

Painful Orthopaedic problems for the middle aged and above

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- 香港大學內外全科醫學士
- 香港骨科醫學院院士
- 香港醫學專科學院院士 (骨科)
- 英國愛丁堡皇家外科醫學院骨科院士
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Cervical spine:

- Radiculopathy
- Myelopathy

Lumbar spine:

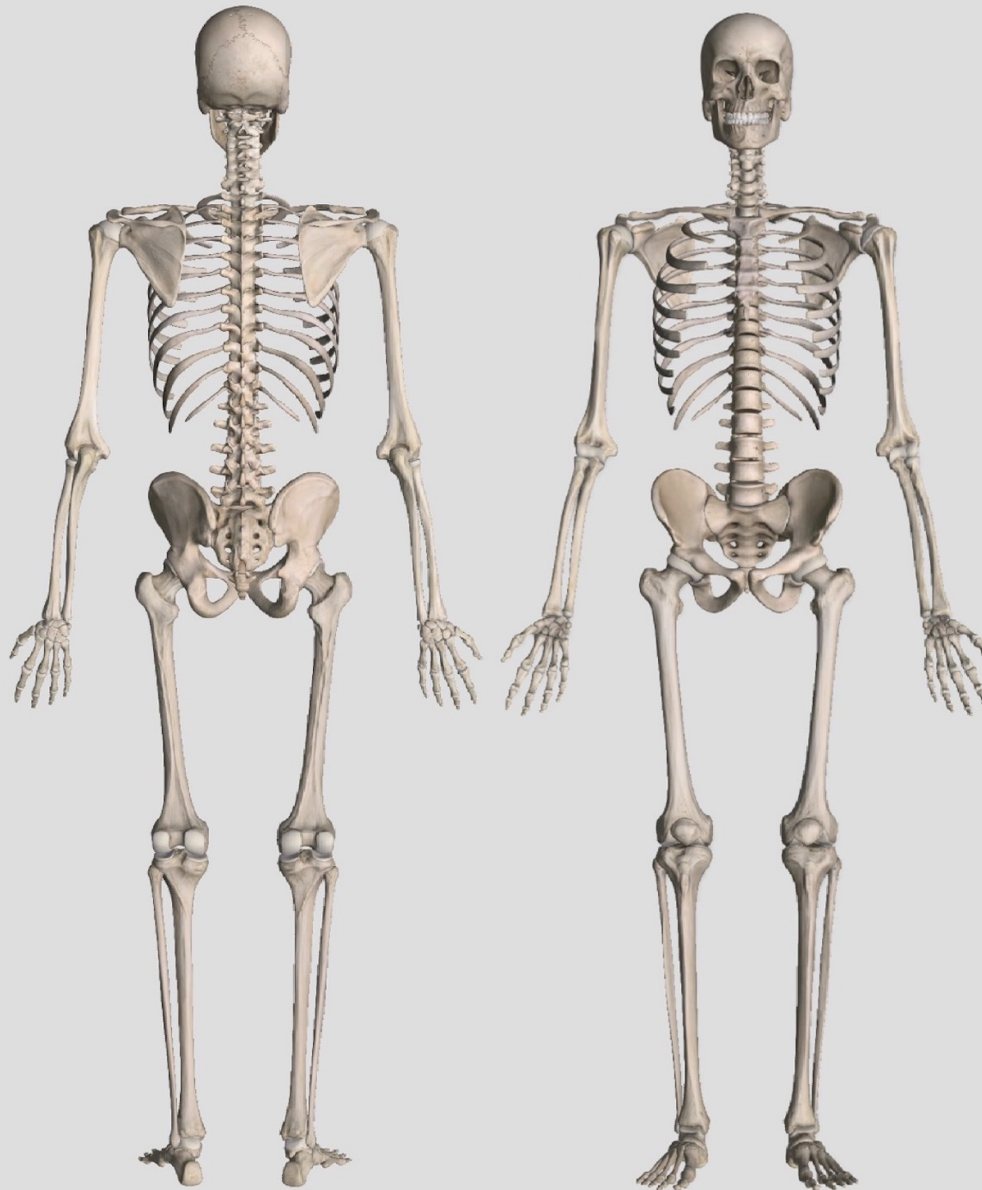
- Back pain
- Sciatica
- Prolapsed intervertebral disc
- Spinal stenosis
- Spondylolisthesis

Hip:

- Osteoarthritis
- Impingement

Knee:

- Osteoarthritis
- ACL tear
- Meniscal tear
- Deformity



Shoulder:

- Frozen shoulder
- Tendinitis/impingement
- Rotator cuff tear

Elbow:

- Tennis elbow
- Cubital tunnel syndrome

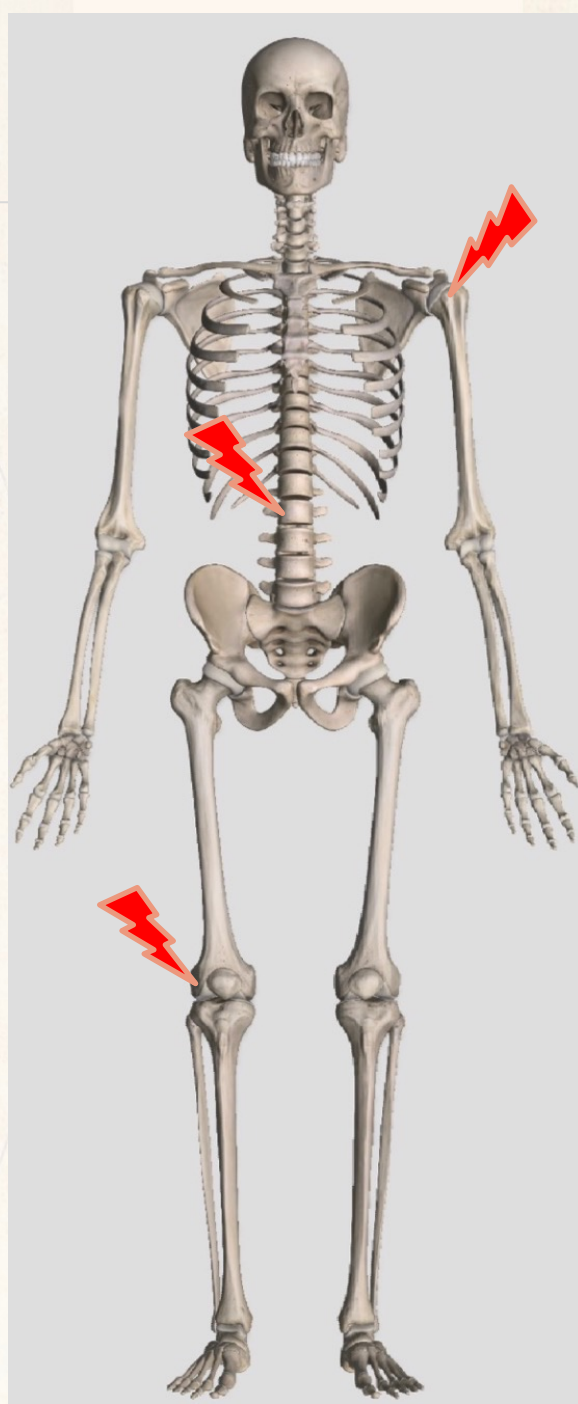
Wrist:

- Ganglion
- Carpal tunnel syndrome
- Trigger finger
- Rheumatoid arthritis deformity

Foot and ankle:

- Hallux valgus
- Plantar fasciitis
- Flatfoot
- Ankle sprain
- In-toe/ Out-toe gait

