



# 常見腰頸痛概述

## Common Back and Neck Pain

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夏天到了，相信讀者都會參加不同形式的戶外活動，所以今次與大家分享腰頸痛的常識。

It is summer time. You are probably taking part in various kinds of outdoor sports, which makes learning more about back and neck pain important to all.

**身**體軀幹主要由脊柱組成，以支撐身體和保護脊髓神經。身體三十三節脊椎骨形狀各異，以配合每個部位的力學結構和活動需求。每節脊椎骨之間(尾龍骨除外)都有一塊椎間盤，一般人稱為軟骨。椎間盤的作用是吸收震盪力、保護脊柱及增加柔軟度。椎骨之間每邊都有一個椎間孔，脊髓神經從椎間孔穿出，連接身體每一個部份，傳送身體的感覺訊息到大腦和控制肌肉活動。不過，脊柱組織很脆弱，所以有複雜的韌帶和肌肉系統包圍以作支持和保護。很多時朋友問我怎樣預防或處理腰頸痛，其實身體軀幹極為複雜，要經過詳細身體檢查才可以肯定痛症的成因，並給予最適合的治療方法，所以下資料只作參考，如有疑問，應徵求骨科醫生和物理治療師的專業意見。

**O**ur body is supported by the spine which also protects the spinal cord. There are thirty-three vertebrae, each is different and supports different parts of our body's mechanism and activities. An intervertebral disc separates every vertebra (except the coccyx), absorbs vibration, protects the vertebral column and increases flexibility. On each side in between every vertebral body, there are intervertebral foramina through which the spinal nerves pass, connecting every part of our body, transmitting sensory messages to the brain and controlling body movements. A complex ligament and muscle system binds the fragile spinal cord for support and protection. Many friends have asked me how to prevent and handle neck and back pain. Actually, our body structure is very complex and a thorough body examination must be done before identifying the causes of the pain and advising suitable therapies. The following information is for your reference only. You should consult professional orthopedic surgeons and physiotherapists for personalized advice.

### 常見腰頸痛的成因 Causes of Back and Neck Pain

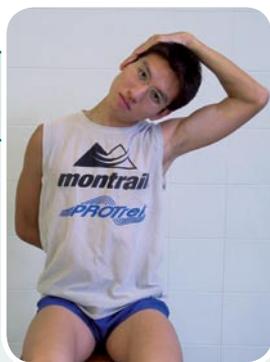
#### 不良姿勢 Poor Posture

不良姿勢是最常見的腰頸痛成因。脊椎有正常的生理弧度，假如長時期坐姿不正確、「寒背」兼突頸（例如跑步、背負重物或單車選手俯伏仰頭的姿勢）、身體向前彎曲過久（例如獨木舟、風帆等運動）、不適當提舉重物（例如歷奇活動或搬運水上活動器材）及不正確站立姿勢（例如背負背囊遠足）等，脊椎的韌帶和肌肉會過度疲勞或拉扯，關節和神經線都會受壓，引發不同形式的酸痛或脊椎勞損、提早退化等。

This is the most common cause of pain. The spine has its own optimal physiological curvature. Poor posture includes slumping while sitting, poking out the chin, and having a crooked back and bent neck all of which commonly occur while cycling and hiking with full gear, and repeatedly overbending the body while canoeing and windsurfing, lifting heavy loads while carrying gear during outdoor adventures and water sports activities, etc. These all cause overtiring and straining of muscles and ligaments around the spine, creating pressure on the joints and nerves, causing various kinds of pain, wear and early degeneration.

右上斜方肌伸展運動  
Right upper trapezius stretching exercise

- 1 坐在椅上，右手放背後  
Sit on a chair with your right hand on the back
- 2 保持頭向前望  
Look straight ahead
- 3 用左手將頭向左膊方向側彎直至感到右頸肌肉拉緊  
Use your left hand to move your head to the left shoulder till you feel stretch over right side of your neck.



背伸腰椎關節  
Mckenzie back extension

- 1 俯臥，雙手慢慢撐高上身，保持髖部仍貼著床，維持姿勢約三秒  
Facing the bed, pull up your body slowly. Keep your hip on the bed for about three seconds.
- 2 重覆動作十次，每天可做多組  
Repeat 10 times and the whole process for many sets.



