

乳房切除手術及 乳房重造手術後的物理治療

Post-operative Breast Cancer
Physiotherapy and Rehabilitation



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1 前言 Introduction

1.1 乳房切除手術的術後風險 Complications of Breast Mastectomy

乳癌是女性最常見的惡性腫瘤，而外科手術是治療乳癌的主要方法。接受外科手術治療後，患者可能會有術後併發症發生，包括：

Breast Cancer is the most common type of malignant tumor in women that is usually treated by surgery. After surgery, patients might have potential complications of:

- | | |
|----------|-----------------------|
| • 肩關節僵硬 | Shoulder stiffness |
| • 短暫性水腫 | Temporary edema |
| • 疤痕增生 | Scar hypertrophy |
| • 上肢淋巴水腫 | Upper limb lymphedema |
| • 肺炎 | Pneumonia |
| • 深層靜脈栓塞 | Deep Vein Thrombosis |

1.2 物理治療的重要性 Roles of Physiotherapy

物理治療是乳房切除手術後的一個重要的康復環節。治療目的包括：

Physiotherapy is important to rehabilitation after breast mastectomy. The goals of physiotherapy are to:

- | | |
|----------------|--|
| • 減低手術後的併發症 | Reduce postoperative complications |
| • 恢復肩關節的活動幅度 | Restore shoulder range of motion |
| • 預防或消除患肢的淋巴腫脹 | Prevent and reduce lymphatic congestion of affected limb |
| • 促進自我照顧能力 | Promote self-care ability |

2 姿勢的注意事項

Postural Precautions and Instructions

乳房切除手術後，保持良好的姿勢很重要。這有助於促進愈合過程並減輕術後的不適。以下是乳房切除手術後的姿勢建議：

保持挺直的姿勢：

- 在坐立、站立和行走時，注意身體的對齊，盡量保持挺直的姿勢。
- 放鬆肩膀，避免駝背。

After breast mastectomy, it is important to be aware of your posture. This could promote the healing process, and minimize postoperative discomfort. The postural advice after receiving breast mastectomy are as follows:

Maintain an upright posture:

- Be mindful of your body alignment and try to maintain an upright posture while sitting, standing, and walking.
- Relax your shoulders and avoid slouching.

3 運動的注意事項

Exercise Precautions and Instructions

接受乳房切除手術後的24至48小時內應避免患肢肩部過度活動。備註：本冊子所有附圖均假設右手為患肢並以紅色標示。

- 運動應循序漸進，避免過度活動。
- 每個動作應該緩慢進行及避免彈動式的動作。在伸展肢體時，應該只感到輕微拉緊，不要勉強伸展。
- 每個動作重覆十次為一組，每天練習三組。
- 如引流瓶仍未拆除，運動前應先把引流瓶及引流管放好，避免拉扯到傷口及喉管。
- 手術後三個月內應避免：
 - ▲ 提舉或推拉超過十磅（相約四至五公斤）以上的重物
 - ▲ 任何劇烈運動
 - ▲ 任何腹肌肌力鍛鍊運動（適用於腹直肌肌皮瓣再造術的患者）

Patients should avoid excessive shoulder movement of the affected side within 24 to 48 hours after breast mastectomy. The diagrams in this pamphlet assume the right upper limb as the affected limb is marked in red color.

- Progress exercise intensity at a safe pace and avoid excessive movement.
- Perform your stretching exercise slowly and gently without bouncing.
- Perform each exercise for 10 times in a set and for 3 sets per day.
- In case of exercising with wound drain(s), place the wound drain(s) properly to avoid overstretching of the wound and dislodgement of the drain(s).
- Within 3 months after the operation, patients should avoid:
 - ▲ Lifting, pushing or pulling weights over 10 pounds (around 4-5 kilograms).
 - ▲ Any vigorous exercise.
 - ▲ Abdominal strengthening exercise for patients who have received transverse rectus abdominis myocutaneous (TRAM) flap reconstruction surgery.

4 治療性運動

Therapeutic Exercise

4.1 胸式呼吸運動、上肢及下肢血液循環運動 Thoracic Breathing, Upper and Lower Limbs Circulation Exercise

術後當天臥床期間應做以下運動減低術後肺炎、短暫性水腫及深層靜脈栓塞的風險。

On the day right after surgery, you should perform the exercise below during the period of bed resting to reduce the risk of postoperative complications, such as pneumonia, temporary edema and deep vein thrombosis.

胸式呼吸運動

Thoracic Breathing Exercise



在仰臥或半坐臥進行。

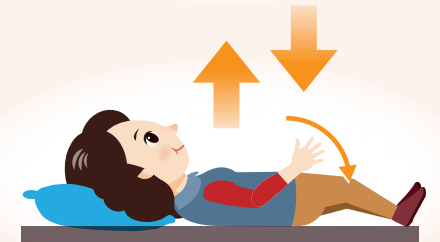
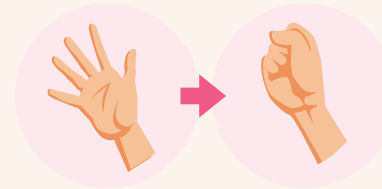
- 1 放鬆肩膀，慢慢用鼻吸氣，感覺吸氣至胸腔微微脹起。
- 2 然後慢慢用口呼氣。
- 3 重覆十次，每小時做一個循環。

Perform the exercise in sitting or supine lying.

