

颈部疼痛及治疗保健

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概论

颈部疼痛是常见的不适。姿势不良可能会拉伤颈部肌肉，无论是头前倾在计算机上还是弯腰在工作台上，或者是低头看手机。骨关节炎也是颈部疼痛的常见原因。但如果颈部疼痛伴有手臂或手的麻木感或失去力量，或者您的肩膀或手臂有放射痛，这是一个信号 (RED FLAG)，您需要及时寻求医疗帮助。

常见的颈部疼痛的症状和体征

- 长时间将头放在一个固定的位置 (例如在开车或看电脑手机或晚上睡觉时), 经常会加剧疼痛
- 肌肉紧绷和痉挛
- 头部活动能力降低
- 头痛

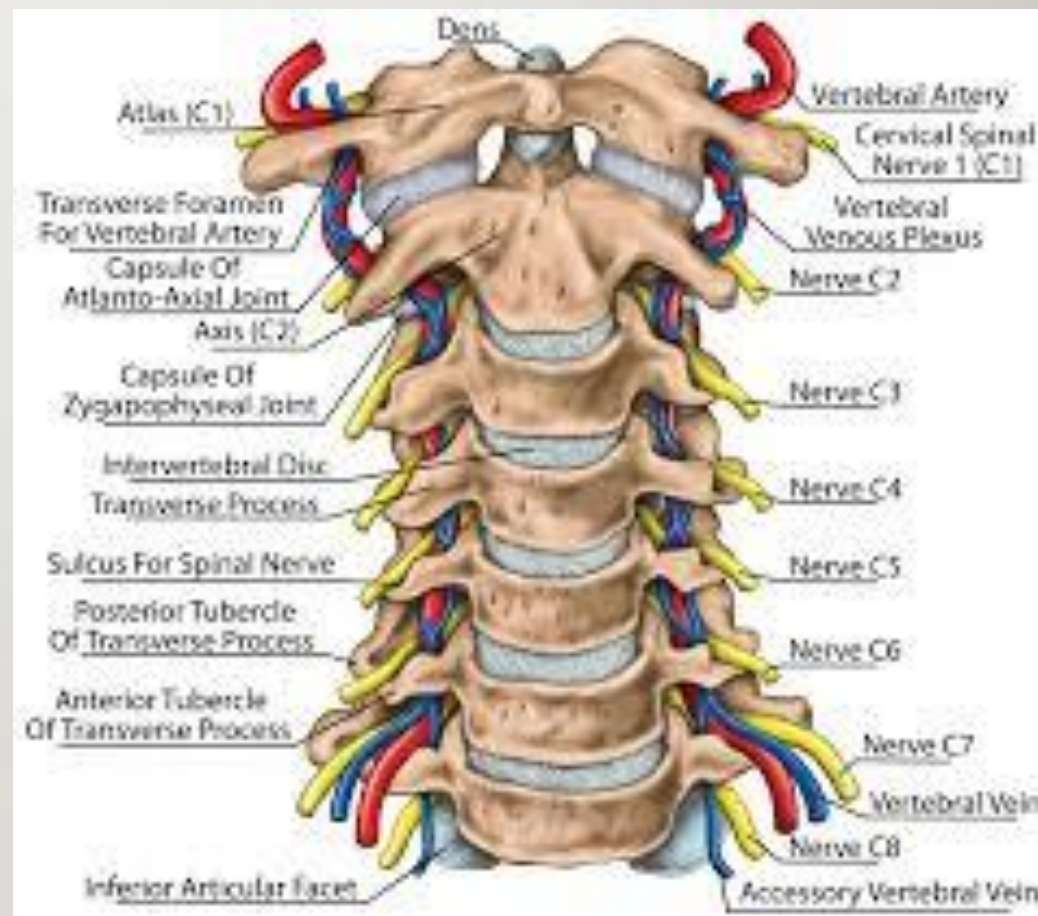
什么时候需要去看医生？

- 大多数轻度的颈部疼痛通过做操，热敷或休息会逐渐改善。如果没有，就要去看医生。
- 如果由于交通事故，潜水事故或跌落等受伤而导致严重的颈部疼痛，一定要立即去看医生。
- 以下几种情况，您需要去看医生：
 - 颈部疼痛很严重，
 - 持续 几天都没有缓解，
 - 疼痛向下延申到胳膊或腿
 - 伴有头痛，麻木，无力或刺痛

颈部疼痛的原因

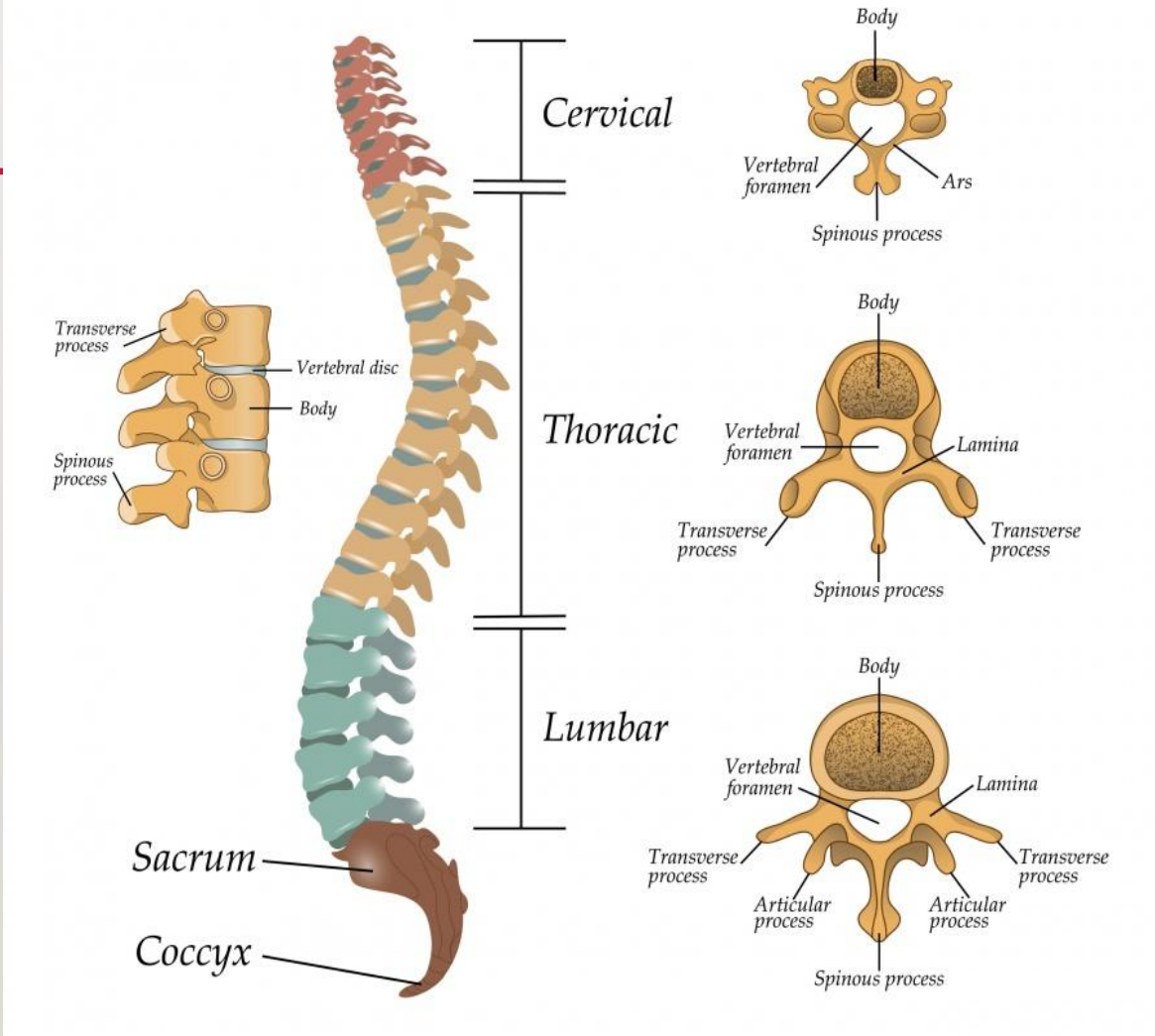
- 脖子柔软关节结构相对松弛和灵活，以便我们的颈部可以有较大的活动度，而且还要支撑头部的重量，因此容易受伤，导致疼痛并限制活动。
- 颈椎的解剖结构导致颈椎更容易受到伤害

