

# 脊柱側彎的物理治療 Physiotherapy for scoliosis

患者確診後就可接受物理治療師的評估，包括骨骼已成熟的成人患者。

A physiotherapist can be consulted once scoliosis is detected, including adults whose bones have already matured.

因個別患者的側彎位置和類型（「C」形或「S」形），所需的運動也會不同。

The positions and type of the curvature ("C" or "S") differ for each individual, thus individualized exercises are required.

## 物理治療 Physiotherapy :

- 檢測及評估  
Assessment and evaluation
- 使用手法治療以鬆弛繃緊關節及改善軟組織不同位置的牽拉  
Provision of manual therapy to tackle joint stiffness and muscle imbalance
- 給予針對性的運動以強化肌肉固定脊柱位置  
Provision of tailor-made exercises to strengthen up muscles, stabilising the spine.
- 治療因脊柱側彎而引致的痛症  
Pain-relieving treatment



## 查詢及報名 Enquires & Registration

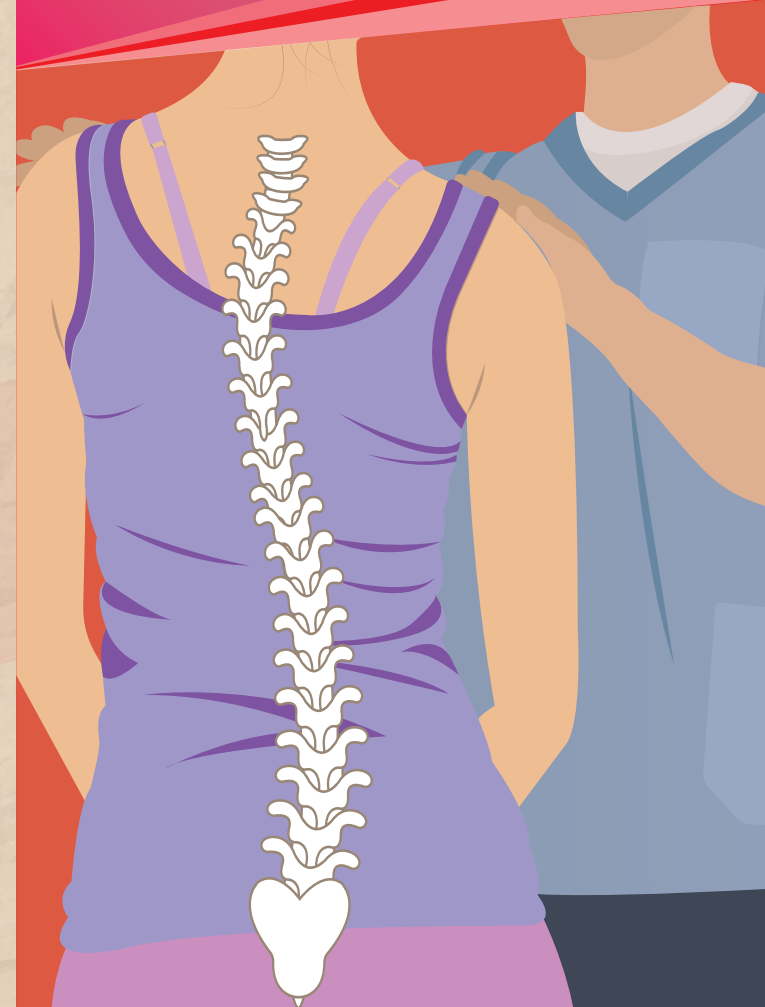
此服務需醫生轉介，請聯絡物理治療部。  
Doctor's referral required for this service.  
Please contact Physiotherapy Department.

☎ 2760 3444



# 脊柱側彎

Scoliosis





## 什麼是脊柱側彎? What is scoliosis?

“ 正常脊柱從後看是直的。若脊柱骨向左或右彎曲和旋轉呈現「C」或「S」形、而X光計算的脊柱側彎角度(Cobb Angle)多於10度，則稱為脊柱側彎。

A normal spine appears vertical when viewed from the back. Scoliosis is a condition with sideways curvature and rotation of the spine to form "C" or "S" shaped curves, with Cobb Angle  $\geq 10^\circ$  on X-ray.