- 1 Relax your shoulders and breathe in slowly with your nose to expand your ribcage.
- 2 Breathe out slowly through your mouth.
- 3 Repeat the above steps for 10 times every hour.

上肢血液循環運動

Upper Limbs Circulation Exercise

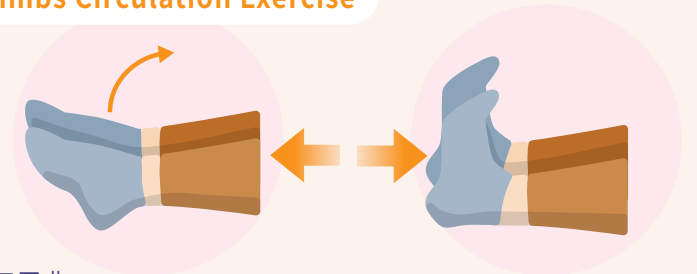


- 1 握緊拳頭，然後屈曲手肘。
- 2 打開手掌，再伸直手肘。
- 3 重覆十次為一組，每天練習三組。

- 1 Make a fist with your affected limb, then bend your elbow.
- 2 Open your hand and extend your elbow.
- 3 Repeat the above steps for 10 times each set and perform 3 sets per day.

下肢血液循環運動

Lower Limbs Circulation Exercise



- 1 腳踝上下屈曲
- 2 重覆十次，每小時做一個循環，直至可自行下床走動。

- 1 Move your ankles up and down.
- 2 Repeat 10 times every hour until you can walk independently.

4.2 上肢運動 - 拆除引流瓶及引流管前

Upper Limbs Mobilization Exercise - Before Removal of Drain(s)

術後約一至兩星期內，胸部及腋下的傷口一般附有引流管排走傷口的血水。適量的運動並不會影響引流管及引流瓶，而且能有效預防肩關節僵硬。請參考以下各運動及重覆十次為一組，每天練習三組。

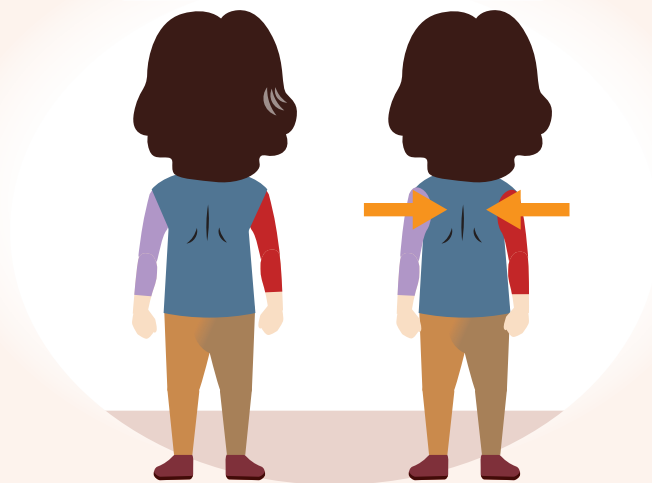
Drain(s) placed over the surgical wound of the chest and armpit region is/are expected to be kept for 1-2 weeks after the surgery. Meanwhile, a suitable amount of exercise can prevent shoulder stiffness without affecting the drain(s). Please repeat the exercise below for 10 times each set, and perform 3 sets per day.

4.2.1 術後第一天

Postoperative DAY 1

肩胛骨運動

Scapular Retraction Exercise



- 1 挺直腰背並使雙肩胛骨內收。
- 2 維持五秒，然後放鬆。
- 1 Keep your back upright and bring your scapulae towards each other.
- 2 Hold for 5 seconds and then relax.

肩膊前舉運動 - 至肩關節水平高度

Shoulder Flexion Exercise - Up to Shoulder Joint Level

注意事項：

- 乳房切除手術患者在術後第一天可將患肢舉至肩膀水平高度。
- 腹直肌肌皮瓣再造術及背闊肌肌皮瓣再造術的患者，需先經由醫生評估皮瓣狀態並建議活動幅度後，才可將患肢舉至肩膀水平高度。

Precautions:

- Patients who have received breast mastectomy are advised to raise the affected shoulder up to shoulder level on postoperative day 1.
- Patients who have received muscle flap reconstruction surgery are advised to raise the affected shoulder up to shoulder level when prescribed by the surgeon.



- 1 伸直手肘，提高手臂至肩膀水平高度。
- 2 維持五秒，然後緩緩放下手臂。
- 1 Straighten your elbow and lift your affected arm up to the shoulder level.
- 2 Hold for 5 seconds and then slowly bring it down.

胸腔伸展運動

Thoracic Expansion Exercise



在仰臥進行。

- 1 放鬆頸部，將雙手放在頸後，手肘朝向天花板。
- 2 將手肘打開至貼近床的平面。
- 3 維持五秒，然後放鬆。

Perform the exercise in supine lying.

- 1 Relax your neck and put your hands behind your neck with the elbows pointing upwards.
- 2 Open up your elbows towards the bed.
- 3 Hold for 5 seconds and then relax.