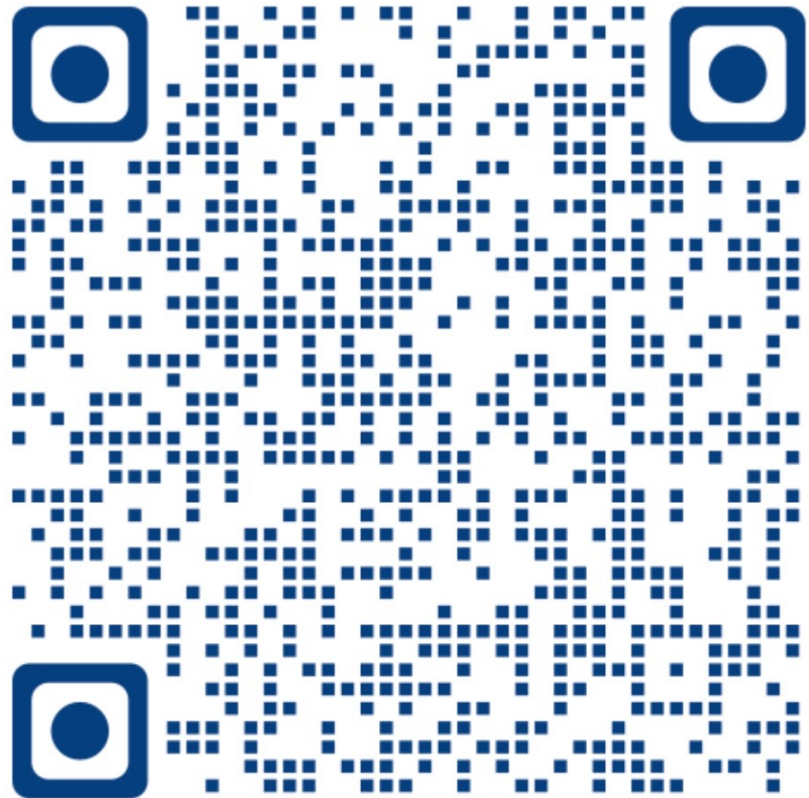
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WhatsApp



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膝頭哥 成日痛
係咪要一定換人工關節

- 🤕 換完唔行得
- 😭 唔使做運動
- 😐 剩係用得十年



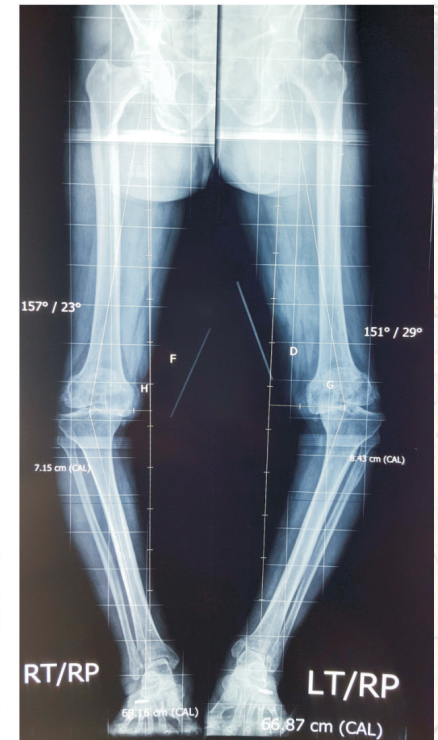
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關節退化 徵狀

徵狀

- 痛楚
- 腫脹
- 發熱
- 發出聲響
- 無力
- 活動困難
- 膝關節變形



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關節炎的不同階段

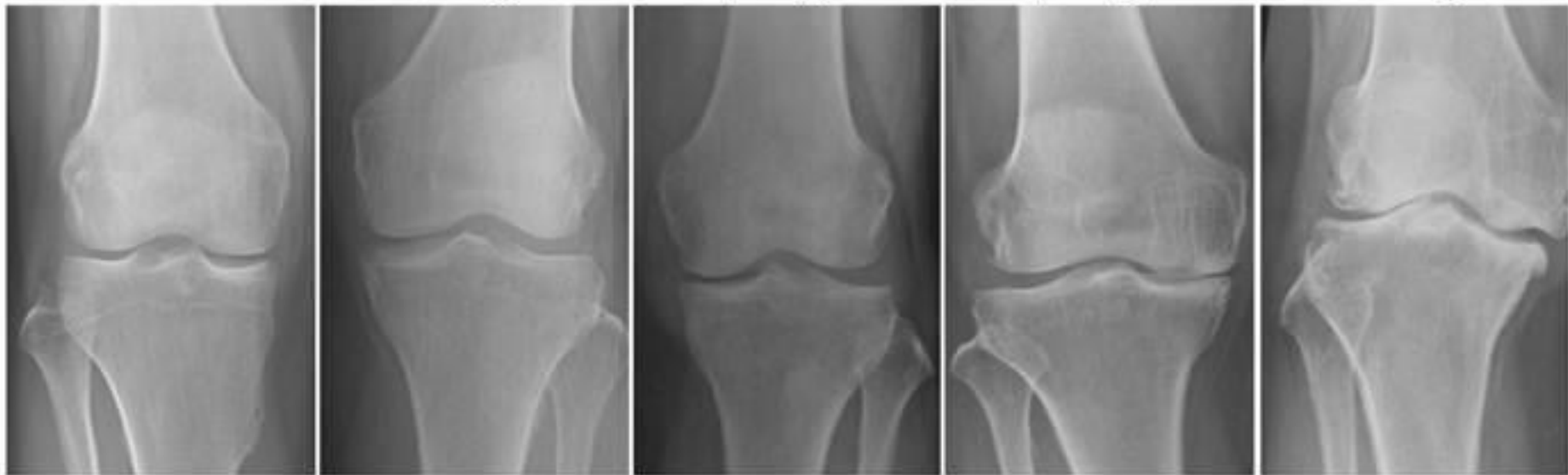
Acute

OA, 1 grade

OA, 2 grade

OA, 3 grade

OA, 4 grade



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走路時一定會非常痛及困難

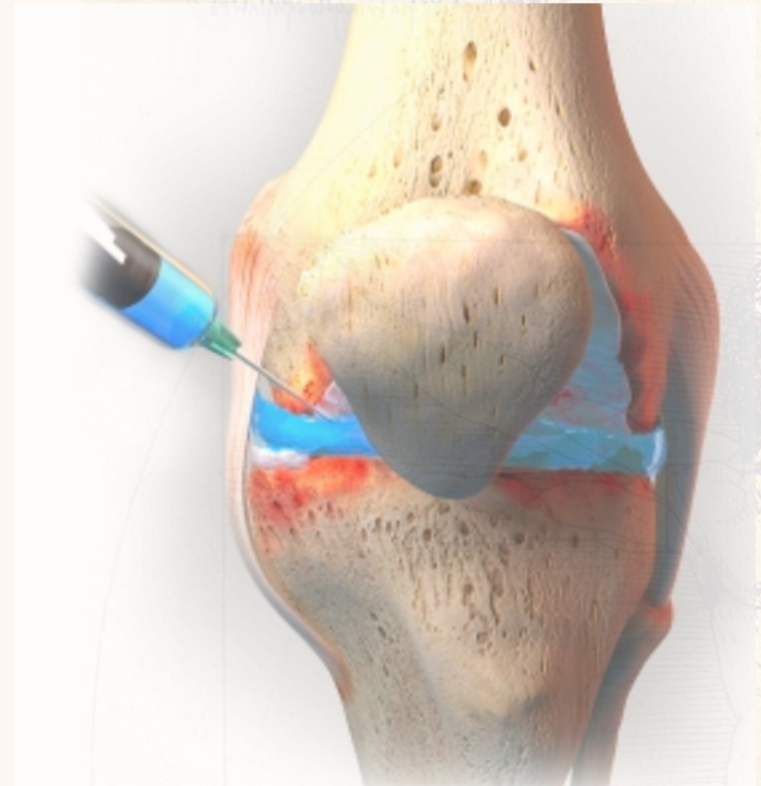


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透明質酸注射
Hyaluronic acid

高濃度血小板血漿
Platelet-rich plasma (PRP)