颈椎解剖

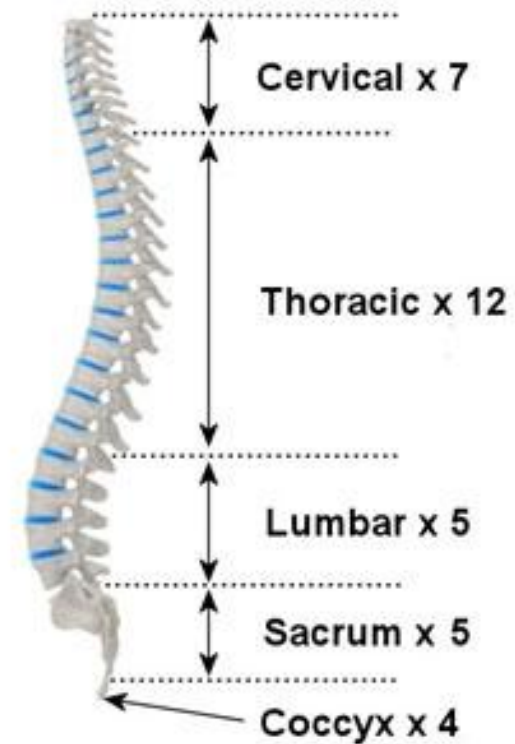
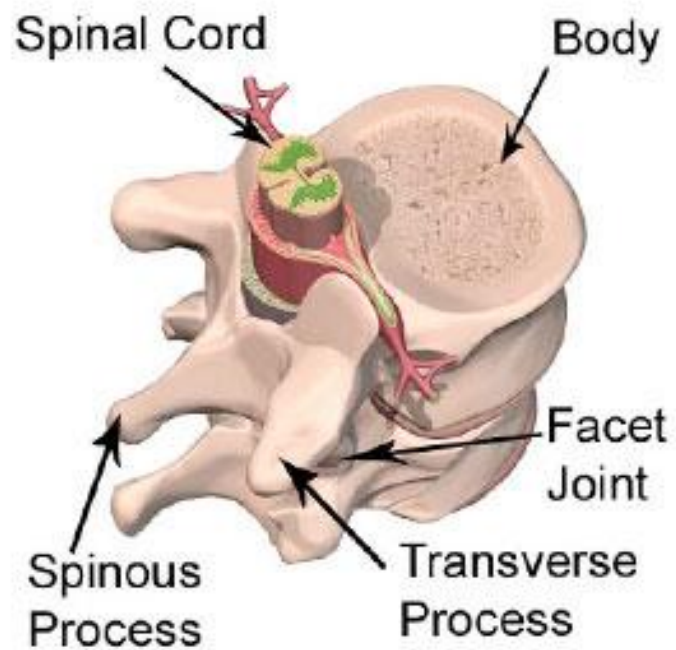


脊柱解剖-骨骼

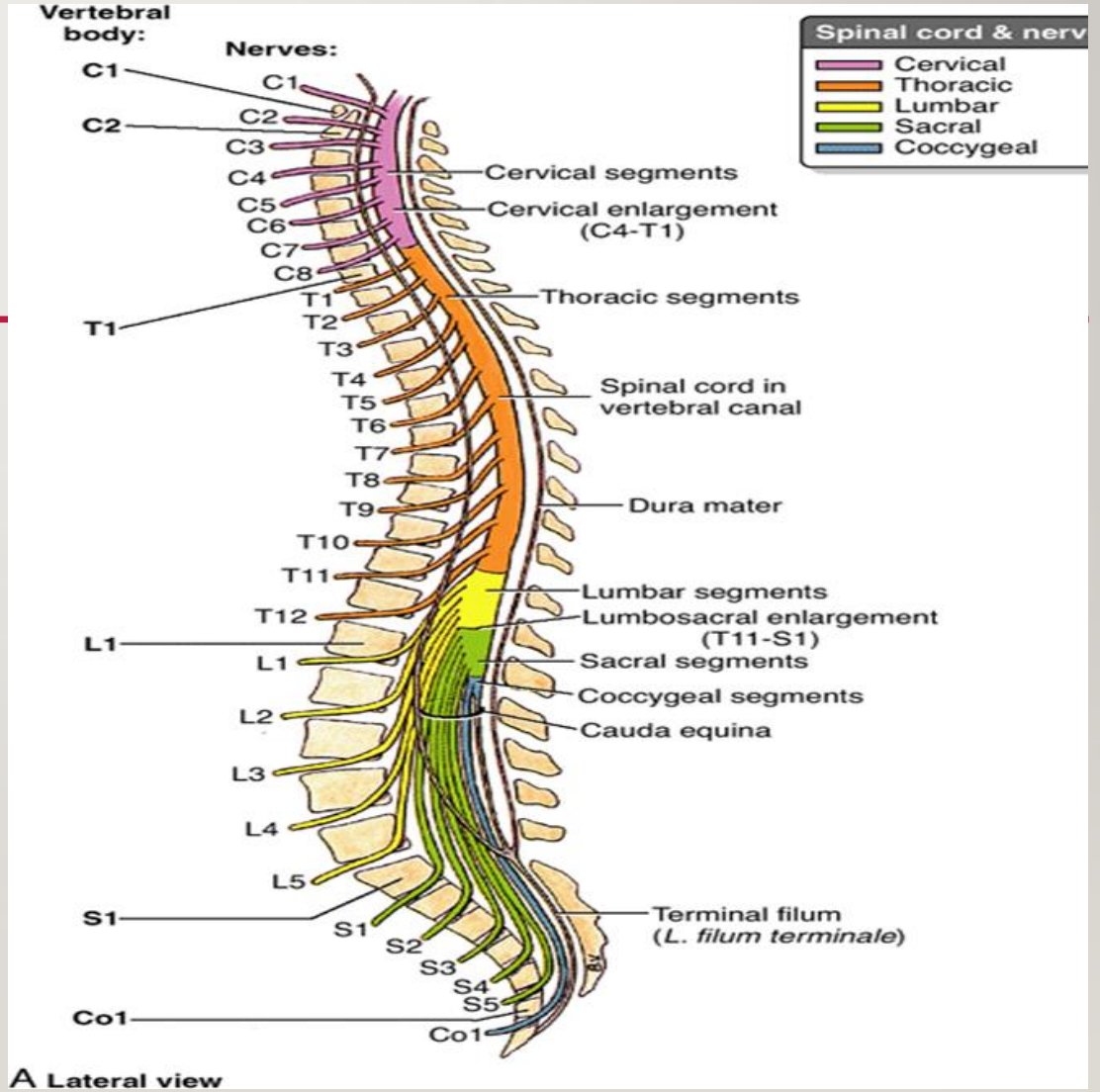
The structure of the segments of the spine



脊柱解剖



脊柱解剖-神经



颈部疼痛的原因

- 肌肉拉伤: 过度使用 (例如, 在计算机或智能手机上花费太多时间) 通常会触发肌肉拉伤。有时即使是很小的事情, 例如在床上读书或咬牙齿, 也会使颈部肌肉拉伤。
- 关节磨损: 就像您体内的其他关节一样, 您的颈部关节会随着年龄的增长而逐渐磨损。骨关节炎会导致骨骼 (椎骨) 之间的垫子 (软骨, 椎间盘) 变质。然后, 您的身体形成骨刺, 从而影响关节运动并引起疼痛。
- 神经压迫: 颈椎椎间盘突出或骨刺会压迫从脊髓分支出来的神经。
- 受伤: 车祸追尾通常会导致颈部鞭打损伤, 这种伤害发生的时候, 头部猛烈地向后然后再向前抽动, 拉伤颈部的软组织。
- 疾病: 某些疾病, 例如类风湿性关节炎, 脑膜炎或癌症, 可引起颈部疼痛。