4.2.2 術後第二天

Postoperative DAY 2

全幅度肩膊前舉運動 - 傷口輕微拉緊的程度

Shoulder Full Flexion Exercise - As Surgical Wound Tolerated

注意事項：

- 乳房切除手術患者在術後第二天可將患肢舉至傷口感到輕微拉緊的程度。
- 腹直肌肌皮瓣再造術及背闊肌肌皮瓣再造術的患者，需先經由醫生評估皮瓣狀態並建議活動幅度後，才可將患肢舉至傷口感到輕微拉緊的程度。

Precautions:

- Patients who have received breast mastectomy are advised to raise the affected shoulder until a slight stretching sensation is felt over the surgical wound region on postoperative day 2.
- Patients who have received muscle flap reconstruction surgery are advised to raise the affected shoulder until a slight stretching sensation is felt over the surgical wound region when prescribed by the surgeon.



- 1 手肘伸直，盡量提高手臂至手指向天花板或傷口已有輕微拉緊的程度。
 - 2 維持五秒，然後緩緩放下手臂。
- 1 Straighten your elbow and lift your affected arm up to the ceiling or until a slightly stretchy sensation feels over the surgical wound region.
 - 2 Hold for 5 seconds and then slowly bring it down.

手指爬牆運動

Finger Wall Cimb Exercise

方向一：肩膊前舉

Direction 1: Shoulder Flexion



- 1 面向牆壁站立，手指放牆上緩緩向上爬。
 - 2 在最高點或傷口已有輕微拉緊的位置維持五秒，然後緩緩放下患肢。
- 1 Face the wall while standing. Put the fingers of your affected arm onto the wall and then slowly climb up with the fingers.
 - 2 At the highest point or when you feel a slight stretching sensation over the surgical wound region, hold for 5 seconds and then slowly bring it down.



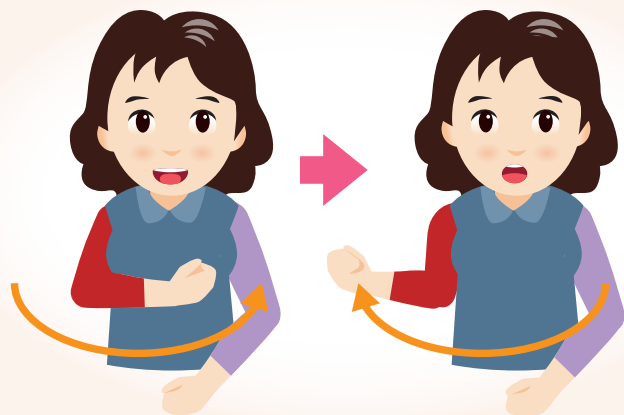
方向二：肩膊外舉
Direction 2: Shoulder Abduction

- 1 側向使患肢貼近牆壁站立，手指放牆上緩緩向上爬。
 - 2 在最高點或傷口已有輕微拉緊的位置維持五秒，然後緩緩放下患肢
- 1 Stand sideways to the wall with your affected limb close to the wall. Put the fingers of your affected arm onto the wall and then slowly climb up with the fingers.
 - 2 At the highest point or when you feel a slight stretching sensation over the surgical wound region, hold for 5 seconds and then slowly bring it down.

肩部內外旋運動

Shoulder Internal and External Rotation Exercise

- * 適用於背闊肌肌皮瓣再造術的患者
- * For patients who have received latissimus dorsi flap reconstruction surgery



- 1 屈曲手肘至九十度，保持手肘緊貼身旁。
 - 2 前臂向外及向內旋。
- 1 Bend your elbows at 90 degrees and keep your elbows by side.
 - 2 Rotate your forearm in and out on a horizontal plane.

4.3 肌皮瓣再造術後的運動
Exercise after Muscle Flap Reconstruction

乳房切除後的乳房重建是一種手術程序，旨在重建乳房隆起，以恢復女性的外貌和自信心。肌皮瓣再造術是其中一種不同的乳房重建方法。

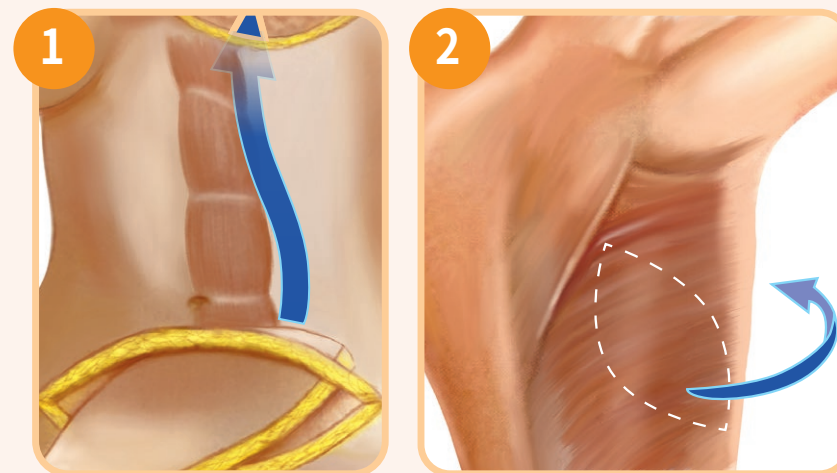
肌皮瓣再造術主要有兩種類型的肌肉瓣重建：

- 1 腹直肌肌皮瓣
- 2 背闊肌肌皮瓣

Breast reconstruction after mastectomy is a surgical procedure that aims to rebuild the breast mound to restore a woman's appearance and self-confidence. There are different methods available for breast reconstruction, and one option is the muscle flap reconstruction.