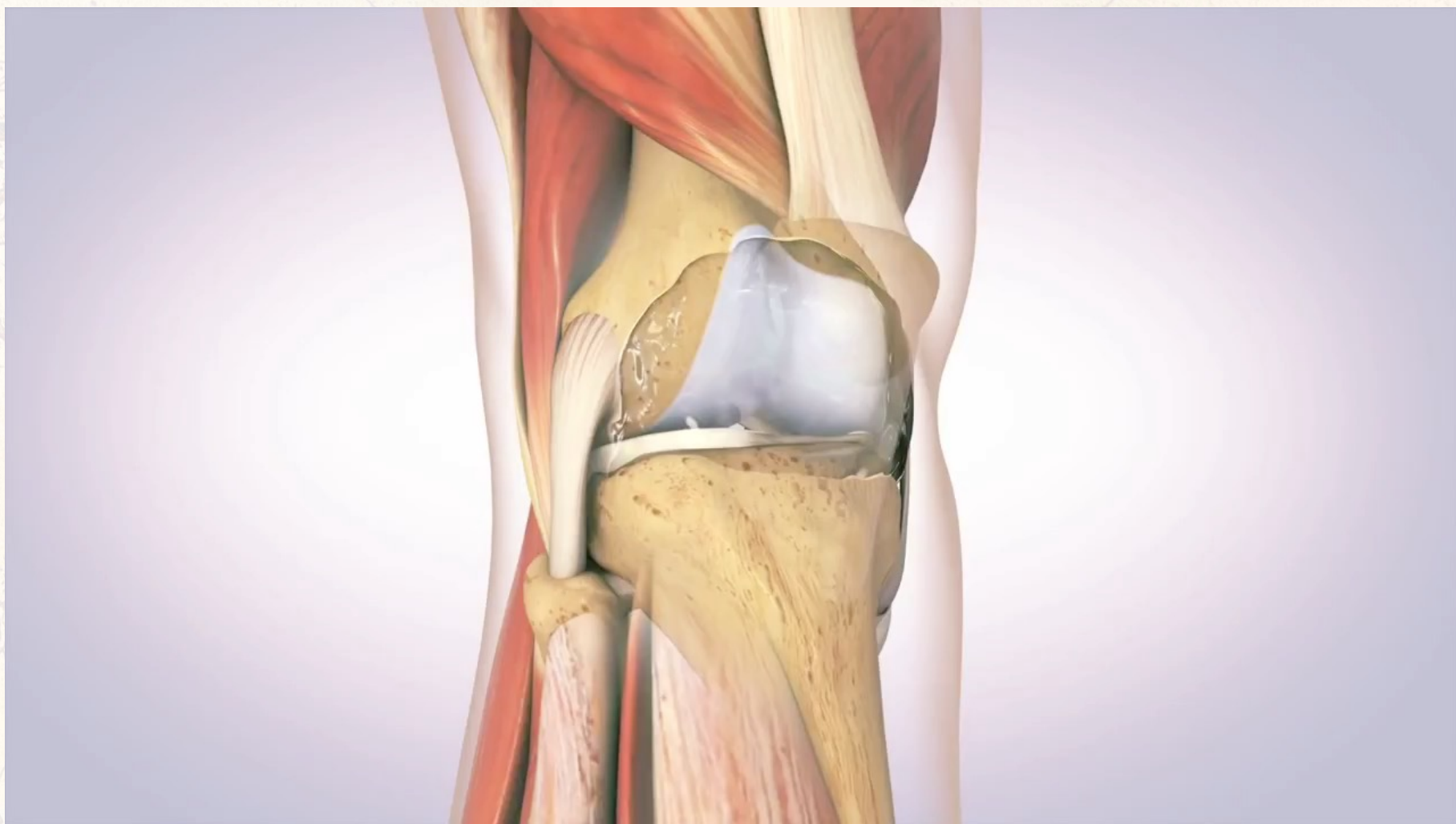


膝關節注射（打骨針）

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打骨針



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打骨針



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透明質酸注射 (Viscosupplementation)

- 透明質酸是天然的，人體關節的滑液本身含透明質酸，當關節退化，關節滑液便會減少，注射透明質酸能令關節較為順滑，**減低關節摩擦產生的痛楚**
- 《香港醫學雜誌》曾刊登有關華裔人士的膝關節研究文章，結果發現患者在注射後第6周，**痛楚指數平均下降三成**。
- 2014年美國研究亦指出，定期在膝關節注射透明質酸，可**延遲進行手術達7年之久**。

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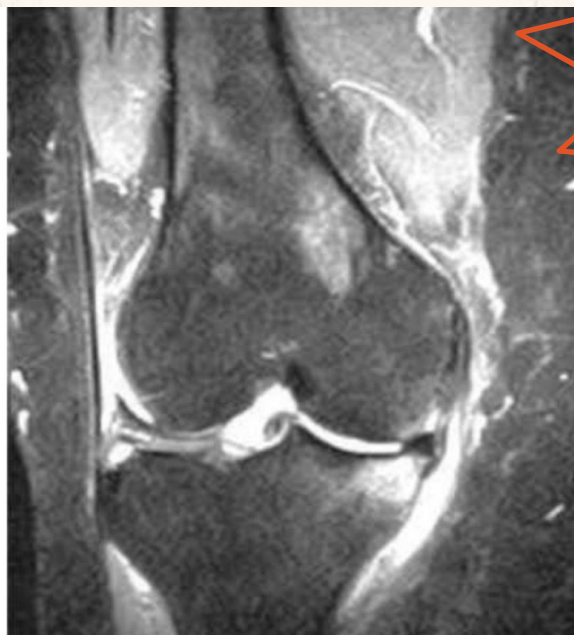
手術治療

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骨髓病變: Subchondroplasty (軟骨下成骨術)

