

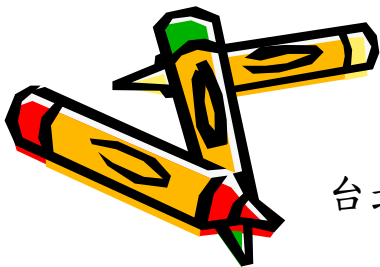
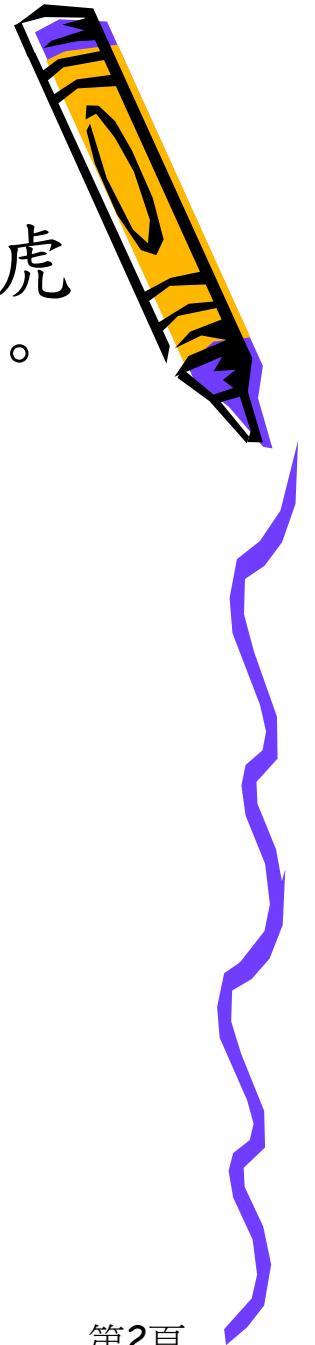
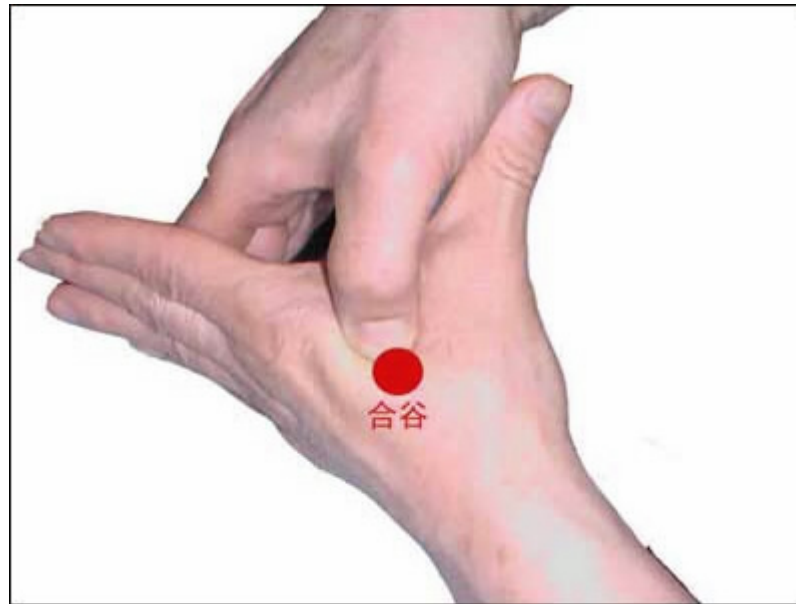


告別肩頸痠痛

台北醫學大學附設醫院
傳統醫學科 中醫師 劉宗翰

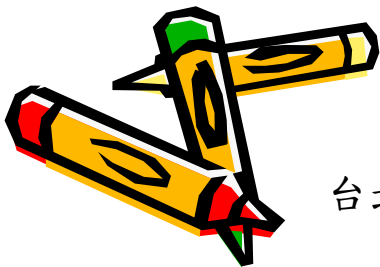
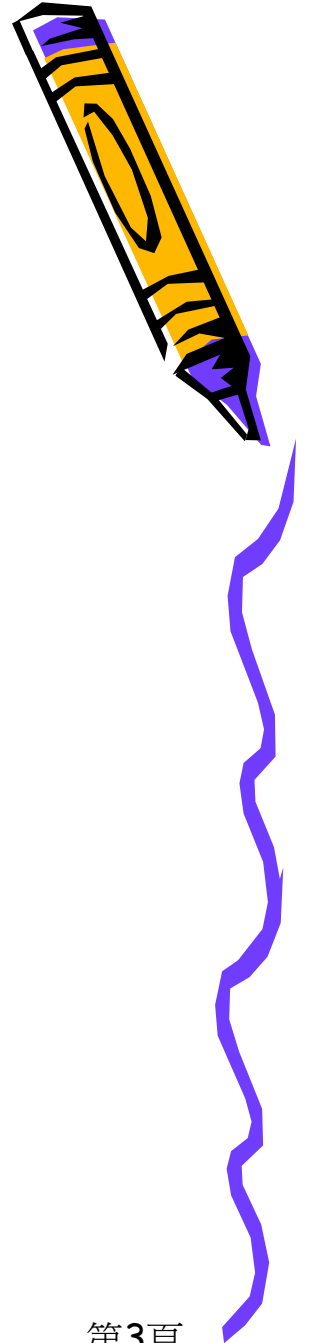