There are mainly two types of muscle flap reconstruction:

- 1 Transverse rectus abdominis muscle flap reconstruction
- 2 Latissimus dorsi muscle flap reconstruction



腹直肌肌皮瓣再造術及背闊肌肌皮瓣再造術的患者可以在醫生評估及許可後參考上述乳房切除手術後患者的運動方法。

Patients who had transverse rectus abdominis muscle or latissimus dorsi muscle flap reconstruction could refer to the above exercises after breast mastectomy under consultation and prescription by the surgeon.

4.3.1 步行運動

Walking Exercise

大部分腹直肌肌皮瓣再造術的患者在術後四至六天，並且傷口狀況穩定後，便可以開始步行運動。患者經醫生評估過後，需在醫護人員指導下進行步行運動。進行步行運動時應注意以下事項：

- 下腹避免拉扯或用力，休息時把床頭較高至四十五度，及減少身幹的扭動。
- 起床前，先往健側方向轉身，用健側上肢撐起上身，雙腳垂下，避免使用腹部力量支撐上身。
- 步行時，可微微向前彎曲身軀，用手承托腹部傷口。有需要可在治療師建議下使用助行器。
- 在術後約七至十四天，多作步行運動，隨腹部傷口拉扯感覺減低，可逐漸挺直腰部步行。
- 醫生評估後，物理治療師亦可能會安排患者提早進行步行運動。

Most patients who have received transverse rectus abdominis muscle flap reconstruction can start walking exercise on postoperative day 4-6 when the wound condition is stable. After the evaluation from the surgeon, walking exercise should be assisted by the healthcare professions. Please refer to the following exercise precautions:

- Avoid overstretching or overusing your lower abdomen. Prop up in the bed at 45 degrees while at rest and avoid rotation of your trunk.
- Before getting up from bed, side lying on the unaffected side. Push up your upper body with your unaffected hand and place your lower legs out of the bed. Avoid supporting your body with the lower abdomen.
- You may slightly bend forward and use your hand(s) to cover your wound when walking. Appropriate walking aid will be prescribed by the physiotherapist when necessary.
- Walking exercise is encouraged after 7-14 days of your surgery. You can gradually keep your back upright when the stretching sensation of your wound has become less.
- Walking exercise may start earlier with physiotherapist after the evaluation by the surgeon.

4.3.2 驅幹運動

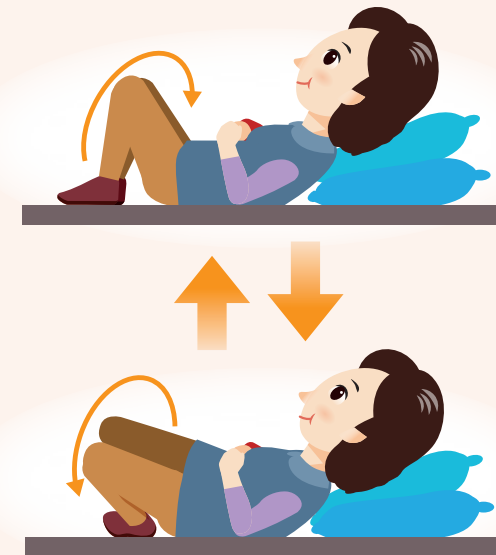
Trunk Exercise

大部分腹直肌肌皮瓣再造術的患者在術後一個月，可進行以下運動以增加驅幹轉動的幅度及肌肉力量。請參考以下各運動及重覆十次為一組，每天練習三組。

Patients who have received transverse rectus abdominis muscle flap reconstruction can start the exercises below 1 month after the surgery to improve active range of motion and muscle strength of the trunk. Please repeat the exercise below for 10 times each set, and perform 3 sets per day.

驅幹轉動

Trunk Rotation Exercise



- 1 上身坐起約四十五度，曲起雙膝，上身保持緊貼床上。
- 2 雙膝並攏，在沒有痛楚的活動範圍內，輕輕左右搖擺雙膝。
- 1 Prop up at 45 degrees, bend your knees and keep your back supported.
- 2 Keep your knees close together and move your knees sideways in a pain-free range.

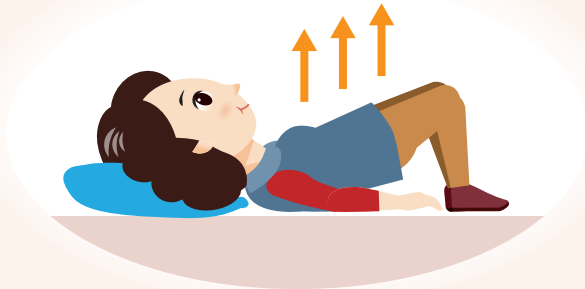
4.3.3 腹肌及臀部肌力訓練

Abdominal and Gluteal Strengthening Exercise

大部分腹直肌肌皮瓣再造術的患者者在於手術後三個月或在醫生評估及許可後，可開始進行肌力訓練。

Most patients who have received transverse rectus abdominis muscle flap reconstruction could start the abdominal and gluteal strengthening exercise after 3 months or after the consultation and prescription by the surgeon.