- 微創，影像導航技術
- 填補軟骨下骨缺損

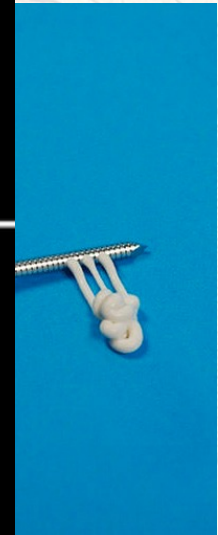
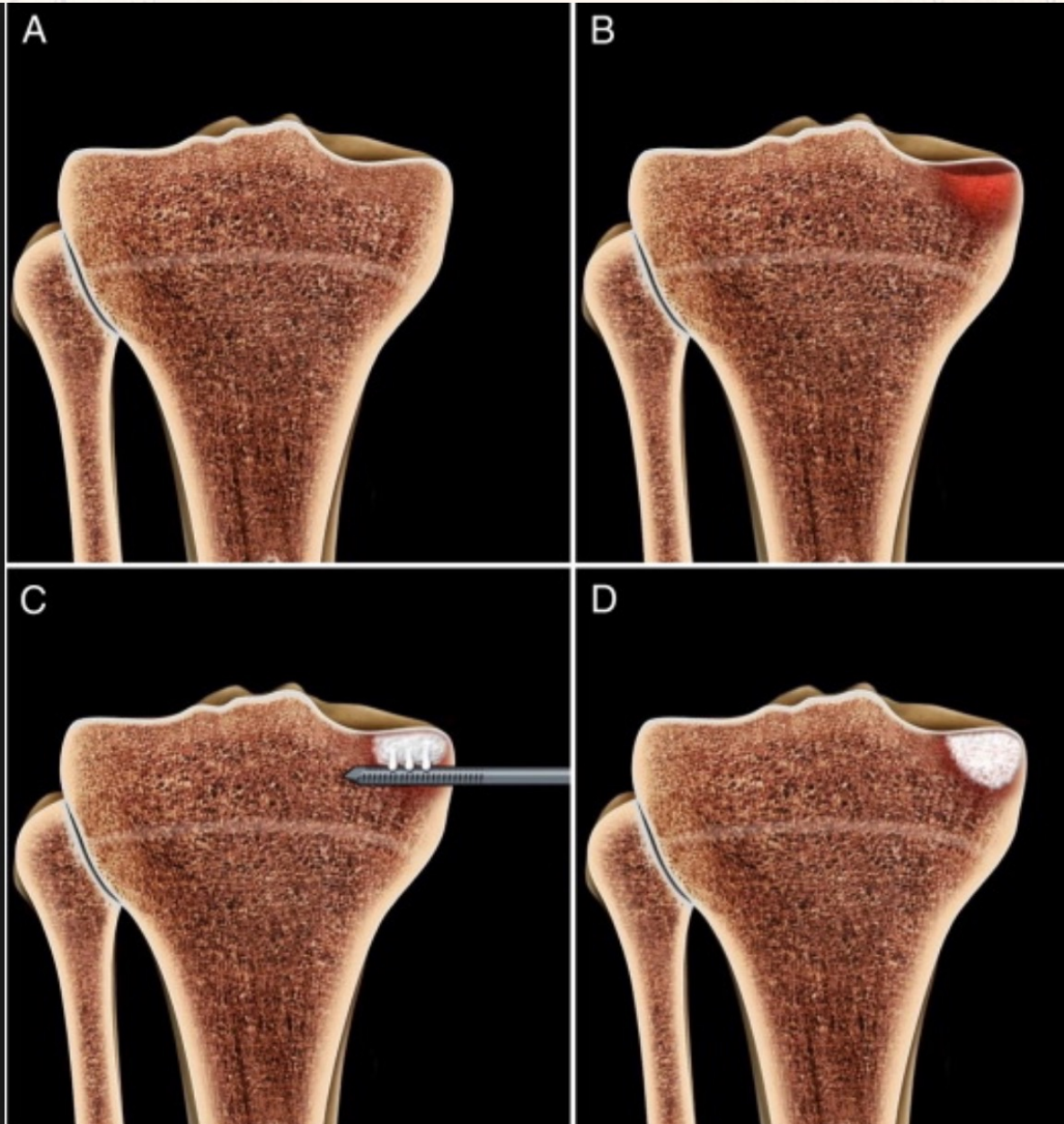


**X光
正常！**

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在X光導



Yuen

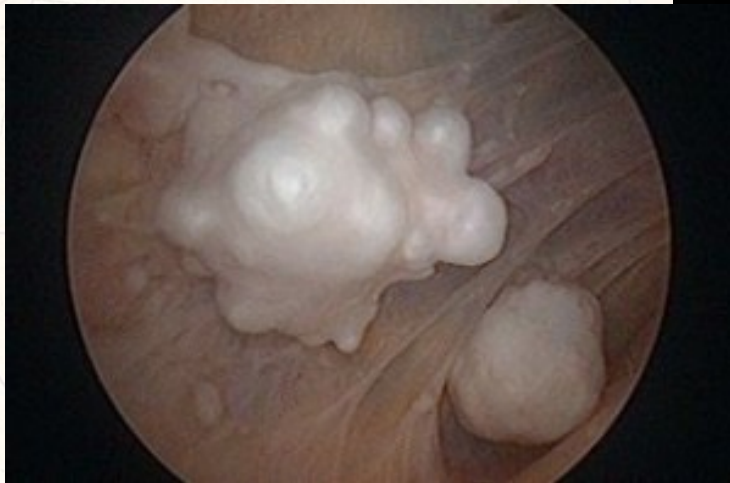
DU CHUEN I CHU

微創膝關節鏡手術

- 清創
- 沖洗



游離體

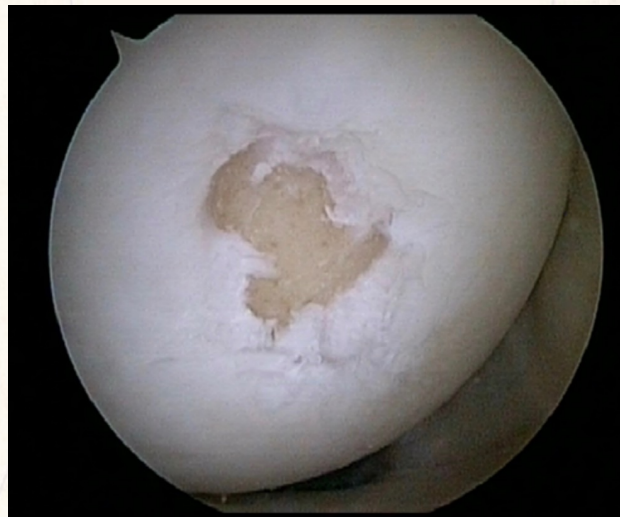
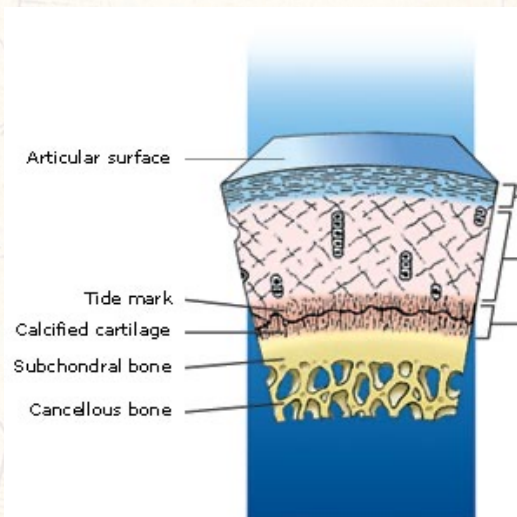