## 扭傷與拉傷 Sprains and strains

韌帶和肌肉狀態不理想（長期姿態不良）、過勞等都會令軟組織脆弱和缺乏柔韌性，突如其來的外力超過所能承受的力量或活動幅度時便會拉傷。賽車、滑水、攀石、雪板運動等可能會造成突然屈伸過度，令前頸椎骨受壓骨折、頸椎和腰椎韌帶受損、背部肌肉拉傷等。嚴重的頸椎創傷甚至會傷及神經線，出現四肢無力、感覺異常、癱瘓等。

Overtiring or poorly conditioned muscles and ligaments caused by sustaining improper posture will result in fragile and inelastic soft tissue, causing sprains and strains when the muscles and ligaments are unable to resist a sudden force or movement. Sports such as car-racing, water skiing, rock climbing and snowboarding may over-stretch muscles, causing a fractured posterior cervical vertebra, a ligament tear of lumbar vertebra and a strained back muscle. A serious injury of the nerve may cause weakness, paraesthesia or even paralysis.

## 椎間盤凸出 Prolapsed Intervertebral Disc (PID)

長時間彎腰或彎腰時搬運重物很容易令椎間盤凸出，過度擠壓令椎間盆的纖維環撕裂，破脫的椎間盆凸出壓著對痛楚敏感的組織，如果神經線同時受壓，便會令四肢痛楚或麻木。中年男性運動員或缺乏運動的辦公室人士最常患上椎間盆凸出。

This is caused by a prolonged bending of the spine or lifting loads while bending. The pressure bulges the fibro-ring and the detached disc presses against pain-sensitive tissues. Limb weakness and numbness may occur if a nerve is also under pressure. Middle-aged male athletes and sedentary office workers are at high risk of suffering from PID.

## 退化性痛症 Degeneration

隨著年齡增長，脊椎關節逐漸退化，軟組織（如韌帶、椎間盆）因為水份流失而缺乏柔韌性，大大增加扭傷和關節受壓的機會。嚴重時退化的脊椎關節會慢性發炎、融合，甚至脆弱得整節脊椎骨移位，稱為脊椎滑脫症。蛙泳、滑浪風帆、單車運動員較容易令第四、五節腰椎骨或平面關節提早退化。

The spinal joint degenerates as age increases. A soft tissue such as ligament and disc become less elastic as water is lost, increasing the risk of strains and joint loading. A seriously degenerated spine will become inflamed, fused and fragilized, causing a detaching of the whole vertebra, called spondylolisthesis. Breast stroke, windsurfing, skiing and cycling athletes are at risk of suffering from a degeneration of the fourth and fifth section of the lumbar vertebra or facet joint.

## 骨折 Fracture

一些需要腰背重覆過度屈伸的運動（例如體操、舉重或羽毛球等）出現，有機會傷及椎間盤和韌帶，並令後椎骨體受壓骨折。與對手有身體上的碰撞、跌倒、或進行高速運動（如賽車、滑水）時突然減速，外力超過所能承受的極限，都可能會出現應力性骨折。

Sports involving repeated over-bending of the waist such as gymnastics, weight-lifting and badminton may cause a fragile intervertebral disc and ligament, and a wedge fracture. A sudden stop, for example, crashing into an opponent in a match, falling, and halting during high speed activities such as car-racing and skiing may cause a stress fracture.

## 其他原因 Other Reasons

腫瘤、炎症如肺結核入侵或一些遺傳病如強直性脊椎炎，都是一些很少發生但棘手的腰頸痛症狀。超重（尤其是大肚臍）、穿著高跟鞋等，亦會增加背弧和脊椎所受的壓力。設計不良的家具、床墊、枕頭等，都會大大增加不同形式的酸痛或脊椎勞損的機會。壓力和情緒不佳亦會令腰頸痛症很難痊癒。

Tumor and inflammation caused by tuberculosis or hereditary diseases such as ankylosing apondylitis occur rarely but are tough problems. Being overweight, especially having a beer belly, and wearing high heels, contribute increased stress to the back and the spine. Faultily designed furniture, mattresses and pillows increase the chance of various kinds of pain and degeneration. Mental stress and bad moods may slow recovery.

右腦繩肌伸展運動  
Right hamstrings stretching exercise



- 1 坐在床邊，左腳放落床，右腳伸直  
Sit on a side of the bed with right leg placed on the bed and left leg hanging off the bed.
- 2 屈曲髖部，但保持腰部挺直，直至感到右大腿後面肌肉拉緊  
Bend trunk forward and keep right knee straight without slumping back, till the stretch is felt over the back of right knee

中斜方肌肌力訓練  
Middle trapezius stretching exercise



- 1 俯臥，雙手垂低放鬆  
Lie face down with two hands hanging and relaxed at the sides.
- 2 手持2-4磅啞鈴，雙手向腹部方向提高  
Hold a 2 to 4 pound dumbbell up to the belly.