拱橋 Bridging



- 1 曲膝仰臥，收緊腹部。
- 2 慢慢提高臀部，維持五秒。
- 3 然後緩緩放下。

- 1 Lie on your back with your knees bent and tighten your abdomen.
- 2 Slowly raise your buttocks up and hold for 5 seconds.
- 3 Then slowly bring it down.

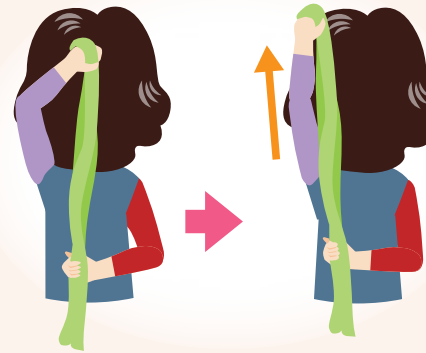
4.4 上肢運動- 拆除引流瓶及引流管後 Upper Limbs Mobilization Exercise - After the Removal of Drain(s)

當傷口的引流瓶及引流管拆除後，患者可參考以下各運動及重覆十次為一組，每天練習三組。

After the removal of drain(s), patients can perform and repeat the exercise below for 10 times each set, and perform 3 sets per day.

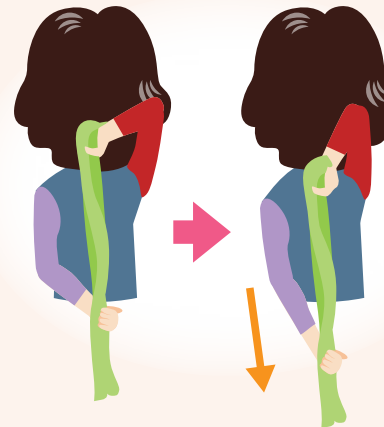
拉毛巾運動

Shoulder Mobilization Exercise with Towel



- 1 兩手各執毛巾的一端，將患肢置於腰背後，健側手置於上方。
- 2 以健側手緩緩將患肢向上牽拉，直到有輕微拉緊的感覺。
- 3 維持五秒，然後緩緩放下患肢。
- 4 你亦可用長棍代替毛巾來做這個運動。

- 1 Grab both ends of the towel with your hands. Place your affected limb behind your back and the other hand above.
- 2 Pull up your affected arm slowly with your unaffected arm, until you feel a slight stretching sensation over your affected shoulder.
- 3 Hold for 5 seconds, and then slowly bring it down.
- 4 You may also use a stick to replace a towel to perform this exercise.

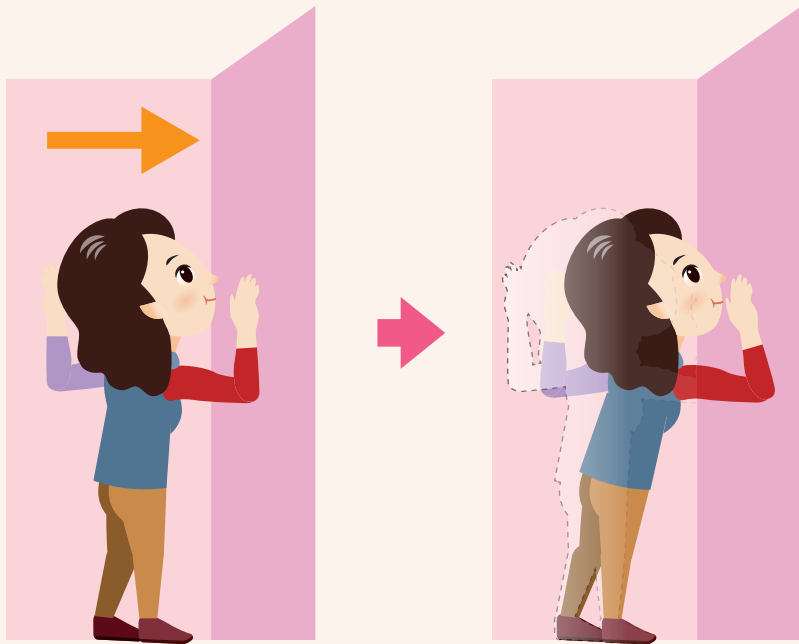


- 1 兩手各執毛巾的一端，將患肢置於頸後，健側手置於下方。
- 2 以健側手緩緩將患肢向下牽拉，直到有輕微拉緊的感覺。
- 3 維持五秒，然後緩緩放下患肢。
- 4 你亦可用長棍代替毛巾來做這個運動。

- 1 Grab both ends of the towel with your hands. Place your affected limb behind your neck and the other hand below.
- 2 Pull down your affected arm slowly with your unaffected arm, until you feel a slight stretching sensation over your affected shoulder.
- 3 Hold for 5 seconds, and then slowly bring it down.
- 4 You may also use a stick to replace a towel to perform this exercise.