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微創膝關節鏡：微骨折手術

■ 軟骨修復



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好大手術！

個髌係用到十年？

全膝關節置換術

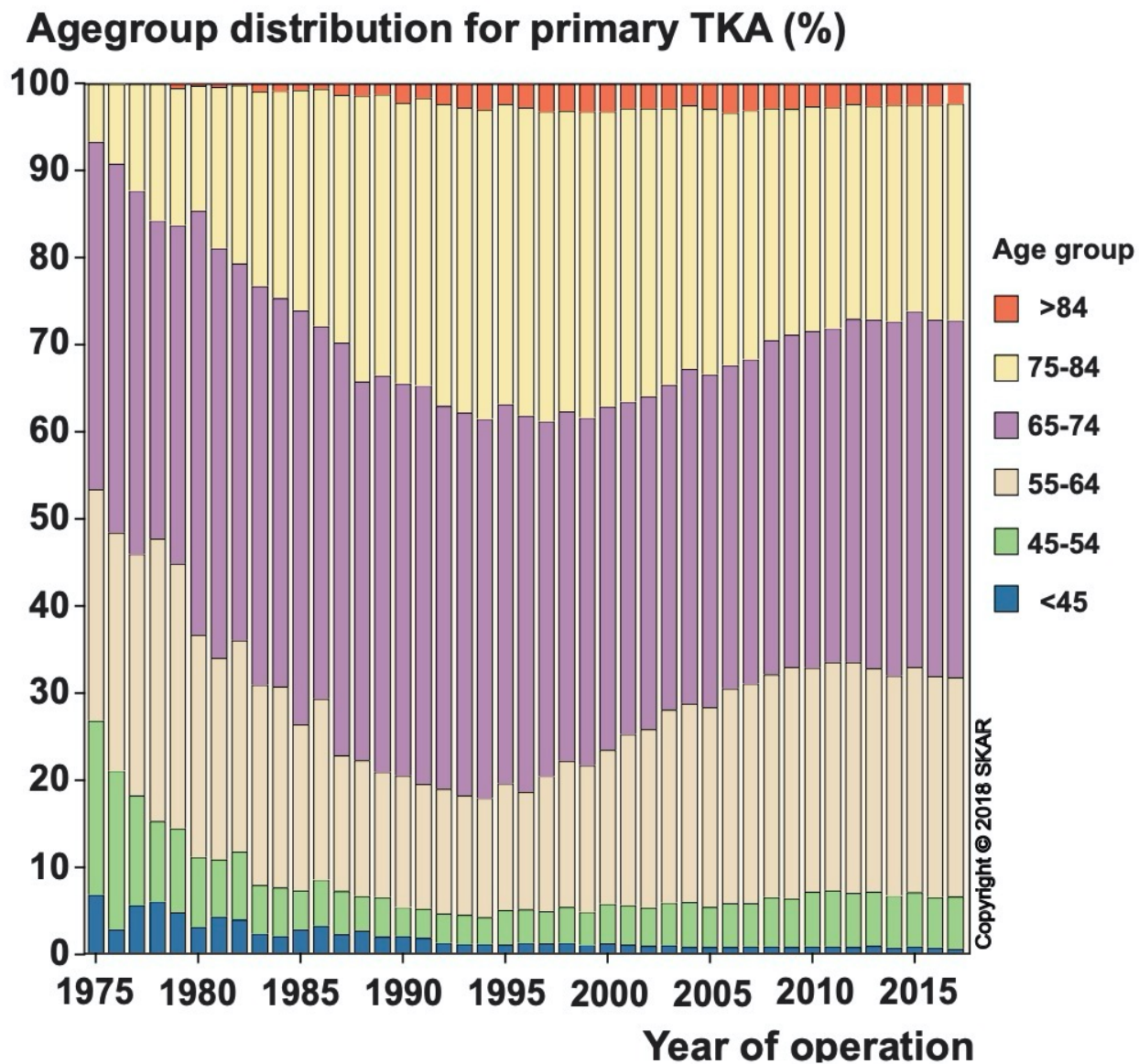
TOTAL KNEE REPLACEMENT

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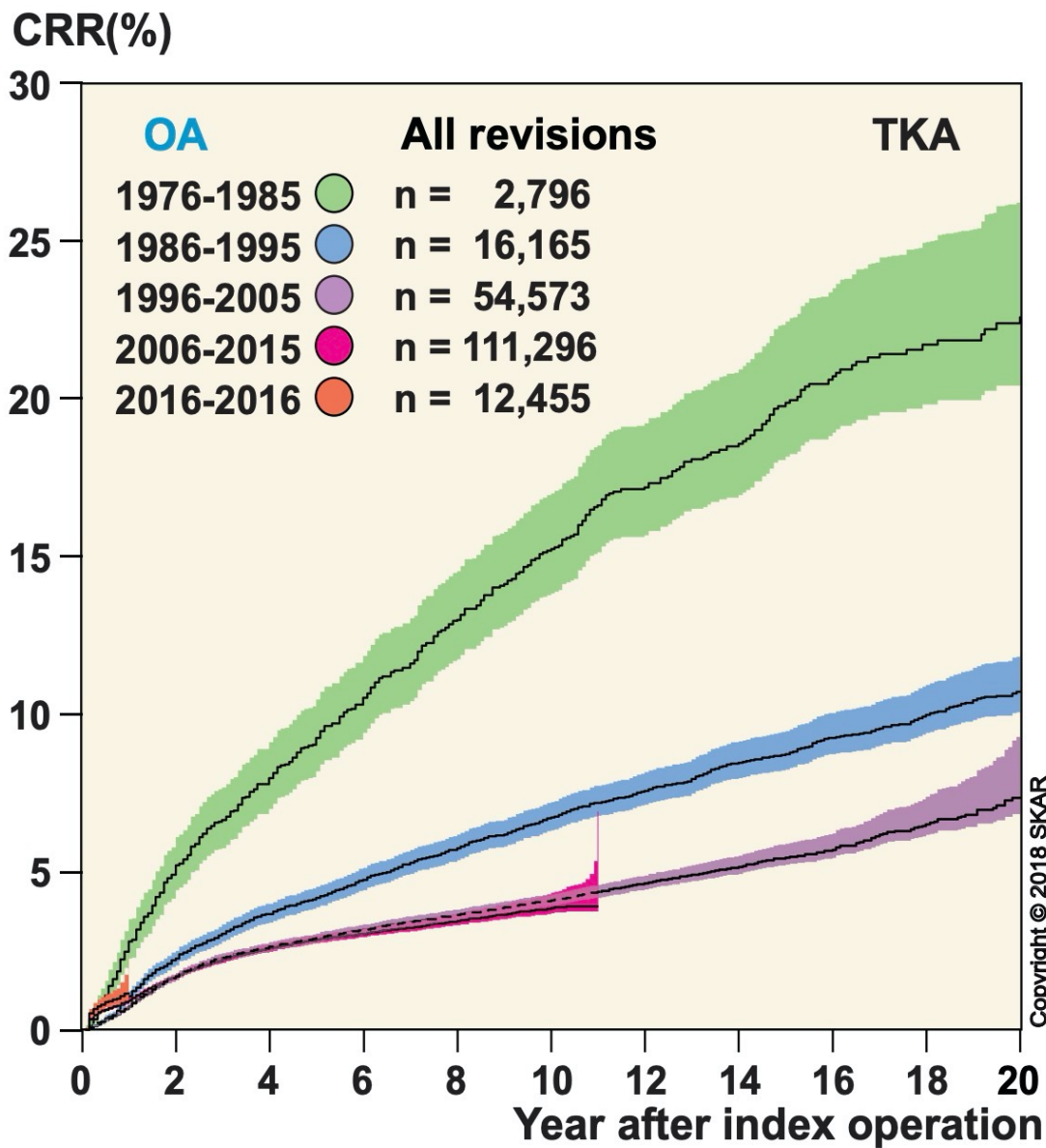
全膝人工關節置換術