### 主動休息 Active Rest

急性發病或劇痛固然需要充分休息，必要時可用項圈或腰封固定脊椎減少活動。但是很多研究指出長期臥床反而有不良影響，不同的病症在不同的階段要配合適當的復康運動，以便提高痊癒的機會和速度，這便是「主動」休息。

### 藥物治療 Medication

一般非類固醇類消炎藥、止痛針及鬆弛肌肉的藥物都有效對付急性痛症，但慢性痛症和後遺症最重要卻是治本。

### 物理治療 Physiotherapy

治療種類範疇很廣，包括電療、水療、關節舒整術、手法矯正、軟組織伸展及活動法、神經活動法、減壓法（如牽引法）和運動療法（如針對性的肌力鍛鍊運動、伸展運動和深層穩定性肌肉的訓練）等。根據個人臨床經驗所得，針灸、麥根斯脊椎療法 and 利用生物力學分析病因、訂定治療、給予生活和改善運動技術上建議的效果都十分顯著。

### 改善不良的姿勢 Postural correction

理想的姿勢要切合正常的生理弧度：挺起胸膛、肩部放鬆，下巴內收，腰部保持適當弧度，不要凸起肚子；無論坐下、走路或站立，姿勢都要穩定，平衡和放鬆。搬運東西時要保持腰部挺直，提舉的一刻要把物件靠近身體，主要靠大腿肌肉的力量把重物升高降低，而不是靠腰部的屈伸。用背囊背負重物時，要讓物件的重心貼近第六節胸椎的位置。正確的運動技巧能有效預防「勞損性」脊椎創傷。假如懷疑頸腰痛問題與運動技巧有關，就要立即尋求教練和運動物理治療師的意見，糾正動作。你可於職業安全健康局下載文書工作安全及健康小冊子 ([www.oshc.org.hk](http://www.oshc.org.hk))。

### 手術治療 Surgery

常見的手術類別可分為椎間盤切除手術、脊椎神經減壓手術和脊椎融合固定手術三大類。脊椎手術的風險不小，成效亦因人而異。很多時候手術跟一般非創傷性治療比較（除了一些急性神經受壓癱瘓的例子），功能上沒有太大分別。有時候亦有會有附帶問題（如脊椎的肌肉變得過弱）。建議在非做不可時才做手術，事前更要詢問多位專科醫生的意見。

Rest is important for acute diseases and sharp pain. The use of a neck collar or corset can restrain movement. However, this passive immobilization is not the quickest way to recover. Researches have indicated that staying in bed may cause other problems and different diseases require suitable 'active' rehabilitative training in different stages in order to increase the chance and speed of recovery.

Non-steroid anti-inflammatory drugs, analgesics and muscle relaxants are helpful at the acute stage but a cure is important for chronic stage and sequela.

Physiotherapy includes electrophysical therapy, hydrotherapy, manipulation, manual therapy, soft tissue and nerve mobilisation, pressure-relieving therapy and sport therapy (such as specific muscle training, stretching and deep core stabilized muscle training). From experience, more promising results are obtained by applying acupuncture, McKenzie treatments and using biomechanics to analysis the causes, advising therapy and technical improvement.

An ideal posture matches optimal spinal physiological curvature. You can imagine lifting up your head and chest, relaxing the shoulders, retracting your chin and maintaining a proper curvature of the waist without bulging out your belly. Keep a good and balanced posture all the time and don't hold with much effort. When lifting, keep the back straight, hold the object close to the body and lift the object using the thigh muscles rather than bending the waist. When backpacking, carry the object close to the sixth thoracic vertebra. Correct exercising posture and technique, especially during swimming, overhead sports and ball games, can prevent overuse injury. If you think your back and neck pain is related to your sports, you should consult your coach or sport physiotherapist at once. A leaflet on work safety and health instruction for sedentary workers can be downloaded from the Occupational Safety and Health Council website ([www.oshc.org.hk](http://www.oshc.org.hk)).

Common surgical approaches include discectomy, nerve decompression and spinal fusion. Spinal surgeries are relatively risky and the result depends on severity and surgical techniques. Recent studies also point out that many surgical approaches have similar functional outcomes as conventional non-invasive treatments (e.g. physical training), except in cases of acute nerve compression and paralysis. In some occasions, new problems may arise even though the previous problem is resolved (e.g. spinal stabilizing muscle weakness). It is advised that you consult more than one doctor before considering operational approaches even in the worst scenario.

### 總結 Conclusion

最後，希望提醒大家在享受戶外活動的樂趣的同時，定期運動和保持體能，這樣對腰頸痛和個人健康都有幫助。切勿胡亂吃藥或接受非正式的治療。日常多注意姿勢是否正確，切勿坐超過30分鐘，而沒有起來或活動一下。緊記，預防永遠勝於治療。✦

At the very least, exercise regularly and stay fit while enjoying outdoor sports. This is good for both your health and your spine. Do not take drugs or try non-evidence based treatments without consulting doctors and physiotherapists. Always be aware of your posture and keep mobilized whenever you sit for over 30 minutes. Precaution is always the best cure. ✦