伸展胸腔運動

Thoracic Expansion Exercise



- 1 面向牆角站立，腳尖離牆大約一至兩個腳掌位。
- 2 彎曲手肘並將前臂靠在牆，牆角兩邊各放一手，手肘高度應盡量接近肩膀。
- 3 手臂和身體的位置保持不動，胸部往牆角移動，直至覺得胸部和肩膀有伸展的感覺。
- 4 維持五秒，然後緩緩放下雙手。

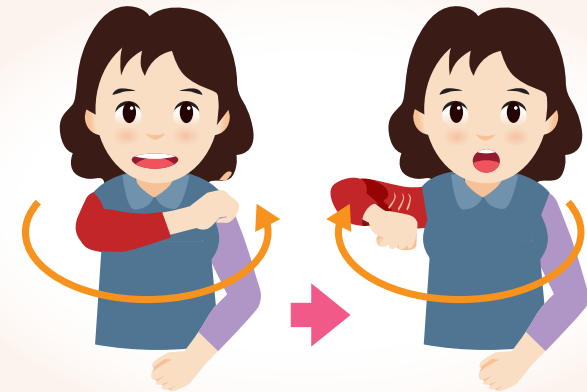
- 1 Stand and face the corner of the walls with your toes around one to two steps away from the walls.
- 2 Bend your elbows and place your forearms against the wall, with one arm on each side of the corner. The height of your elbows should be as high as the shoulder level if possible.
- 3 Keep your arms and body in position, and move your chest towards the corner of the wall until you feel a slight stretching sensation over your chest and shoulders.
- 4 Hold for 5 seconds, and then slowly return.

肩膀外展及內收運動

Shoulder Horizontal Abduction and Adduction Exercises

適用於進行背闊肌肌皮瓣再造術的患者。

Suitable for patients who have received latissimus dorsi muscle flap reconstruction.



- 1 屈曲手肘，提高手臂至肩膀水平。
- 2 在水平面上外展及內收肩膀。

- 1 Start with your elbow bent and your affected arm up at the shoulder level.
- 2 Slowly move your elbow across your body, and then return by moving the elbow out to the side on a horizontal plane while keeping your elbow bent.

4.5 肩膀肌力運動

Shoulder Strengthening Exercise

物理治療師會在評估後教導肩膀肌力運動，以增加肩膀的力量及穩定性。患者可以用啞鈴、水樽或運動橡根帶進行肩膀肌力訓練。請可參考以下各運動及重覆十次為一組，每天練習三組。

After evaluation, physiotherapist will demonstrate and practice shoulder strengthening exercises with you in order to strengthen the shoulder muscles and stabilize the shoulder joint. Patients can use a dumbbell, water bottle or elastic band to perform shoulder strengthening exercises. Please repeat the exercise below for 10 times each set, and perform 3 sets per day.

肩膀前舉強化運動

Shoulder Flexion Strengthening Exercise



- 1 患肢手握住啞鈴或水樽。
 - 2 慢慢將手臂向前方舉起。
 - 3 然後定住五秒，再慢慢降下手臂。
- 1 Hold a dumbbell or water bottle with your affected hand.
 - 2 Slowly raise your affected shoulder as high as possible while keeping your arm straight.
 - 3 Hold for 5 seconds, and then slowly bring it down.

肩膀外舉強化運動

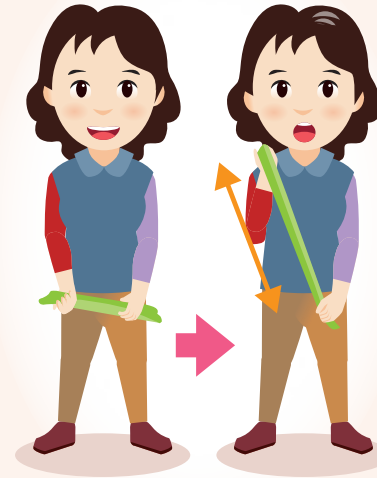
Shoulder Abduction Strengthening Exercise



- 1 患肢手握住啞鈴或水樽。
 - 2 從外側將患肢慢慢向上舉起，保持手臂伸直。
 - 3 然後定住五秒，再慢慢降下手臂。
- 1 Hold a dumbbell or water bottle with your affected hand.
 - 2 Slowly raise your affected shoulder up and sideways while keeping your arm straight.
 - 3 Hold for 5 seconds, and then slowly bring it down.

二頭肌強化運動

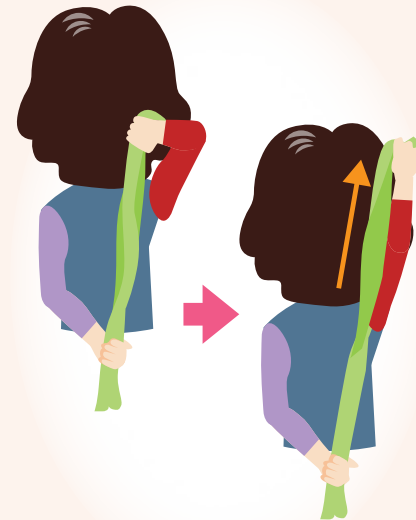
Biceps Strengthening Exercise



- 1 雙手各執運動橡筋帶的一端。
 - 2 健側手固定在健側大腿，患肢手臂自然下垂，保持上臂緊貼身旁。用手肘作為支點，慢慢彎曲患肢前臂往肩膀方
 - 3 然後定住五秒，再慢慢降下手臂。
- 1 Grab both ends of the elastic band with your hands.
 - 2 Anchor your unaffected hand onto your thigh of the unaffected side. Keep your affected upper arm close to your trunk, and then slowly bend your elbow and bring the elastic band up towards your shoulder.
 - 3 Hold for 5 seconds, and then slowly bring it down.

