

膝痛物理治療及 關節炎與太極拳

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歐陽健

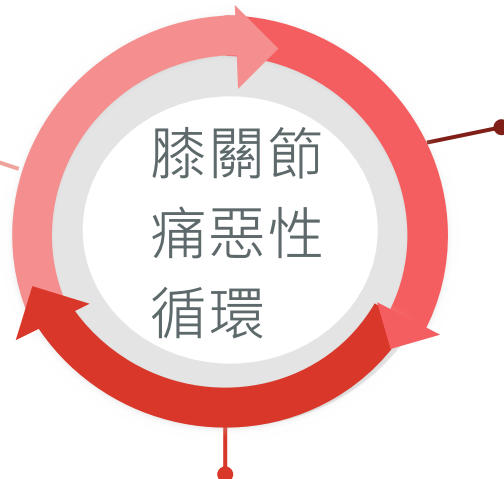
註冊物理治療師

香港物理治療師協會副會長

膝關節炎- 一般症狀

1. 關節疼痛，
活動受到限制

2. 減少膝
關節活動



3. 肌肉力量減少，
生活質素降低



增加跌倒風險，活動限制

- 關節疼痛/腫痛

- 關節僵硬

- 關節活動受到限制

常見治療方法

藥物治療

- 類固醇，非類固醇抗炎藥
- 止痛，消炎
- 注射透明質酸

物理治療

- 運動(增強肌肉，減重)
- 減少痛楚
- 維持活動幅度

手術

- 最後方案

運動對關節炎的好處

- 大量研究建議強化運動管理膝關節炎
- 強化四頭肌有效止痛和改善功能

增加膝蓋穩定性

減少膝蓋承受的壓力

刺激腦袋釋放止痛因素

太極運動

- 簡單，不須太多空間，及對關節壓力少
- 一個綜合了16分研究，包含了986位膝蓋退化的綜合分析
 - 太極減少了膝蓋痛楚，關節繃緊的情況
 - 改善活動能力
 - 改善生活質素
- 太極拳著重身心治療、動作緩慢
 - 不單能鍛練肌肉，達到保護膝蓋的功能
 - 改善心情以及心理健康
 - 廣泛用於不痛疾病的復康

楊氏八式太極拳

Study Protocol | [Open access](#) | Published: 20 July 2023

Effect of Tai Chi on knee pain and muscle strength in middle-aged and older adults with knee osteoarthritis: a randomized controlled trial protocol

[Hongyu Yue](#), [Yang Li](#), [Jianwen Ma](#), [Chaoqun Xie](#), [Fangfang Xie](#), [Junhao Cai](#), [Min Fang](#)  & [Fei Yao](#) 

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Effects of Tai Chi on Beta Endorphin and Inflammatory Markers in Older Adults with Chronic Pain: An Exploratory Study

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Comparative Effectiveness of Tai Chi Versus Physical Therapy for Knee Osteoarthritis

A Randomized Trial

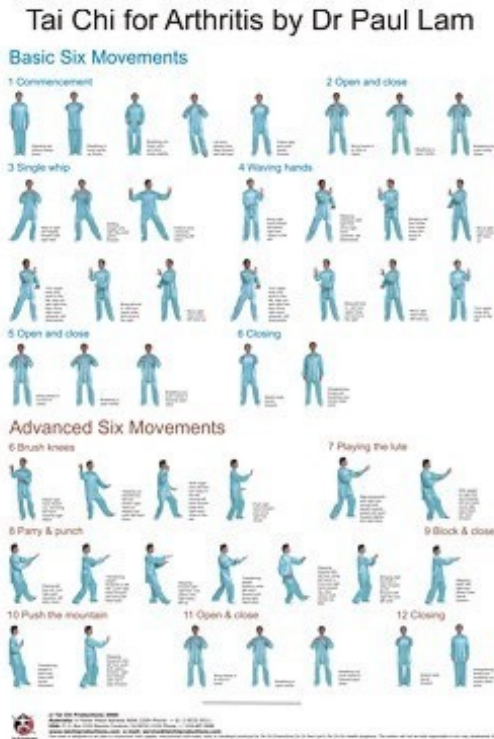
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- 每週兩次，持續 12 週
- 疼痛評分、身體機能、憂鬱、藥物使用和生活質量皆有改善，維持 52 週

關節炎太極拳 (簡化孫家太極拳)

1. 太極起勢
2. 開合式
3. 單鞭
4. 雲手
5. 開合式
6. 合太極



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