- WARM UP!!
- 雙手拇指與食指張開，相互敲擊位於虎口的「合谷」穴。有提神醒腦的作用。



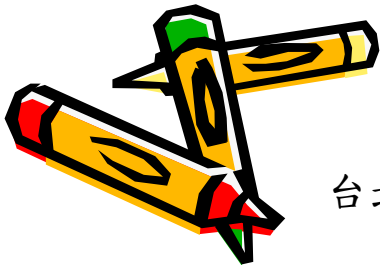
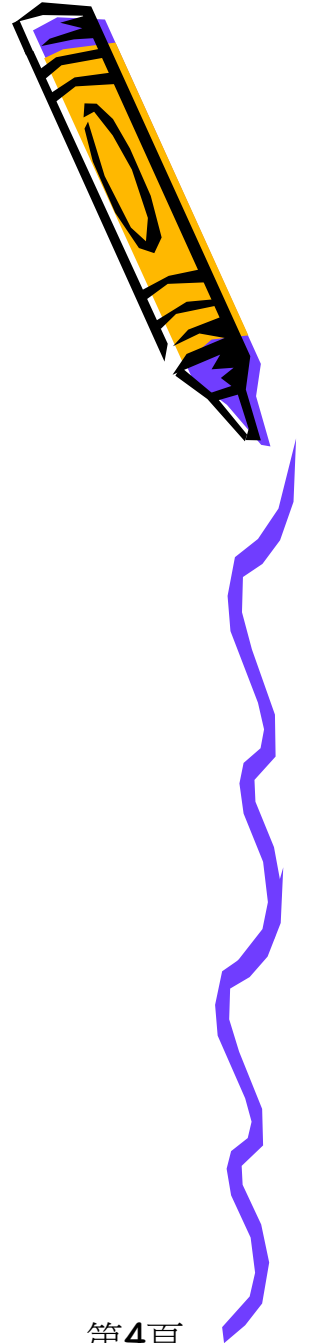
今天的主題outline

- 肩頸痠痛的常見原因
- 何時該去看醫生？
- 中醫如何看待肩頸痠痛
- 穴位按摩保健
- DIY復健運動：鬆肩&夾球
- 簡單氣功大家學：疏通任督二脈



肩頸痠痛的常見原因

- 肌肉疲勞or拉傷(急性或慢性)
- 頸椎退化or狹窄(頸椎病)
- 上胸椎與肋骨關節錯位
- 高血壓
- 病毒感染的早期症狀
- 其他(壓力、睡眠…)



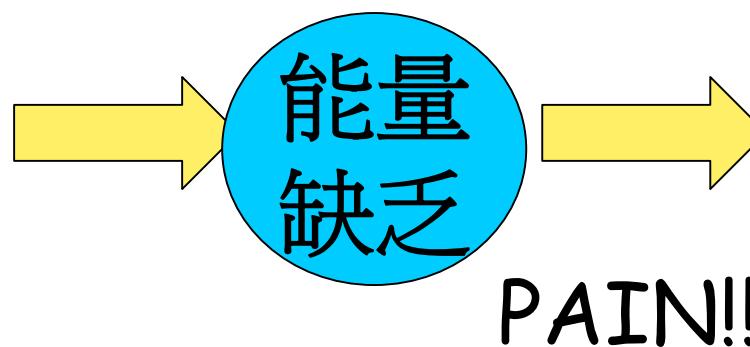
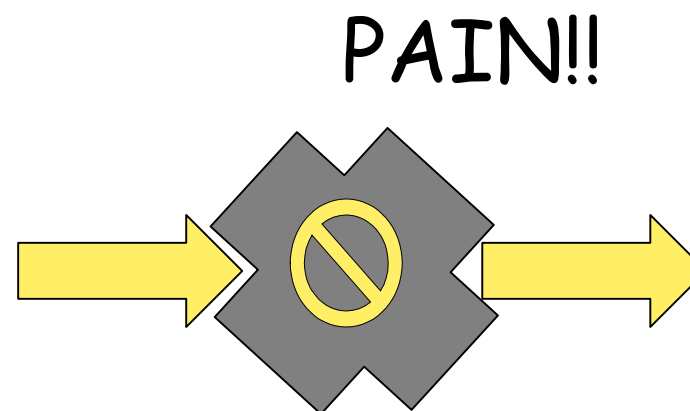
何時該去看醫生？