三頭肌強化運動

Triceps Strengthening Exercise



- 1 雙手各執運動橡筋帶的一端。
 - 2 將健側手放於腰背後維持固定，患肢手放於頸後。
 - 3 患肢手緩緩向上牽拉至伸直手臂。
 - 4 維持五秒，然後緩緩返回原位。
- 1 Grab both ends of the elastic band with your hands.
 - 2 Anchor your unaffected hand behind your back. Put your affected hand behind your neck.
 - 3 Slowly pull the elastic band up with your affected hand and straighten your elbow.
 - 4 Hold for 5 seconds, and then slowly bring it down.

4.6 帶氧運動 Aerobic Exercise

患者在術後應作適量的帶氧運動，有助傷口復原及身心健康。進行帶氧運動前請參考以下指引並諮詢你的物理治療師。

Patients are advised to perform an appropriate amount of aerobic exercise after surgery in order to facilitate the recovery process and promote physical and psychological well-being. Please refer to the instructions below and consult your physiotherapist.

帶氧運動的運動處方：

- 密度：每週最少三至五次。
- 強度：輕鬆至有點辛苦，即運動期間能如常對答。
- 長度：最少三十分鐘，或因應個人能力逐漸增長時間至三十分鐘。
- 種類：急步行或踏單車，及應避免過度彈跳的運動如跳繩。

Exercise prescription of aerobic exercise:

- Frequency: at least 3 to 5 times per week.
- Intensity: easy to slightly challenging level of exercise, i.e. able to speak a full sentence normally during exercise.
- Duration: at least 30 minutes, or progressively increase the duration to at least 30 minutes depending on individual ability.
- Types of exercise: brisk walking or cycling, and patients should avoid excessive jumping exercises such as skipping.

5 疤痕處理

Scar Management

在術後約一個半月至兩個月後，待傷口癒合後，並傷口沒有出現發炎徵狀如發燙、紅腫、含膿，便可開始作疤痕按摩以避免疤痕黏附皮下組織而影響肩膀活動和淋巴循環。疤痕按摩做法以三隻手指合在一起，直接在疤痕表面上以打圈的手法作深層按摩。如有需要，可在按摩前在疤痕上塗上低敏感度的潤膚霜以減低不適。

Patients can start scar massage at the time of 1.5 to 2 months after surgery if the surgical wound has healed and there are no inflammatory symptoms, such as increased skin temperature, swelling, and pustules, to avoid adhesion of the scar to the subcutaneous tissues. Hence, to avoid the impact on the active range of motion of the shoulder and the lymphatic circulation.

Scar massage can be done by applying pressure onto the scar tissue with three fingers in a circular direction. You may apply hypoallergenic lotion over the scar to reduce discomfort.

6 預防淋巴水腫

Prevention of Lymphedema

6.1 淋巴系統 Lymphatic System

淋巴系統是身體其中一個循環系統，當中包含淋巴液、淋巴管、淋巴核和其它淋巴組織。淋巴液是從血液循環系統滲透出來的體液，當中含有大粒分子例如蛋白質、水份和油脂等。淋巴管和血管並列，負責運載淋巴液通往全身。淋巴核會過濾有害物質，以保護身體免受感染。

The lymphatic system is one of the circulatory systems in our body. It includes lymph, lymph vessels, lymph nodes and other lymphatic tissues. Lymph is a body fluid diffused from the blood circulatory system. It contains large molecules, such as proteins, water and lipids. Lymph vessels that carry lymph throughout our body are parallel to blood vessels. Lymph nodes filter out harmful substances to protect us from infection.

6.2 淋巴水腫的形成 Causes of Lymphedema

淋巴系統的功能會受以下情況影響：

- 腋下淋巴摘除手術
- 放射治療範圍內的軟組織纖維化和淋巴管受到損害
- 化療藥物引起全身性水腫
- 細菌性或過濾性病毒感染
- 創傷
- 過重或肥胖
- 發育不健全的淋巴系統

The function of lymphatic system will be affected by the following conditions:

- Axillary dissection surgery
- Radiotherapy that causes fibrosis of soft tissue and damage to lymphatic ducts underneath treatment area
- Chemotherapy that causes generalized edema
- Bacterial or viral infection
- Trauma
- Overweight and obesity
- Developmental abnormalities of the lymphatic system