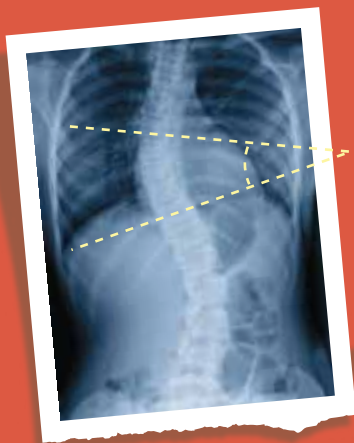
大約80%脊柱側彎患者屬於成因不明的「青少年原發性脊柱側彎」。

Around 80% of scoliosis cases have unknown causes and appear during puberty. This is called Adolescent Idiopathic Scoliosis.

其他成因包括先天脊椎發育異常、神經肌肉病變、創傷等。

Other causes of scoliosis may result from congenital bony abnormalities, neuromuscular disorders or trauma.

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脊柱側彎角度  
Cobb Angle



## 青少年原發性脊柱側彎常見嗎? How common is adolescent idiopathic scoliosis?

「青少年原發性脊柱側彎」影響約2至3%的青少年，通常發生在10至15歲的年紀中，這時骨骼快速增長。當中女孩的發病率較高，是男孩的大約4倍。若骨骼發育仍未成熟，而側彎角度又較嚴重的患者，出現惡化的機會則較大。

Adolescent Idiopathic Scoliosis affects 2-3% of adolescents. It usually starts around the age of 10 to 15 years old when the bones are growing rapidly. Girls are roughly 4 times more likely to be affected than boys. Those with higher degrees of curvature and whose bones are still growing are more likely to have further deterioration.

當骨骼發育成熟而患者不再長高時，出現惡化的機會就會減低。家人有脊柱側彎的人士亦有較高風險患上脊柱側彎。

When bones mature and stop growing, the curve is less likely to deteriorate. Those with a family history of scoliosis have a higher risk of developing scoliosis.



## 如何診斷和治療脊柱側彎? How to detect and manage scoliosis?

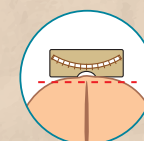
1 觀察體徵：例如肩膊高低不一、肩胛骨異常突出、腰部左右不對稱、身體傾斜在一側等等。

Observe body asymmetry: Uneven shoulder level, exaggerated shoulder blade protrusion, uneven waistline or lateral shifting of the body.



2 亞當式前彎測試法：利用側彎度數儀可量度脊柱扭轉的角度，若角度多於5度就屬於懷疑個案。

Adam's Forward Bend Test: A suspected case of scoliosis is identified when an angle of trunk rotation reading of  $\geq 5^\circ$  is measured using a scoliometer.



正常脊柱  
Normal Spine



脊柱側彎  
Scoliosis



3 若任何人出現以上徵象並懷疑已有脊柱側彎，便應看醫生或尋求物理治療師檢測，進行早期治療防止病情惡化。

When the above symptoms are noted, a doctor can be consulted and referred for physiotherapy for assessment and treatment. This aims to minimize or stop curve progression as soon as possible.

4 若情況惡化，側彎角度大概30至45度(中度個案)而骨骼還處於成長期，就可能需配戴脊柱側彎矯形器。若情況惡化，側彎角度大概30至45度(中度個案)而骨骼還處於成長期，就可能需配戴脊柱側彎矯形器。

If curve worsens to Cobb Angle of around  $30^\circ$  to  $45^\circ$  (moderate curvature) before skeletal maturity, a scoliosis brace may be required.

5 至於側彎角度大於45度(嚴重個案)而骨骼還處於成長期，就可能需考慮做手術。

With Cobb Angle  $\geq 45^\circ$  (severe curvature) before skeletal maturity, surgery may be required.