- 如果酸痛不因為休息而減緩
- 如果出現臂神經叢(brachial plexus)症狀：手臂麻、手指麻 (6-7-8 rule)
- 如果伴隨頭暈噁心等其他不舒服
- 如果臉部出現神經異常症狀



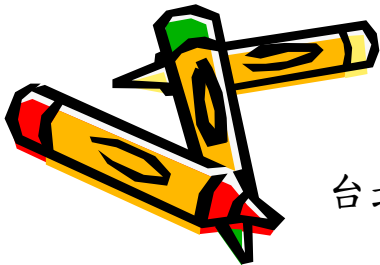
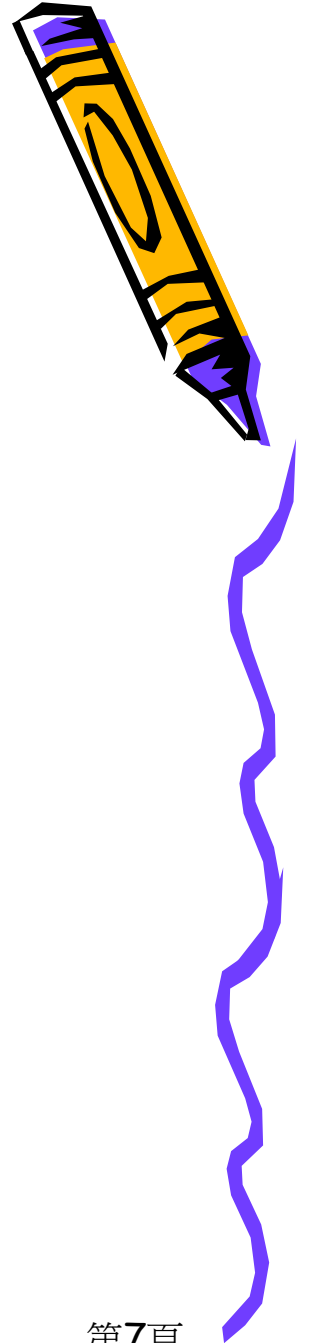
中醫觀點