常见的颈部损伤

Common Neck Injuries



Neck sprain



Whiplash-associated disorders



Herniated disc



Degenerative Disc Disease



Osteoarthritis



Muscle strain



Neck fracture



看手机时您的颈部承受了多少压力？

THE WEIGHT OF STRAIN



0° = 10-12LBS

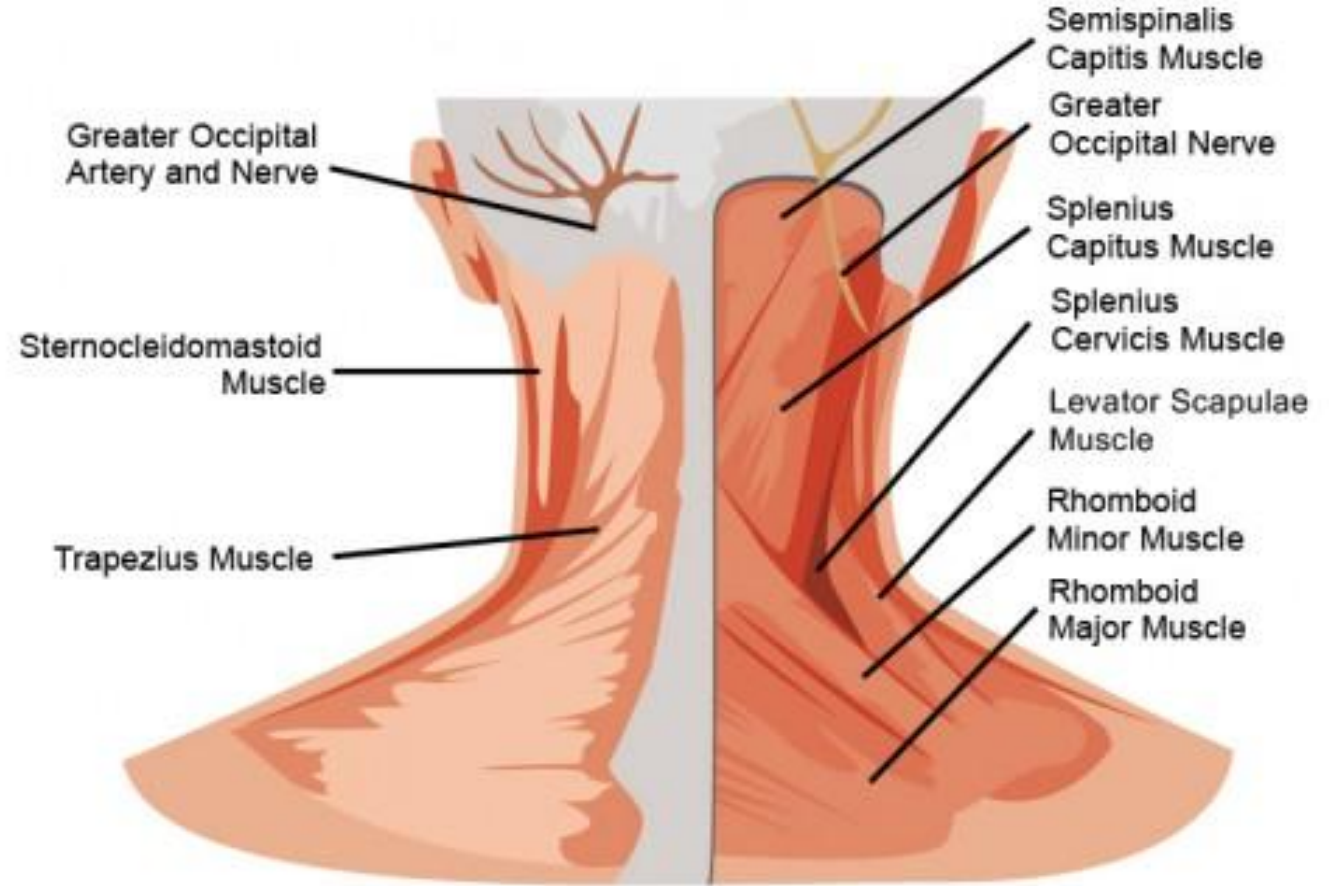
15° = 27LBS

30° = 40LBS

45° = 49LBS

60° = 60LBS

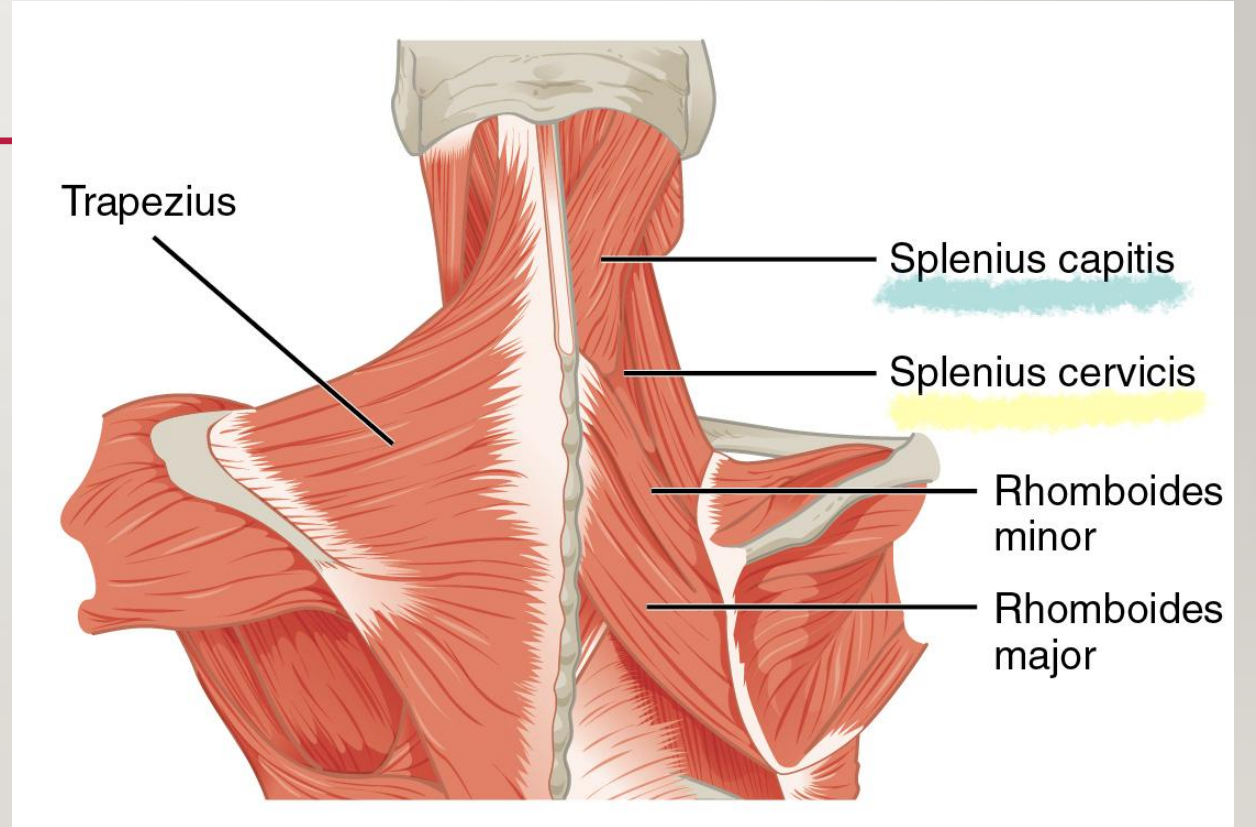
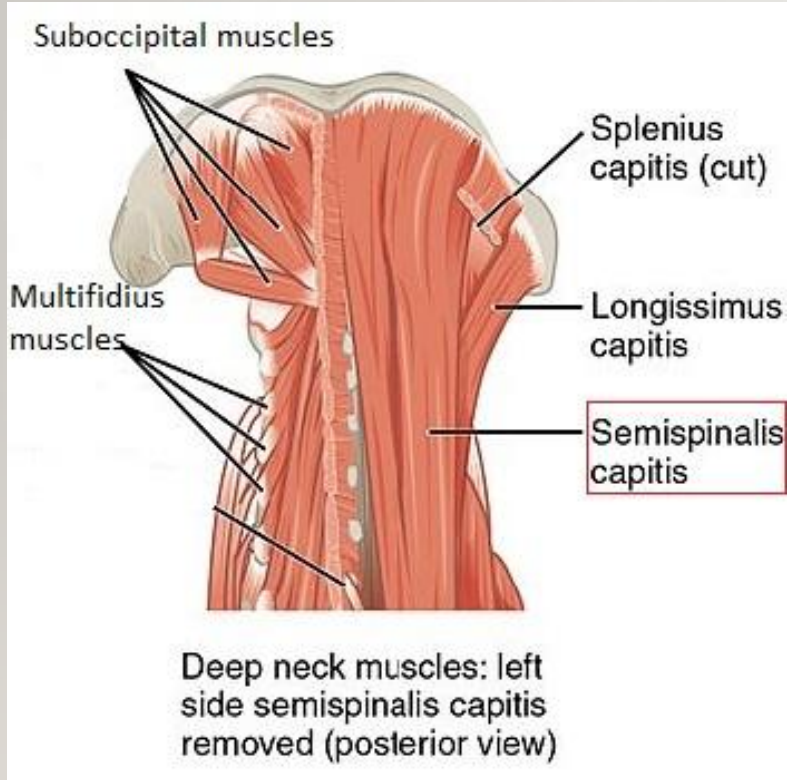
颈部肌肉