受影響的淋巴系統運輸量較正常少，減慢了淋巴液回流至血液循環系統的速度，令積存的淋巴液對淋巴管中的活瓣構成壓力，阻礙淋巴系統的循環。此外，積存在淋巴管外的細胞液會形成一股引力，使淋巴液從淋巴管滲透到皮膚表層，形成淋巴水腫。淋巴水腫可以在癌症治療後數月或數年才出現。若發現患側的上肢出現水腫的情況，請先接受外科或腫瘤科醫生的診治，才開始接受淋巴水腫治療。

Volume of lymph transported in the affected lymphatic system will diminish, hence, reducing the return rate of lymph to the blood circulatory system. The accumulated lymph induces higher pressure to the valves that further hinders the circulation of the lymph. Moreover, the accumulated tissue fluid outside the lymph vessels will draw lymph from the lymphatic system to the superficial skin level, resulting in lymphedema. Lymphedema could occur several months or years after cancer treatment. If you notice any edema over the upper limb on the affected side, please consult your surgical or oncology doctors for diagnosis before receiving lymphedema treatment.

6.3 淋巴水腫的徵狀 Symptoms of Lymphedema

常見的淋巴水腫的徵狀包括患肢腫脹、感覺沉重和酸軟。積聚的淋巴液亦會導致由軟組織慢性發炎而引起的組織纖維化。早期的徵狀是可以逆轉的，而後期的徵狀則較容易反覆出現。一般而言，淋巴水腫不會引起患肢疼痛。疼痛的原因大多為軟組織繃緊，例如腋網症候群或神經線敏感所致。

Common signs and symptoms of lymphedema include swelling, heaviness and soreness over the affected limb. Lymph fluid accumulation could lead to tissue fibrosis by triggering chronic inflammation of soft tissue. Signs and symptoms are reversible at the early stage and more persistent at the later stage. In general, lymphedema would not cause pain over the affected limb. Soft tissue tightness such as axillary web syndrome or sensitive nerves is the most common cause of pain.

6.4 淋巴水腫的預防 Prevention of Lymphedema

6.4.1 皮膚及指甲護理

Skin and Nail Care

- 每天檢查患肢有沒有傷口、感染或發炎的徵狀。
- 保護患肢皮膚防止損傷，工作時穿戴保護衣物，減少感染，如有發炎徵狀應盡早求醫。
- 在皮膚塗上適合敏感皮膚的軟膏或潤膚膏以保持皮膚滋潤，可參考以下準則：
 - 1 軟膏或潤膚膏應具備良好的補濕效果、不含香料、低敏感、pH值在5.0-7.0之間
 - 2 先在自己健康的皮膚上測試對該軟膏或潤膚膏的反應，才塗在患有淋巴水腫的肢體上。
- 徹底清潔並抹乾指縫及皮膚皺褶。
- 使用防蚊蟲產品，以避免蚊蟲叮咬。
- 避免曝曬患肢。使用防曬產品，以避免曬傷。
- 避免針刺，或在患肢抽血或注射。
- 避免用刀片剃腋毛，可考慮用電動剃毛器。
- Check if there is any wound, and signs of infections or inflammation on the affected limb(s) daily.
- Protect the affected limb from injuries. Wear protective clothing at work to reduce the risk of infection. Seek medical advice as soon as possible if there is any sign of inflammation.
- Apply ointment or lotion formulated for sensitive skin to keep the skin moisturized. The following criteria are for your reference:
 - 1 The ointment or lotion should be of good moisturizing quality, fragrance free, hypoallergenic, with pH value 5.0-7.0.
 - 2 Test the ointment or lotion on your own healthy skin to see your skin reaction before applying to lymphedematous limb.
- Clean and dry toe web and skinfolds thoroughly.
- Apply insect repellent to avoid insect bites.
- Avoid over exposure to the sun on the affected limb. Apply sunscreen to prevent sunburn.
- Avoid acupuncture, or blood taking or giving an injection in the affected limb.
- Avoid using a razor to shave your armpit, you may consider using a shaver.

6.4.2 減少干擾淋巴液回流

Reduce Interference of Lymphatic Flow

- 避免佩戴限制患肢活動的飾物與配件。
- 避免穿緊縮袖口或緊身衣物。
- 避免在患肢量血壓。
- 避免患側肩膀負重，如揹背囊、手袋。
- Avoid wearing accessories or jewellery that restrict the movement of the affected limb.
- Avoid tight cuffs or tight-fitting clothing.
- Avoid blood pressure measurement on the affected limb.
- Avoid carrying heavy loads on the affected shoulder, such as backpacks or handbags.

6.4.3 減少組織間液的累積

Reduce the Accumulation of Interstitial Fluid

- 避免患肢過度用力或重複性高的動作。
- 避免乘搭飛機或登高山。必要時可以用壓力襪，保護患肢，並在旅程中適時抬高患肢。
- 避免過高溫度的環境，如焗桑拿、浸溫泉。
- 避免於患側進行紅外線、熱敷。
- Avoid excessive force or highly repetitive movements of the affected limb.
- Avoid air travel or high-altitude activities. If necessary, apply compression, such as a pressure garment, over the affected limb, and elevate it regularly during the journey.
- Avoid overheating environments, such as sauna baths and hot springs.
- Avoid infrared or heat therapy on the affected side.

如有任何問題請向物理治療師查詢。
If you have any questions, please consult a physiotherapist.