- 不通則痛
- 不榮則痛



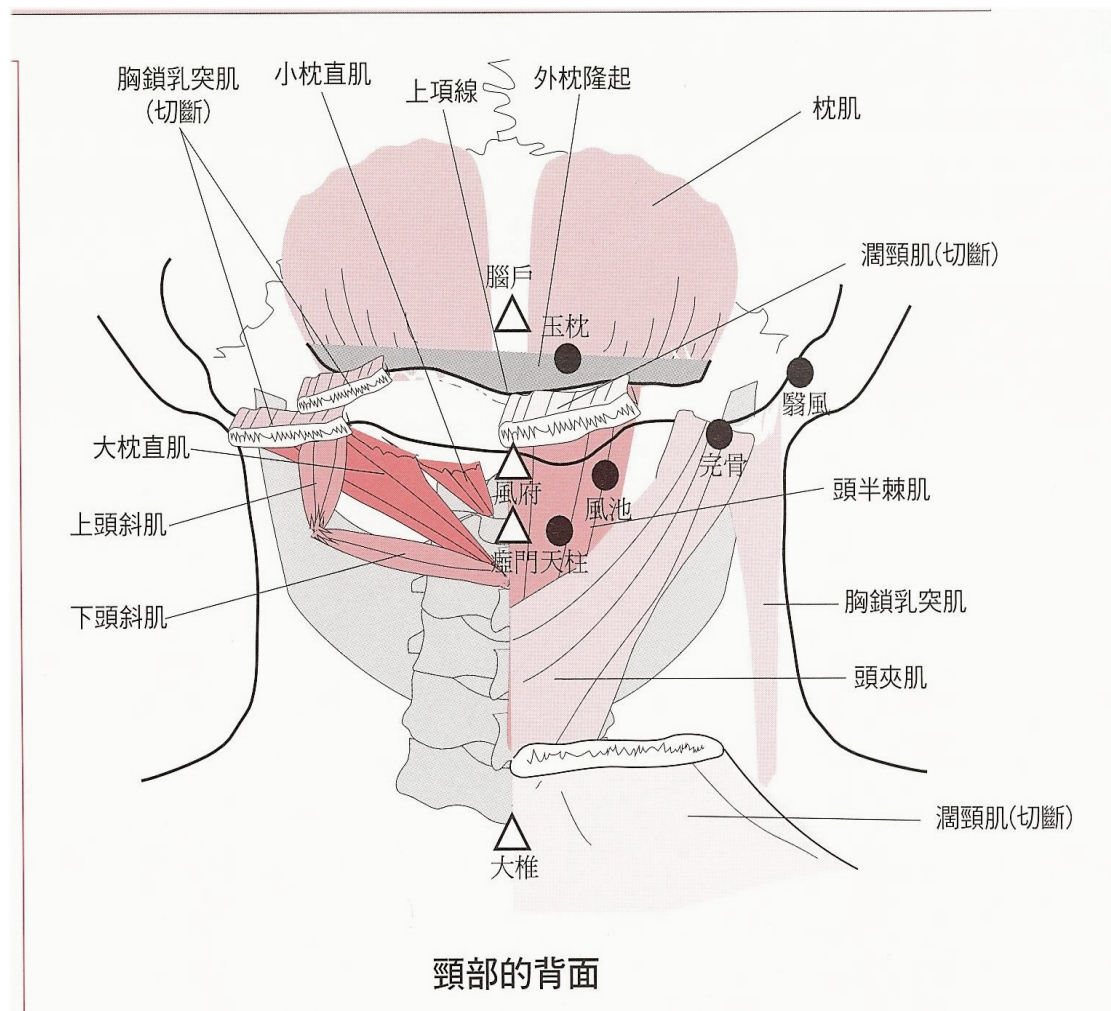
中醫常見處理方式

- 針刺穴位
 - **局部**刺激-肌筋膜反應點
 - **遠端**取穴-疏通經絡
- 推拿按摩
- 內服中藥
 - 祛風除濕e.g.羌活、防風、威靈仙
 - 改善循環e.g.紅花、桂枝、薑黃
 - 健脾改善代謝e.g.蒼朮、陳皮、茯苓