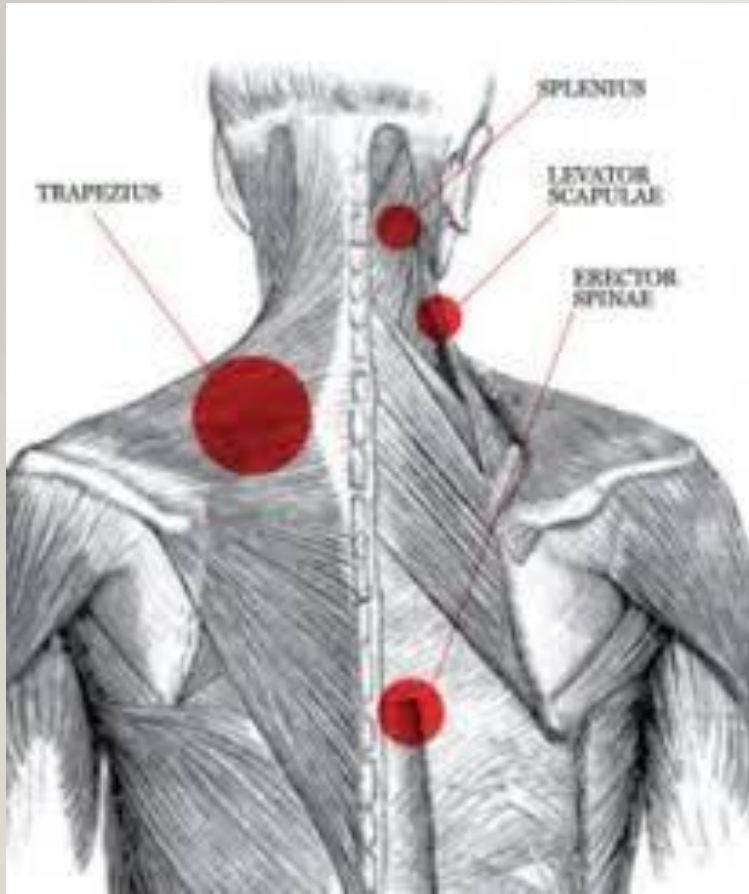
Posterior View

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颈部肌肉



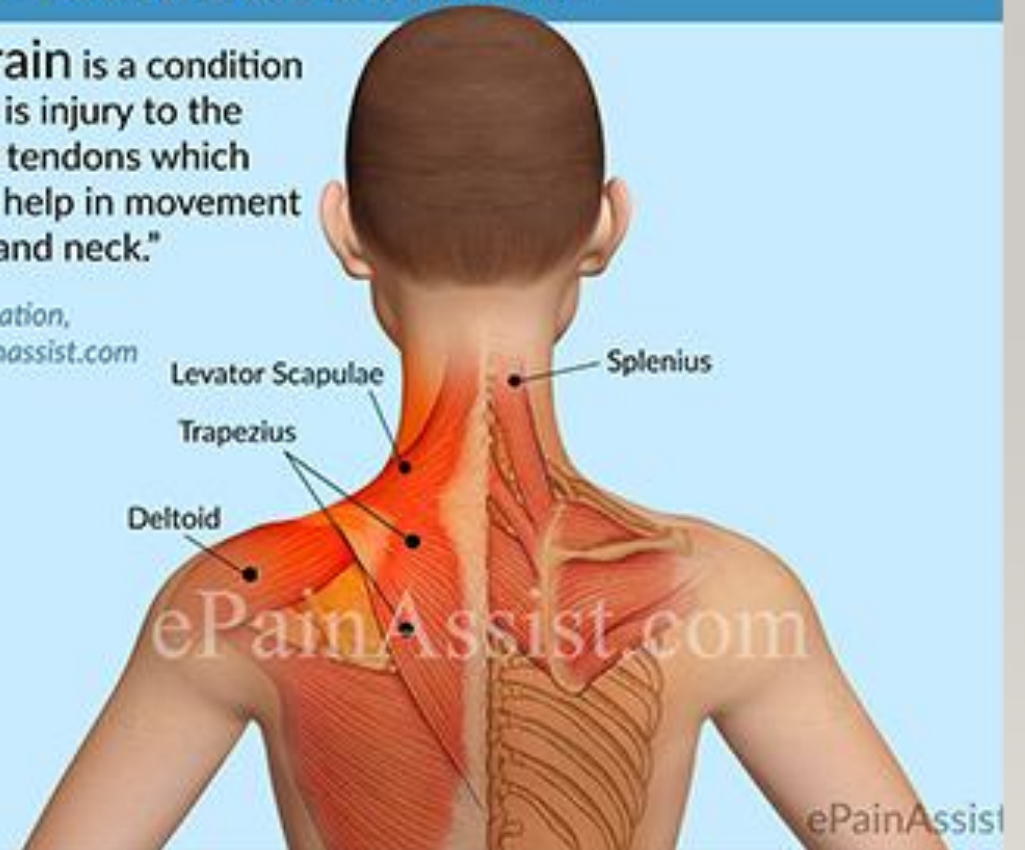
颈部肌肉拉伤



Pulled Neck Muscles

"Neck strain is a condition where there is injury to the muscles and tendons which support and help in movement of the head and neck."