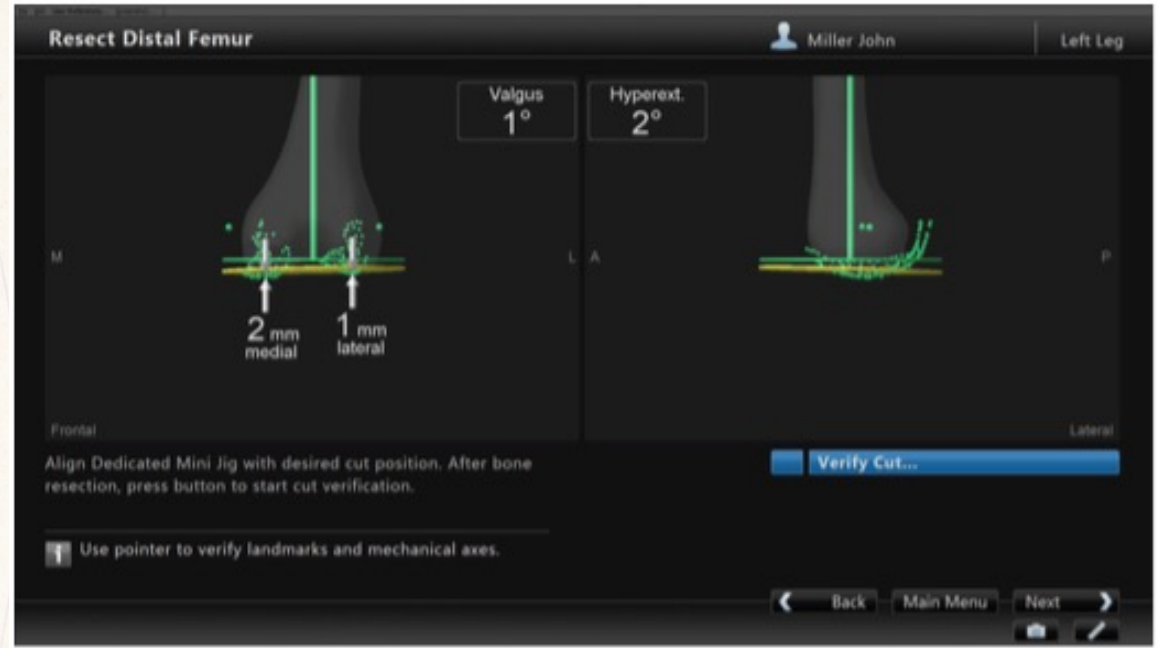
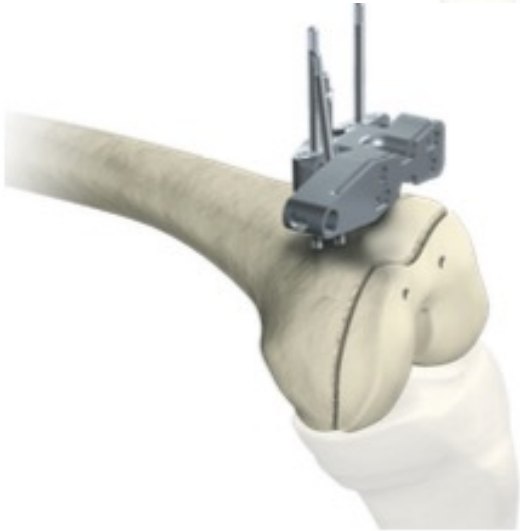
做手術的病人年齡分佈：