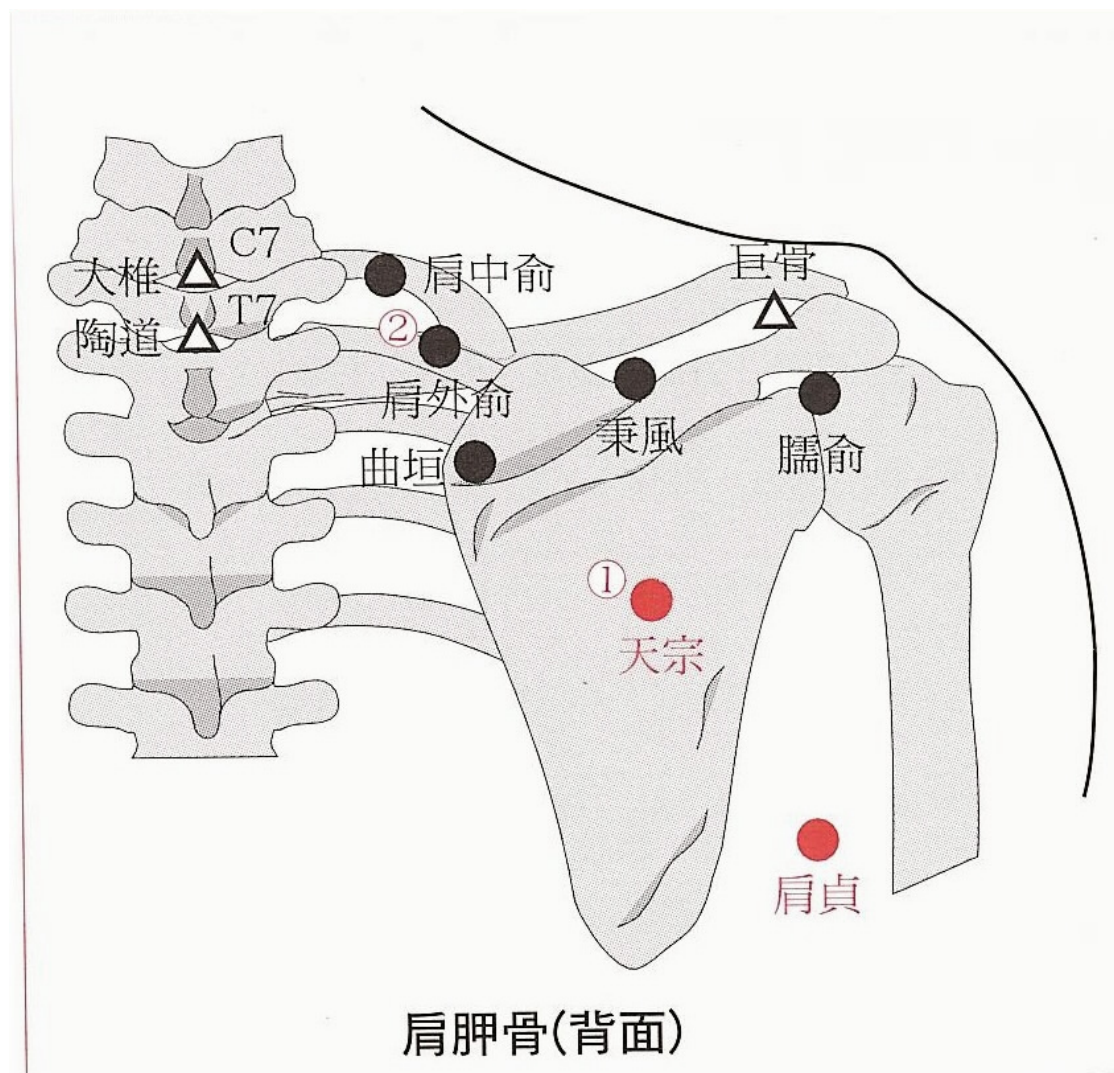


保健穴位按摩

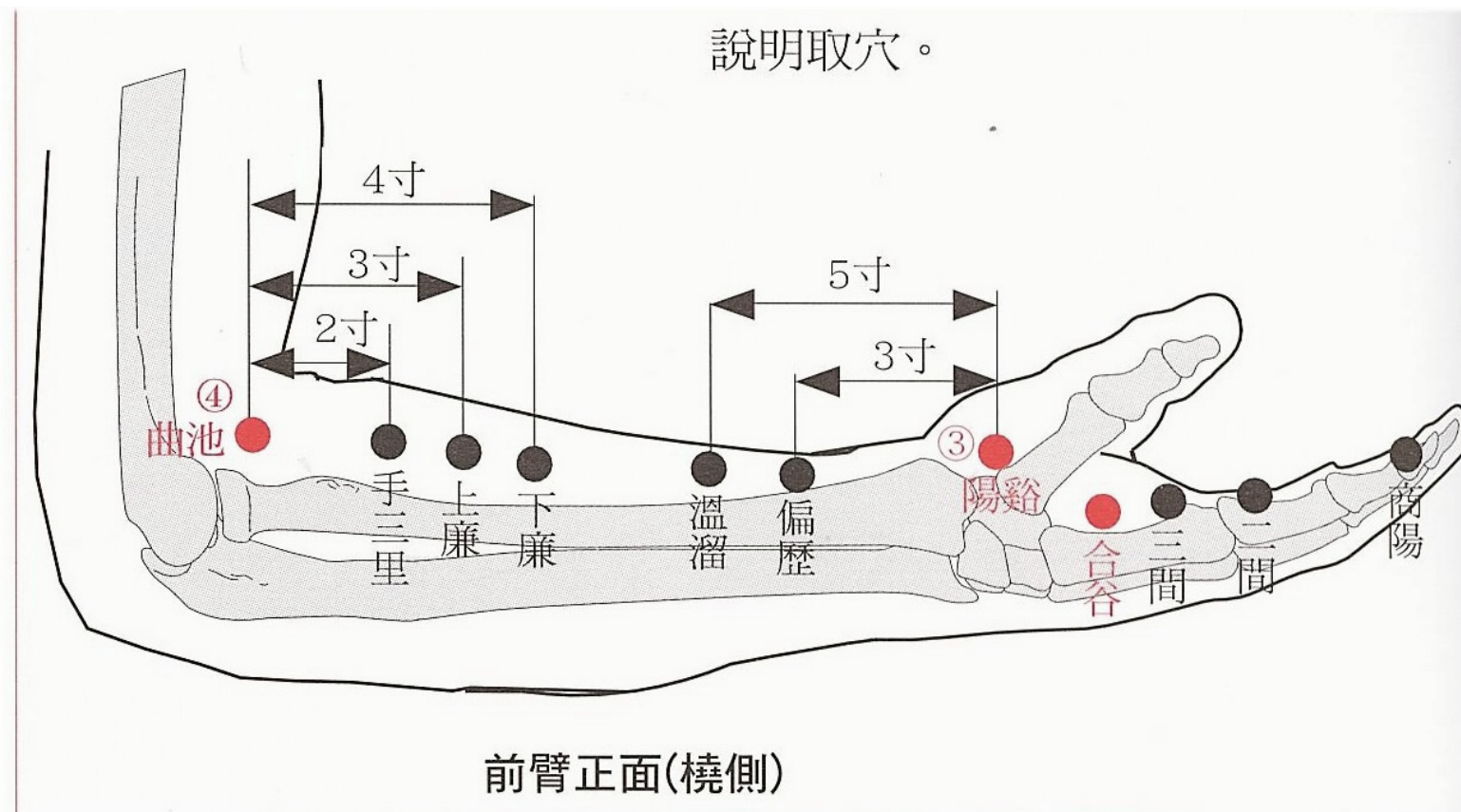
- 風池
- 天柱



• 天宗



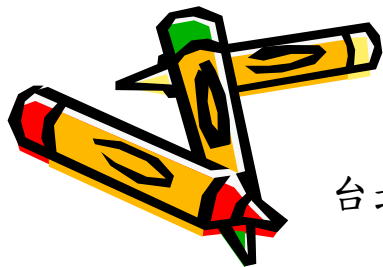
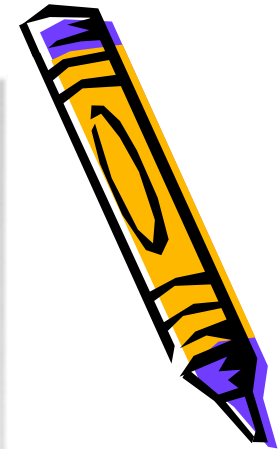