For More Information,
Visit: www.epainassist.com



颈部关节炎，颈椎关节老化



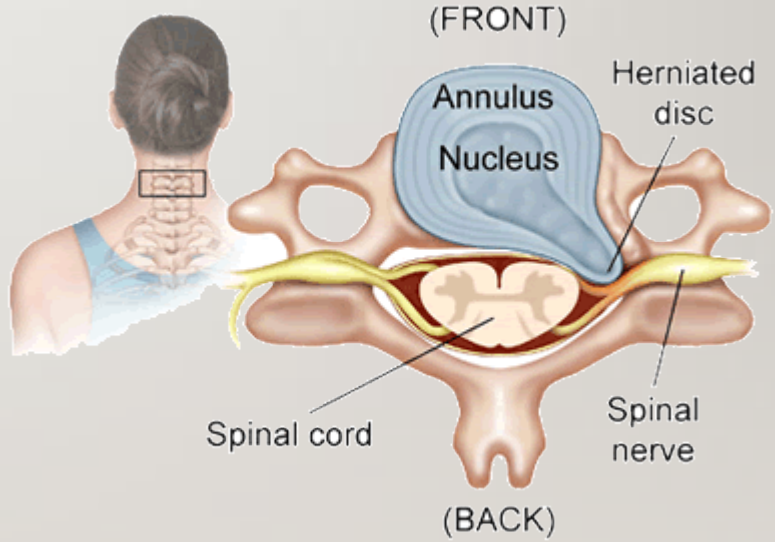
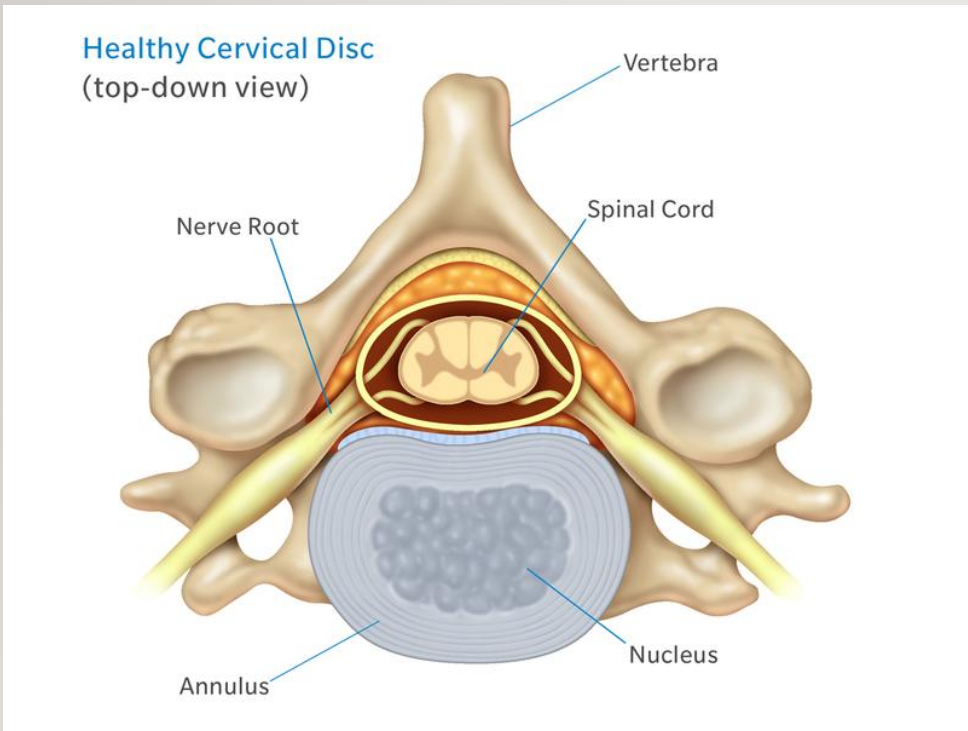
Neck Bone Spurs or Cervical Osteophytes

Neck Bone Spurs or Cervical Osteophytes are usually caused by a medical condition called cervical osteoarthritis in which there is gradual degeneration of the joints in the neck with aging.

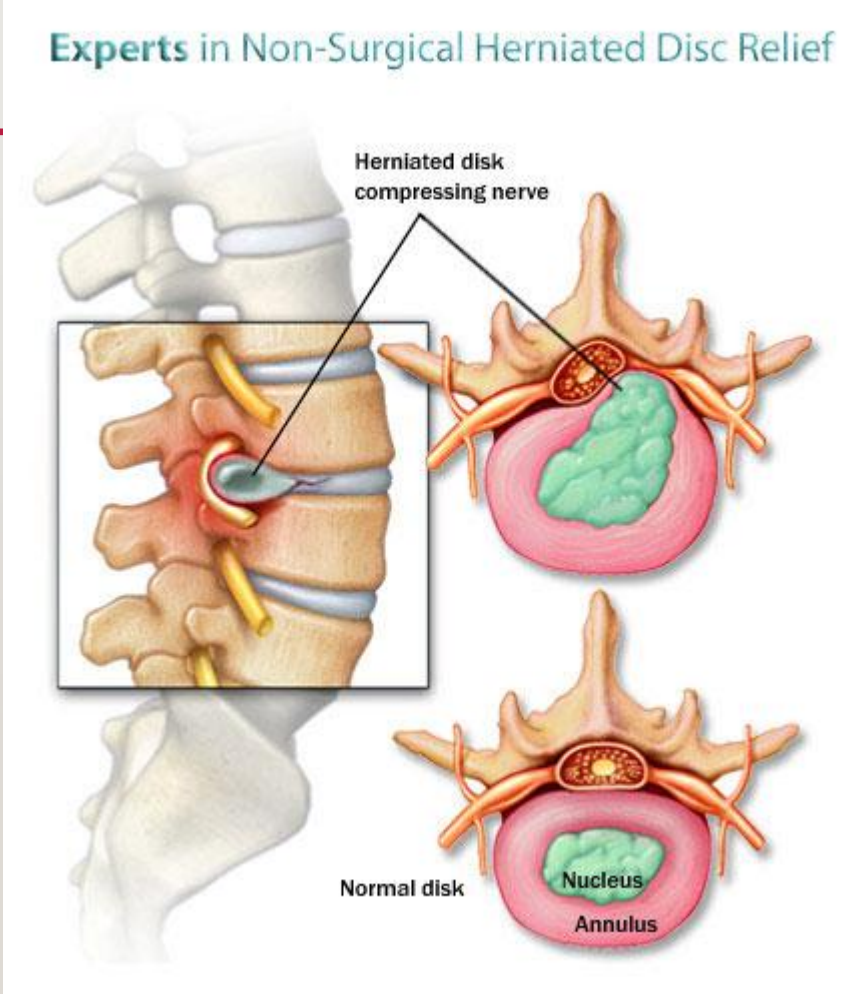
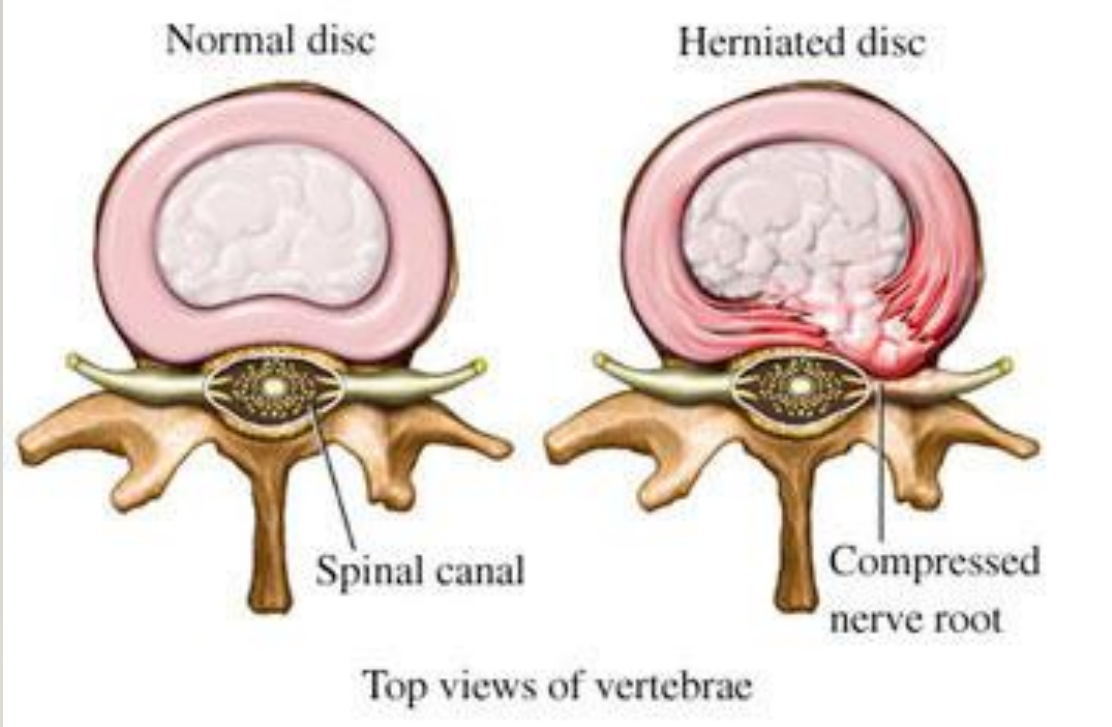
An anatomical diagram of the neck spine. The skull is shown at the top, and the cervical vertebrae are highlighted in blue. A black circle highlights a specific vertebra, which is magnified in a circular callout. The callout shows a close-up of a joint with a red, bony spur extending from the joint surface. A label 'Bone Spur' with a black arrow points to this spur. The text 'ePainAssist.com' is visible in the bottom right corner of the diagram area.