術後 需要再做手術的機會：



電腦導航技術



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全膝關節置換術

- 手術時間：60分鐘
- 出血量：100 ml
- 術後第1天：開始走路復康
- 術後第 3-5天：出院
- 迷思：10年要翻



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正確診斷 正確選擇

止痛, 預防

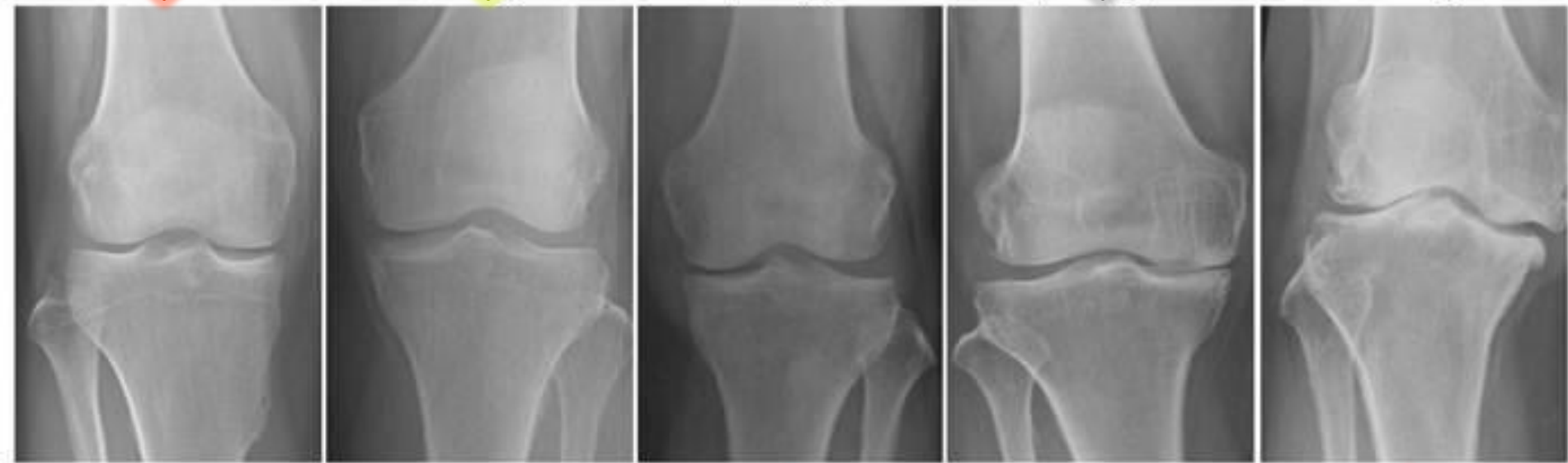
關節注射

矯形手術

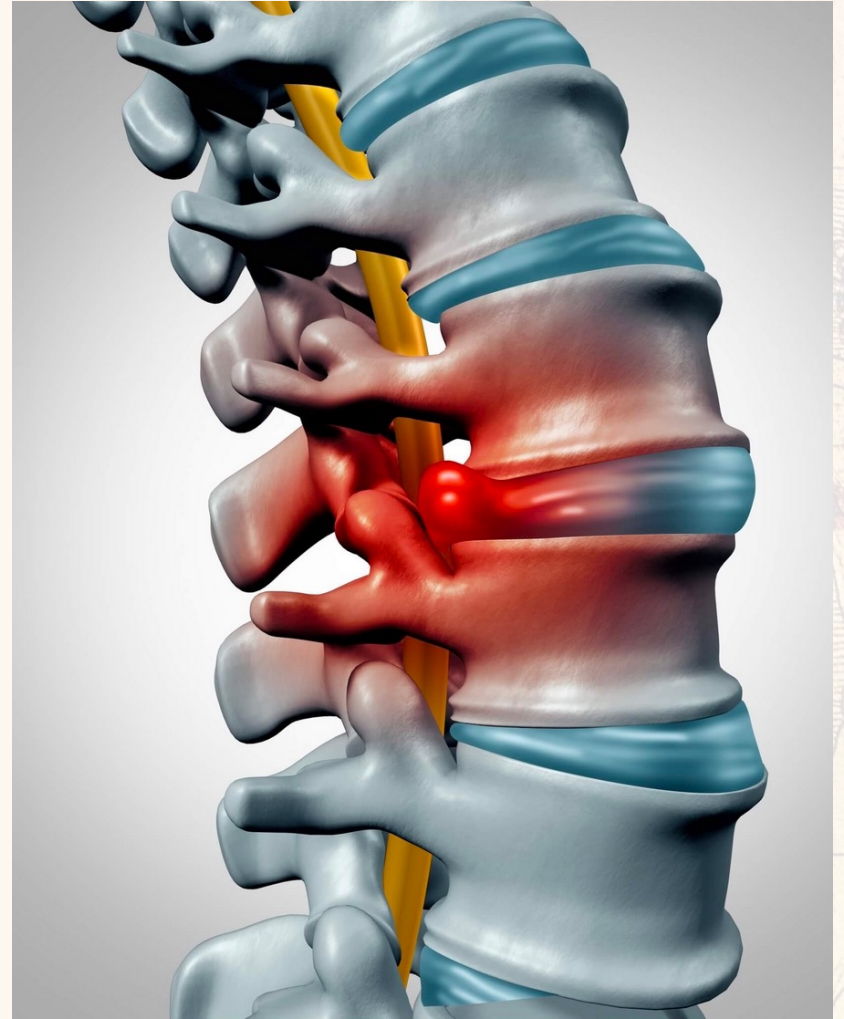
微創關節鏡

Dr. Sim

關節置換手術



坐骨神經痛 椎間盤突出



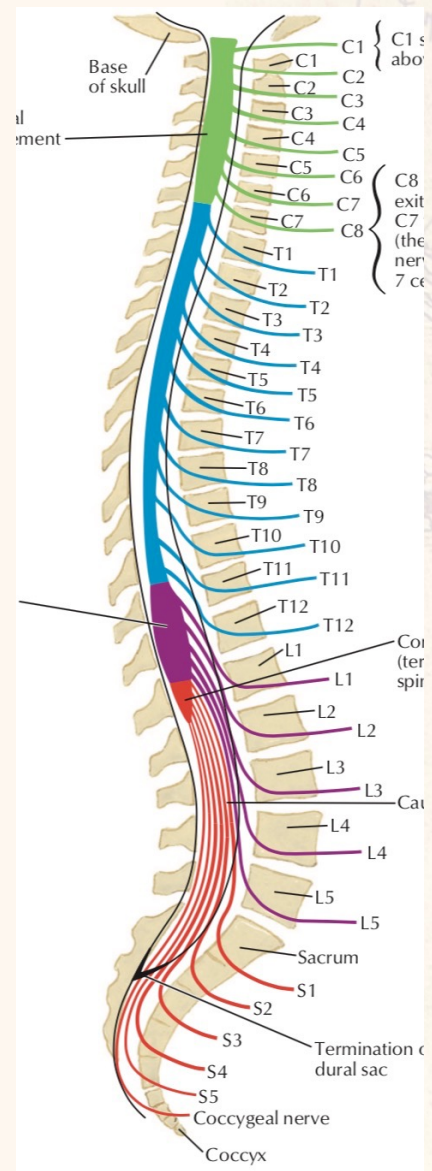
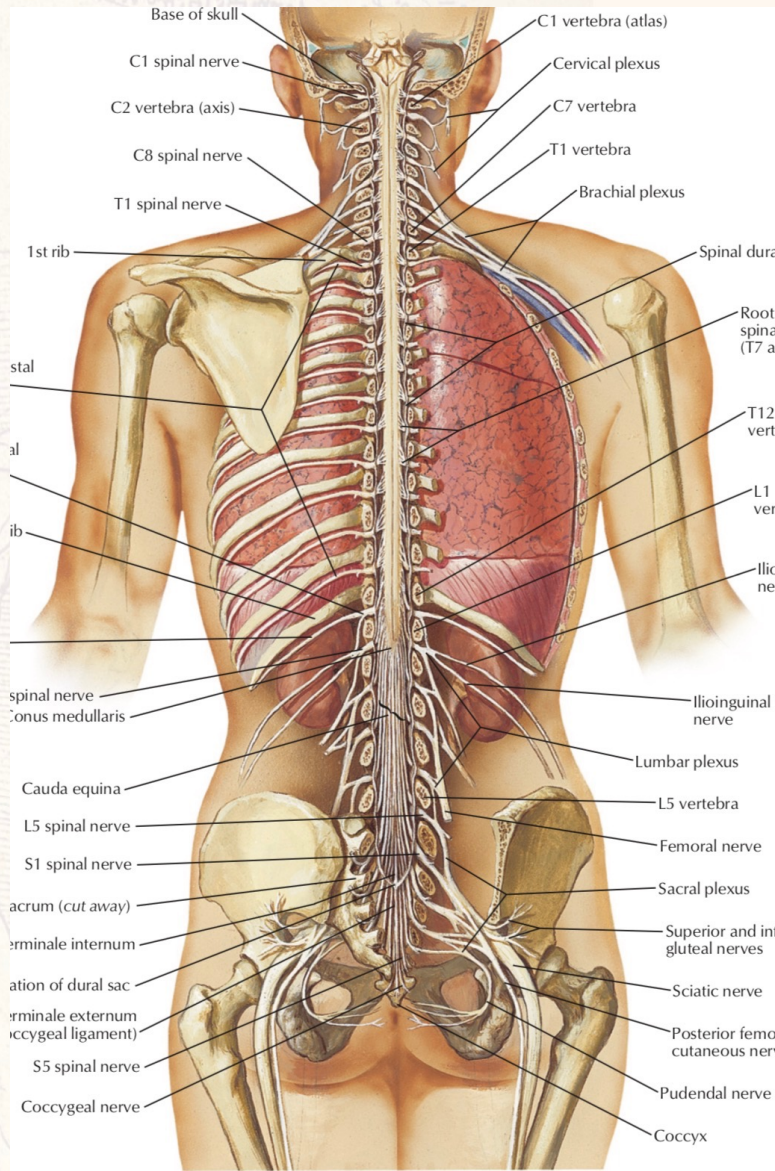
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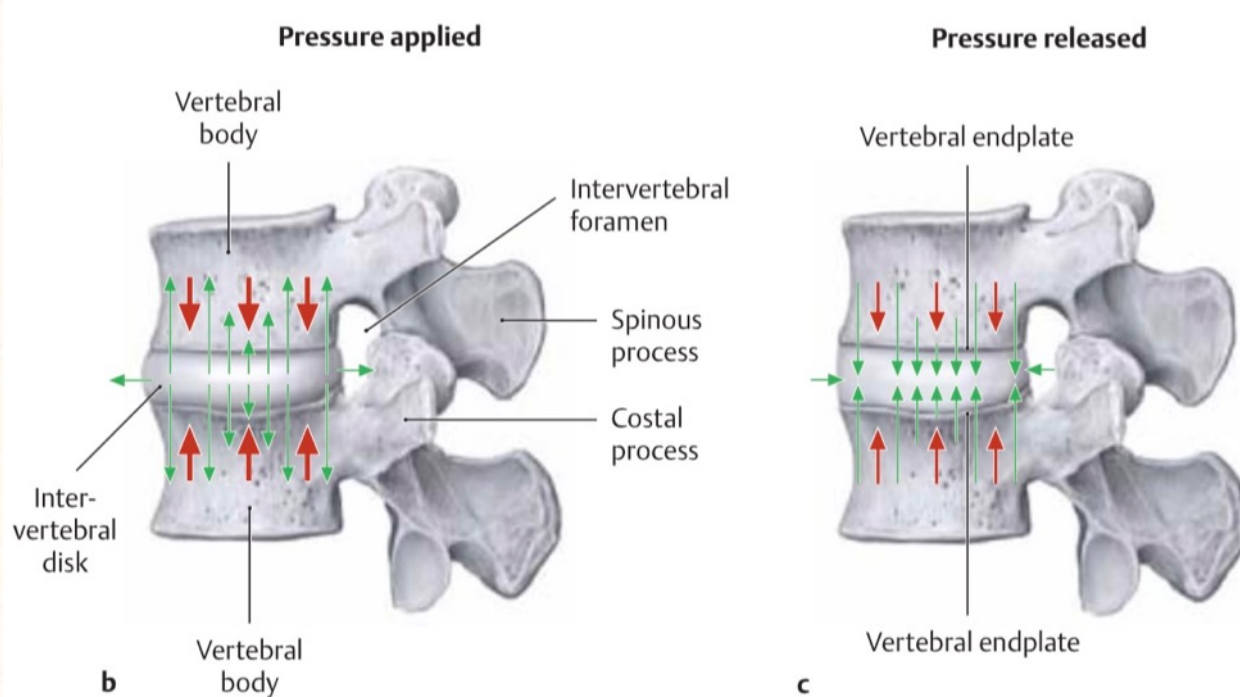
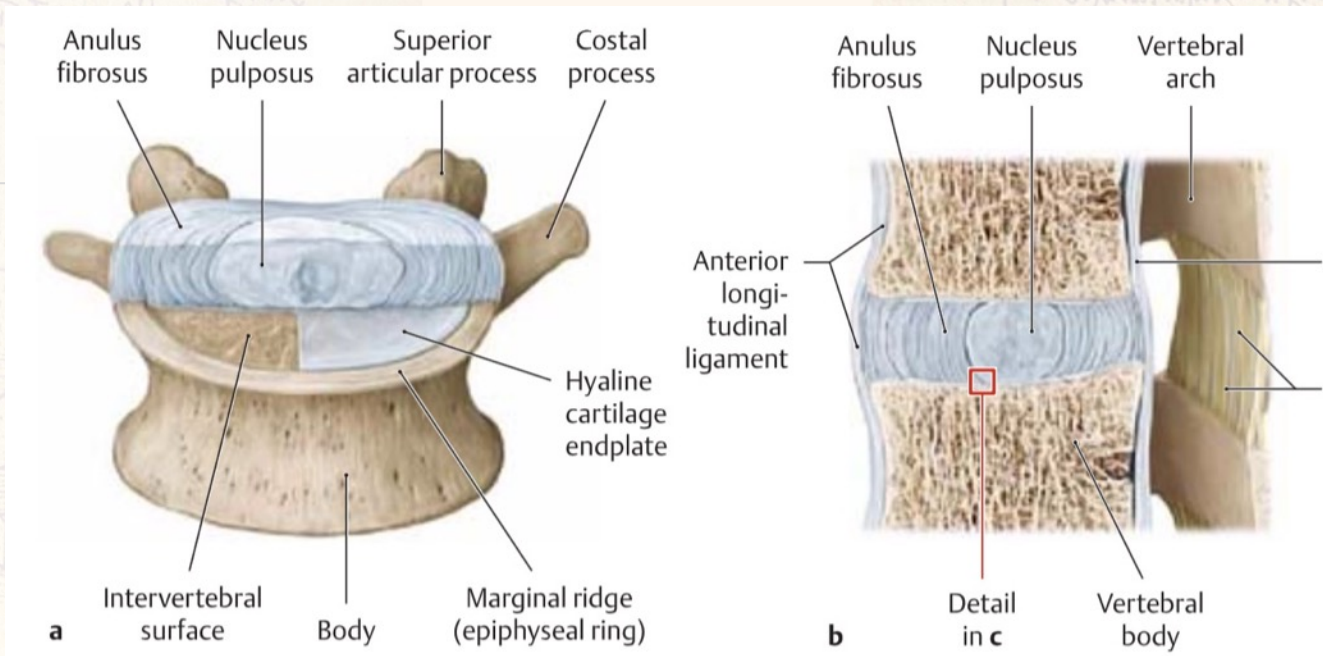
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壓力/ 退化