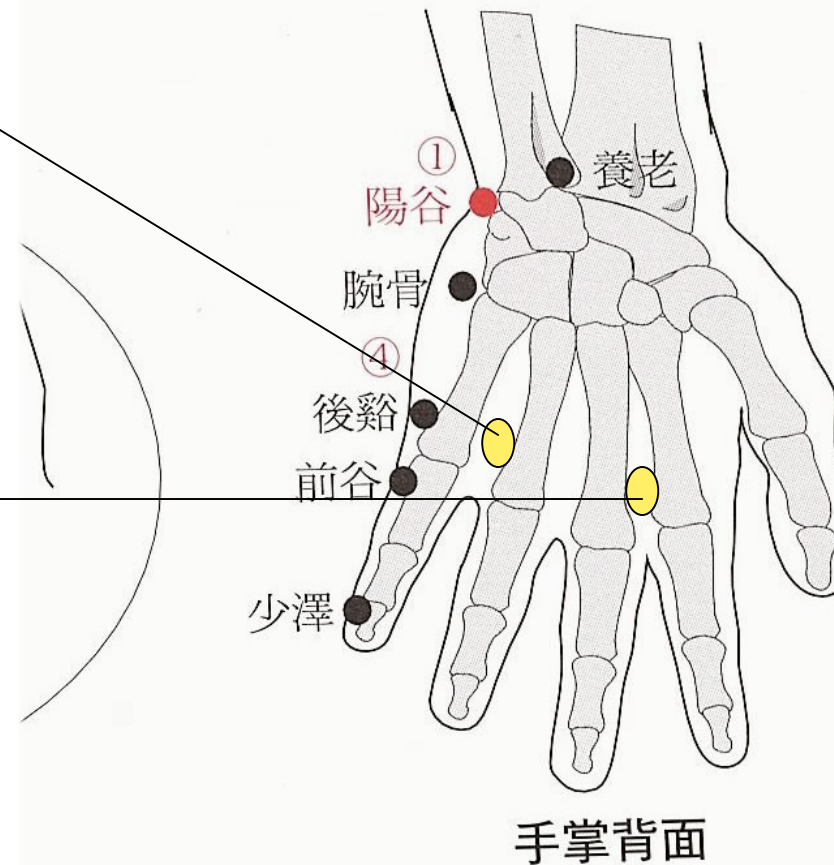
• 手三里



- 後谿
- 中渚

稍微握拳，第5手掌骨底與三角骨之間的凹陷處取腕骨。第5手指掌節關節旁取後谿；稍遠取前谷。

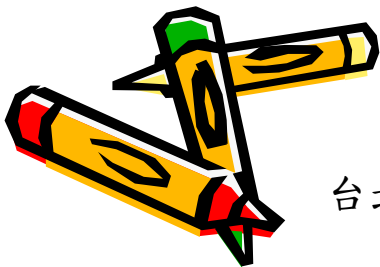
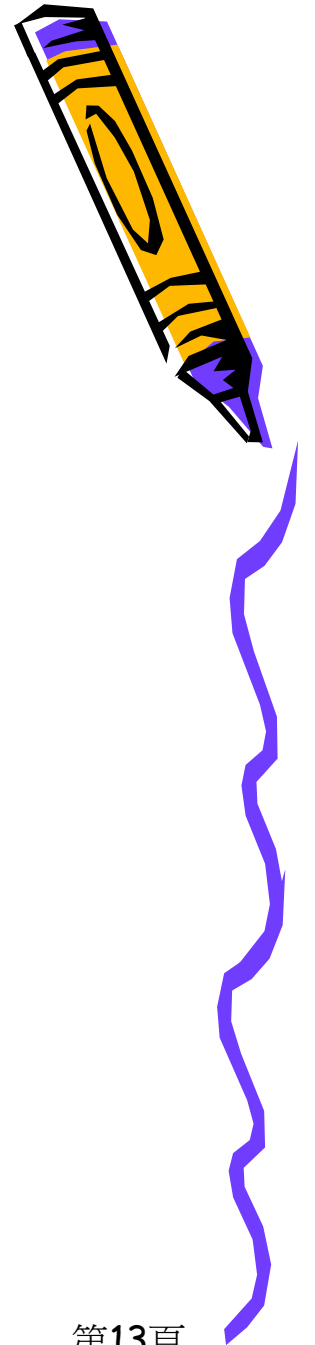
- 肩頸點