ePainAssist.com

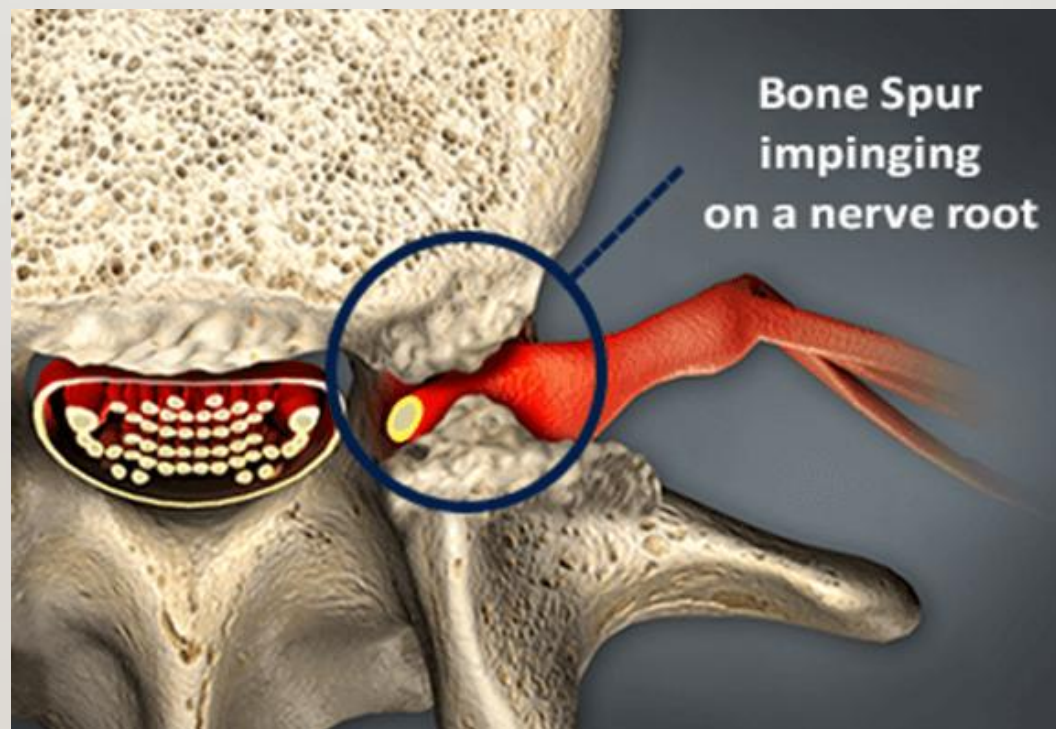
颈椎间盘-健康的对比椎间盘突出



颈椎间盘-健康的对比椎间盘突出



颈部神经压迫

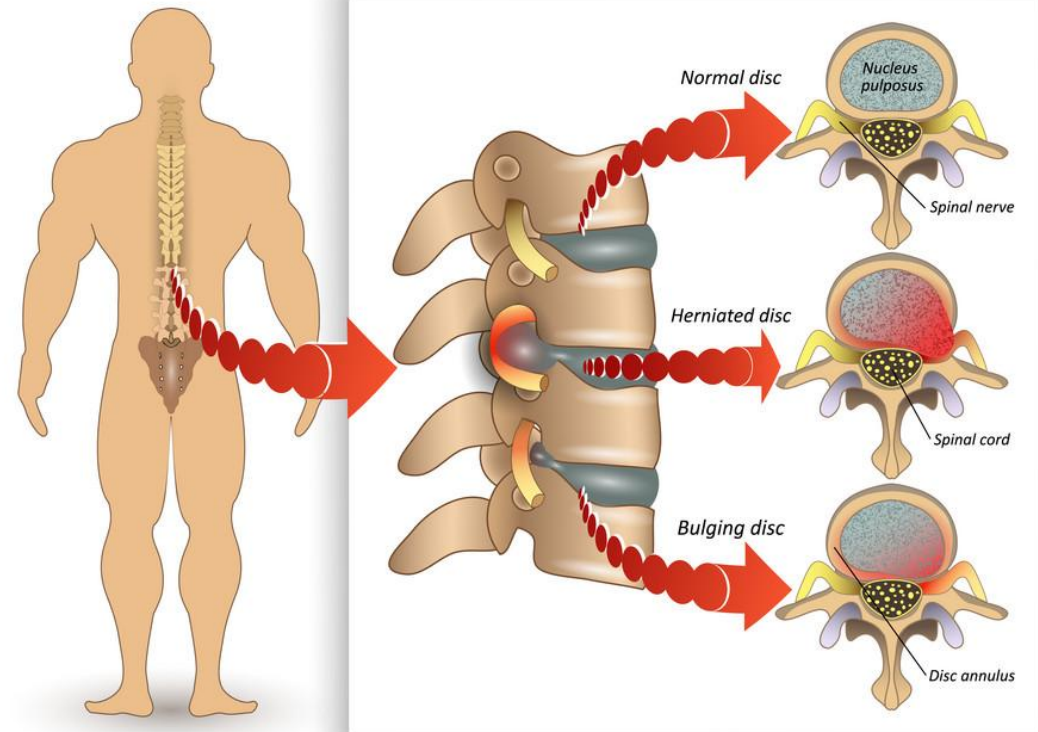


颈椎间盘退行性改变 DEGENERATIVE DISC DISEASE



神经压迫

HERNIA OF SPINE



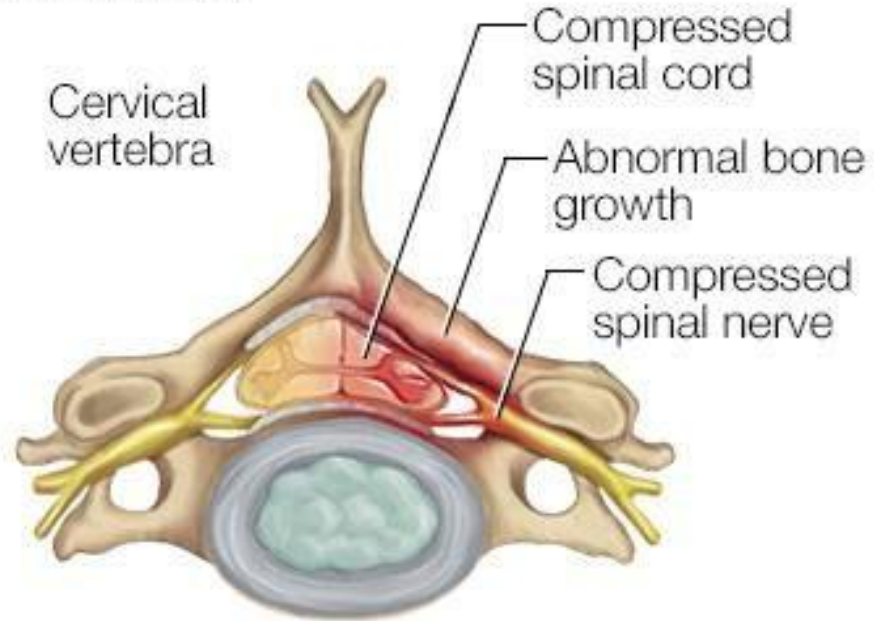
颈椎椎管狭窄

CERVICAL SPINAL STENOSIS

CERVICAL SPINAL STENOSIS



Cervical
vertebra

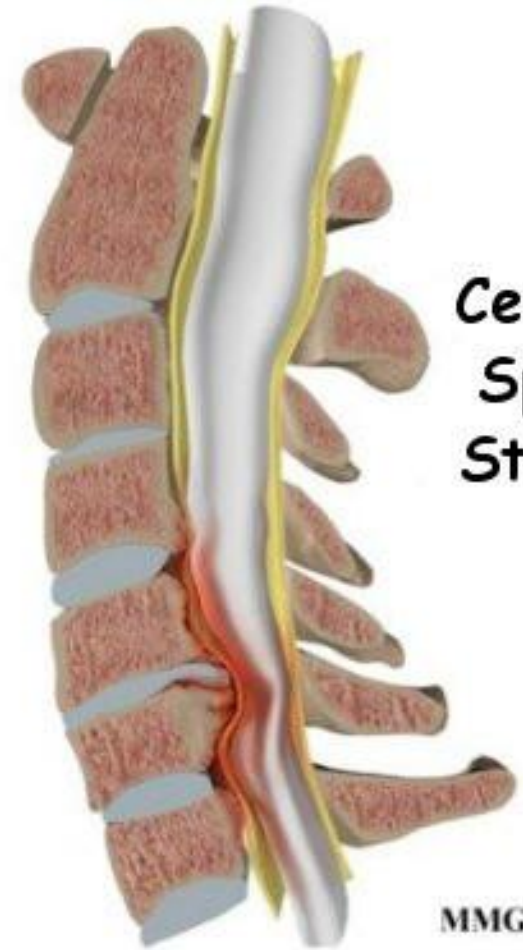


Compressed
spinal cord

Abnormal bone
growth

Compressed
spinal nerve

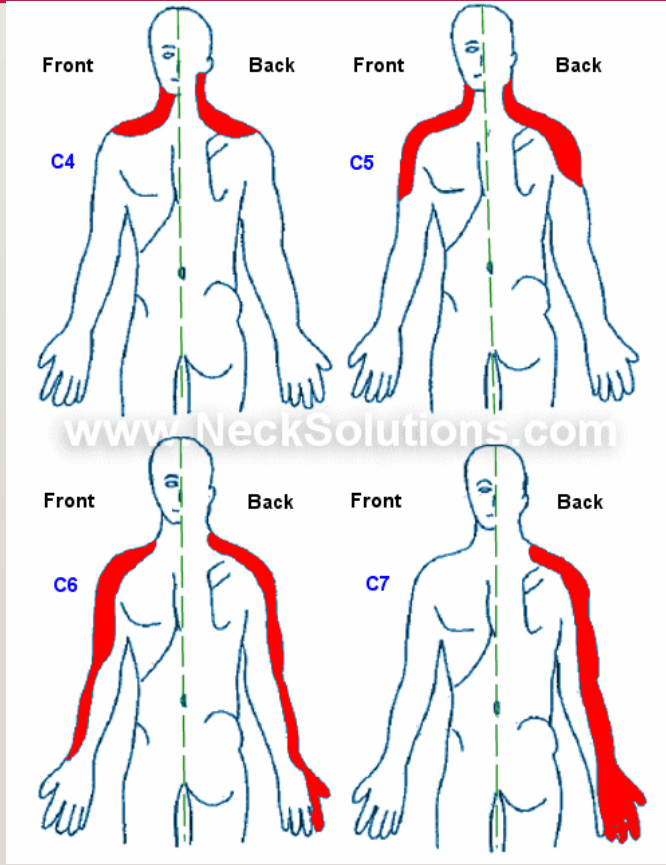
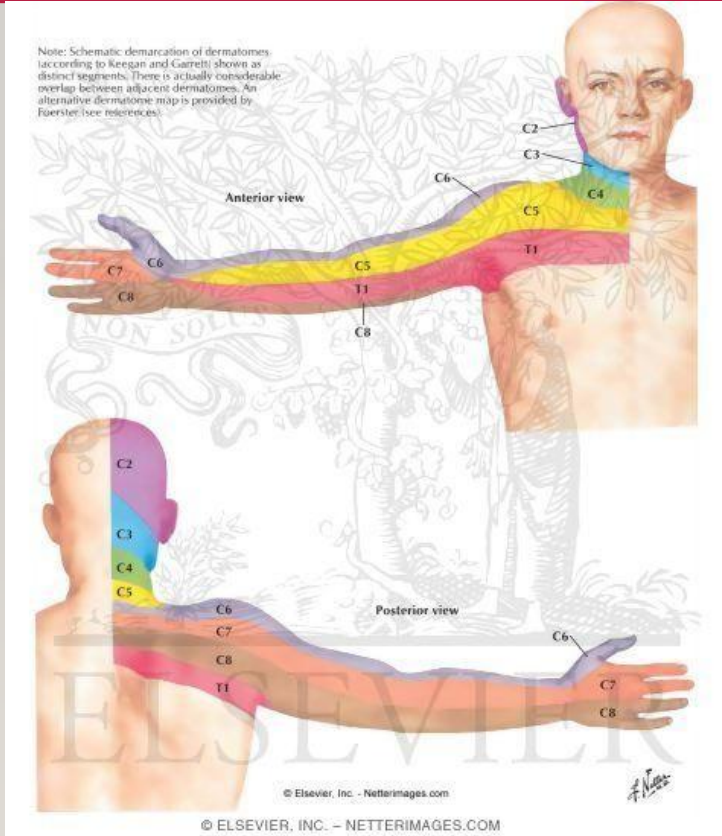
