	Stand sideways on with affected shoulder against the wall. Place hand on the wall with straight arm. Gently walk fingers up the wall as far as you comfortable can.	
12	Stand facing an open corner like in the picture. Place fist or open hand on the wall. Gently press against the wall by leaning forward with body with bending elbows.	

Lifestyle and home remedies

The first and freezing stage

- ◆ You may avoid movements that make the pain worse, such as stretching, lying on problem side. However, you should not stop moving altogether.
- ◆ Applying heat to your shoulder can help relieve pain.

Later stage treatments

- ◆ After the initial painful stage, stiffness is the main symptom of a frozen shoulder.
- ◆ Continue to use the involved shoulder and extremity as much as possible.

Precautions

- ◆ Please follow the advice from medical profession, you should not amend or creat the exercise yourselves.
- ◆ Exercises or movements that cause pain should be avoided and new pain should seek medical advice.