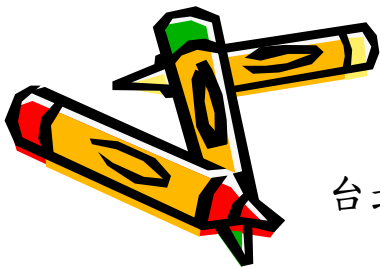
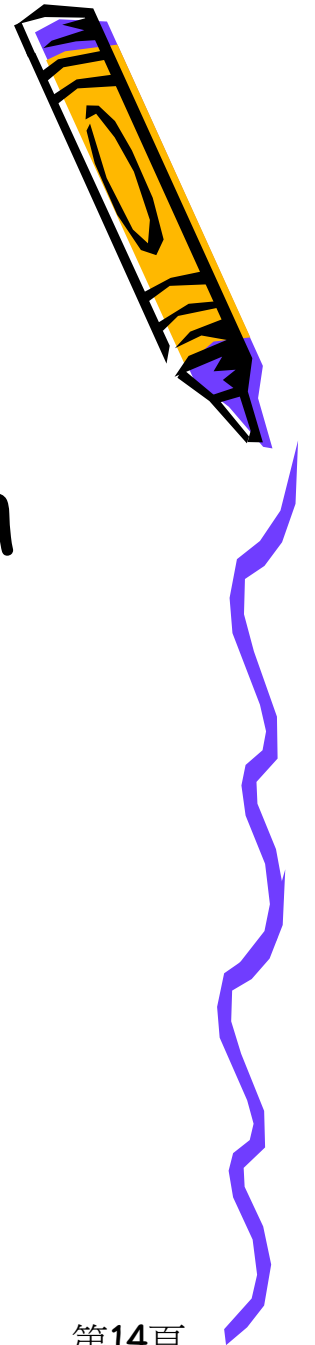
有獎徵答---?



2009年4月
王建民被列入傷兵名單
是因為_____?



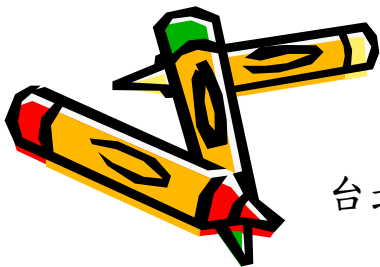
答：weakness in the
adductor muscles of both
hips (臀部內收肌群疲弱)



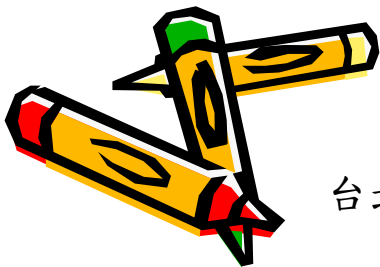
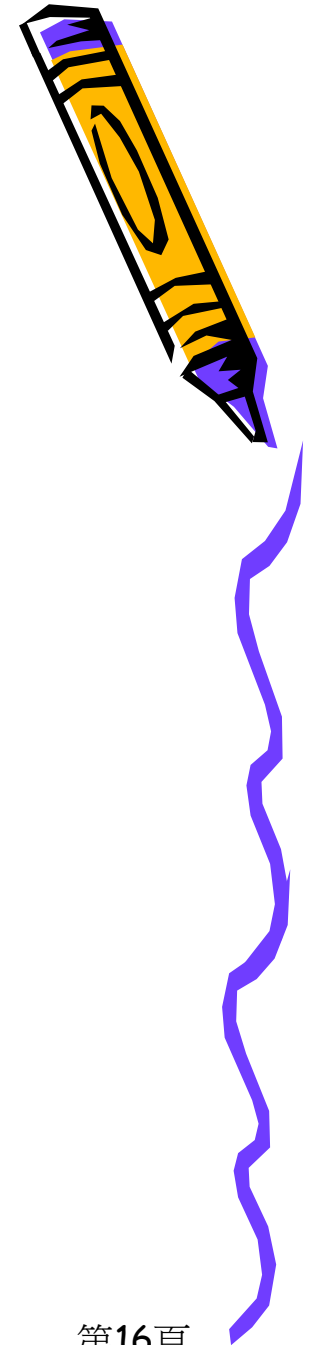
簡易復健DIY：夾球