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**Cervical
Spinal
Stenosis**

MMG

颈椎间盘压迫的临床症状



车祸追尾导致的颈部鞭打损伤 CERVICAL WHIPLASH

Whiplash Injury Caused by
Hyperextension and Hyperflexion of Cervical Spine

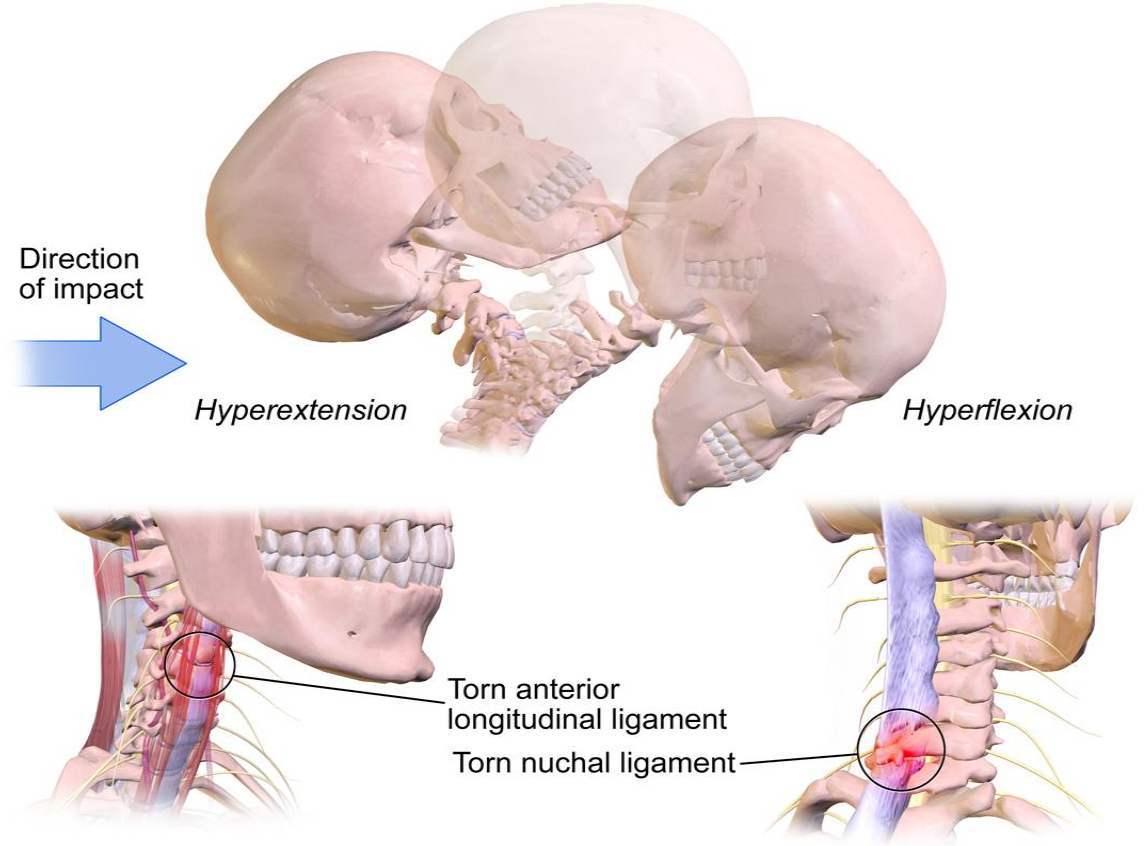


Hyperextension



Hyperflexion

Whiplash
Soft Tissue Damage





BASIC WHIPLASH SYMPTOMS



- ◆ Neck Pain
- ◆ Headache
- ◆ Shoulder Pain
- ◆ Low Back Pain
- ◆ Difficulty Swallowing
- ◆ Blurred Vision
- ◆ Ringing in the Ears
- ◆ Nausea
- ◆ Fatigue or Weakness
- ◆ Irritability
- ◆ Dizziness
- ◆ Vertigo (sense of rotation)