- 脊椎像一條脆弱的鏈子，若沒有強壯的肌肉群自骨盆向上支撐至頸部，則容易受傷，各種酸痛神經痛也隨之而來。
- 鍛鍊自大腿內側而上的內側肌群

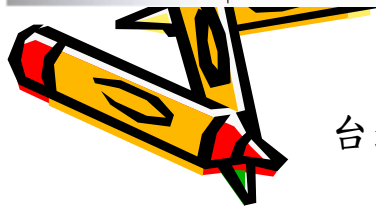
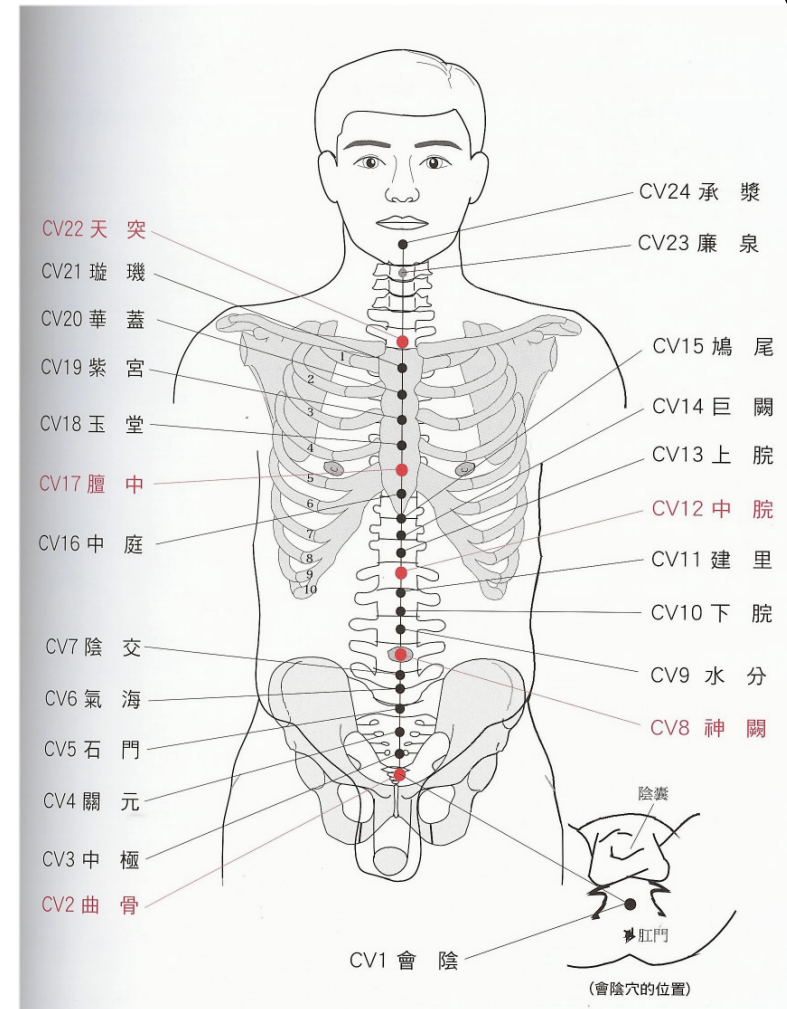
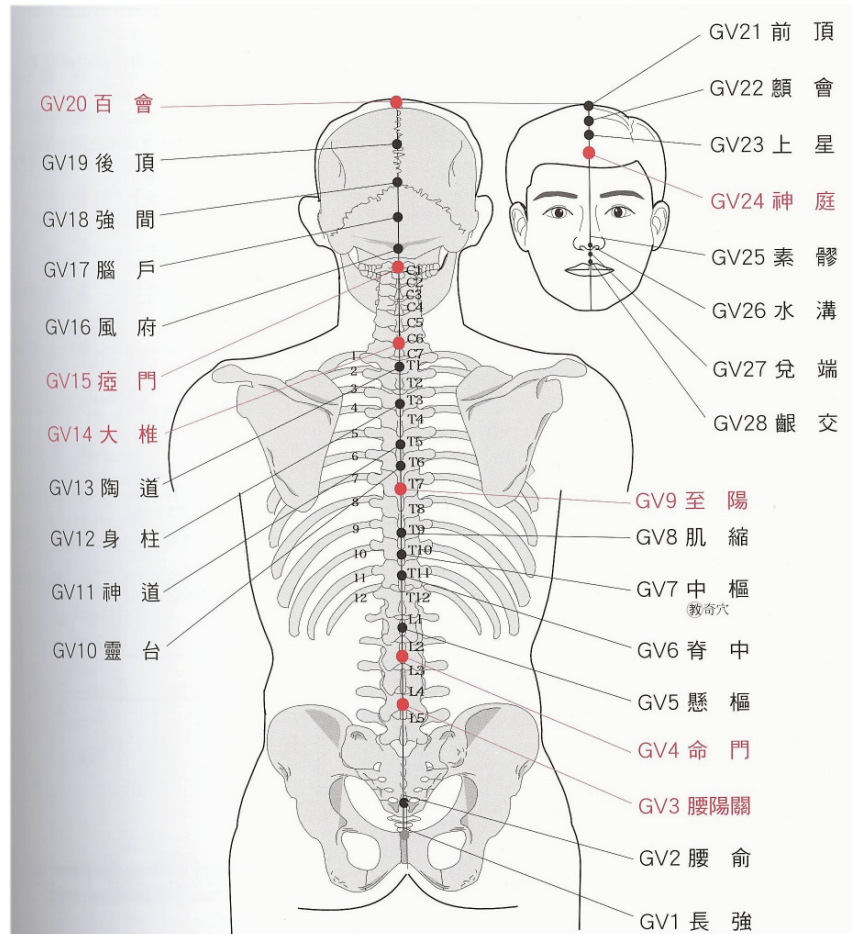
強壯下端(腰臀)→解除上端(肩頸)的緊張與負擔。



在辦公室就可以做的 肩部放鬆運動



督脈在後，任脈在前



Thanks for your attention!

祝您健康快樂！