车祸医疗赔付 MVA

- Minor Injury: \$3500, OCF 23 and then OCF 18
- Non-catastrophic injury: \$60000 to \$800000, OCF 18
- Catastrophic injury: OCF 18

治疗

- 消炎药 (anti-inflammatory)
- 物理治疗
- 按摩
- 针灸
- 做操 (exercises)
- 颈托

物理治疗

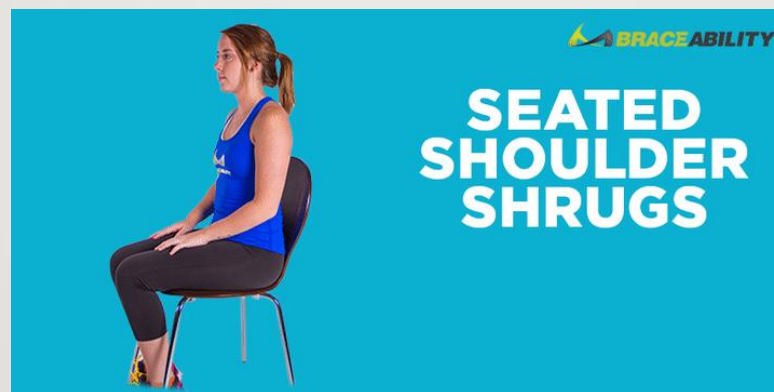
- 超声波，干扰电，牵引，关节松动术，肌肉放松，冰敷，热敷，等
- 冰敷还是热敷？
- 急性期，亚急性期，慢性期，怎么判断？
- 治疗的步骤
 - 消炎止疼：2-3 周
 - 恢复关节活动度
 - 增强肌肉力量
 - 治疗期间和停止治疗后做相关的操

物理治疗仪器

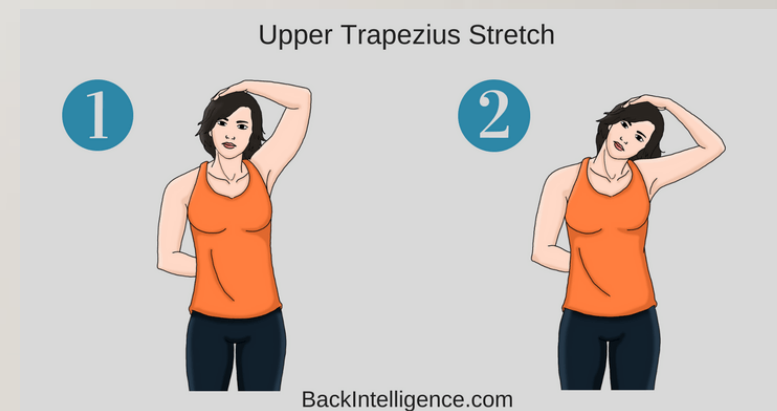
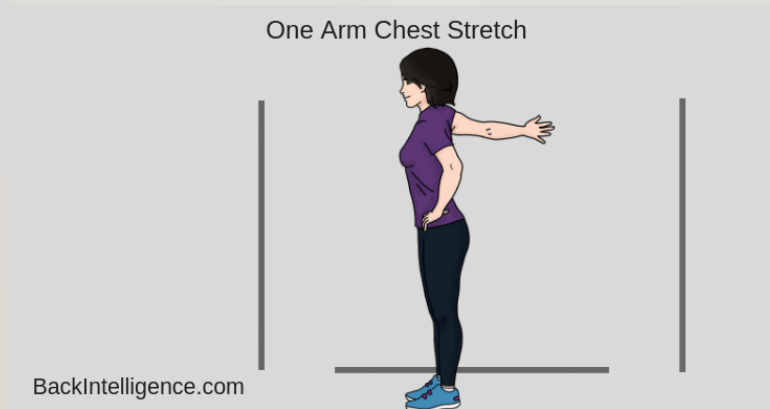
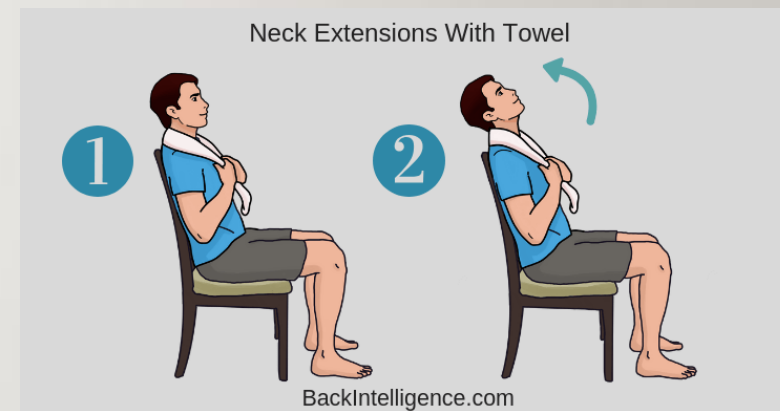
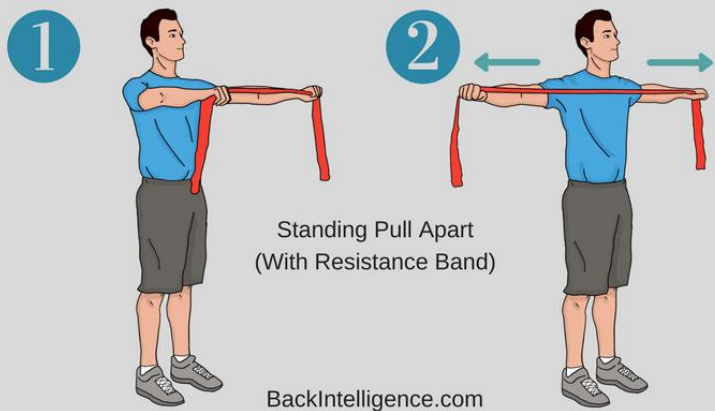


颈部保健操： 颈椎椎管狭窄

保持3秒，重复10次，做3组



颈部保健操： 椎间盘突出





UPPER TRAP STRETCH

Begin by retracting your head back into a chin tuck position. Next, place one hand behind your back and gently pull your head towards the opposite side with the help of your other arm.

You should feel a stretch down the side of your neck.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



LEVATOR SCAPULAE STRETCH

Place your arm on the affected side behind your back and use your other hand to pull your head downward and towards the opposite side.

You should be looking towards your opposite armpit. The stretch should be felt down the side of the neck and into the shoulder blade region.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



DEEP ANTERIOR NECK FLEXOR STRETCH

Place your hands overlapping on your breast bone. Next, tilt you head upwards and away from the affected side until a gentle stretch is felt along the front and side of your neck.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



SUBOCCIPITAL STRETCH

Gently draw your chin downward towards your chest as your fingers assist in adding a stretch to the back of your head.

Use your fingers to apply pressure at the base of your skull. You should feel a stretch at the base of your head and down the back of your neck.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



RHOMBOID AND MIDDLE TRAP STRETCH

Interlace your fingers and then draw your hands forwards until a stretch is felt along your upper back.

NOTE: You can vary the angle of your arms downward to stretch different muscle fibers along your back.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

颈部肌肉拉伸操

预防颈椎疼痛和颈椎病

- 大多数颈部疼痛与不良姿势以及与年纪大了的磨损有关。为了防止颈部疼痛，要将头保持在脊柱中央。改变或调整一些日常生活和工作的习惯可能会有所帮助。例如：
- 保持良好姿势。站立和坐姿时，请确保您的肩膀在臀部上成一直线，而耳朵在肩膀上。
- 经常休息一下。如果您长途旅行或长时间在计算机上工作，要多站起来，四处走动并伸展脖子和肩膀。
- 调整您的办公桌，椅子和计算机，使显示器与您的视线平齐。膝盖应略低于臀部。使用椅子的扶手。通话时，避免将手机夹在耳朵和肩膀之间。改用耳机或免提电话。
- 戒烟。吸烟会使您更容易出现颈部疼痛。
- 避免在肩上背带着带子的沉重袋子。重量会拉伤您的脖子。
- 保持良好的睡姿。您的头和颈部应与身体对齐。在脖子下用一个小枕头。枕头的数量和厚度以保持您的颈椎在正确的位置为准。仰卧时，在膝盖下面放个枕头，这会使您的脊椎肌肉保持在水平放松状态。