Why ME ?!



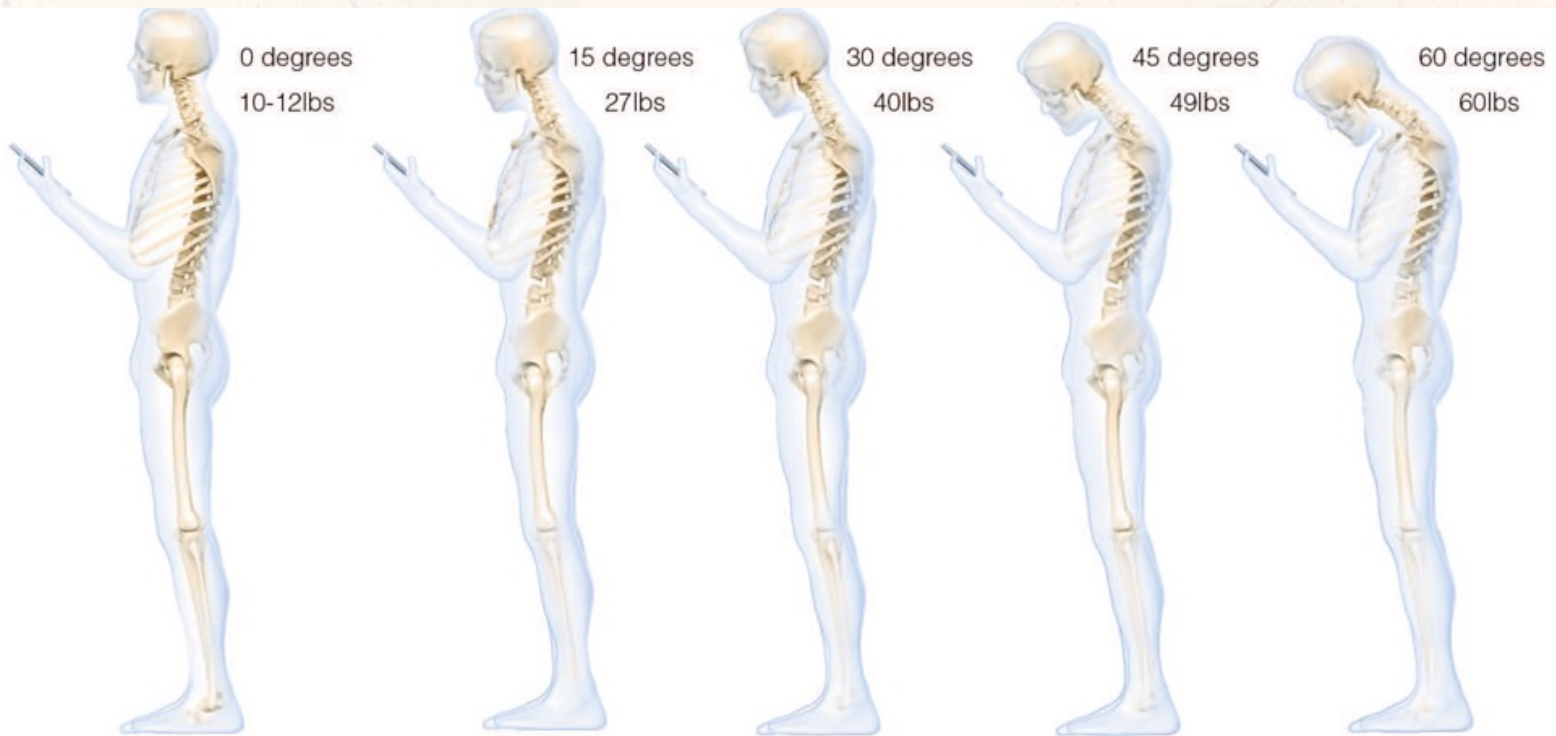
我有壓力，你有壓力

I have pressure. You have pressure too.

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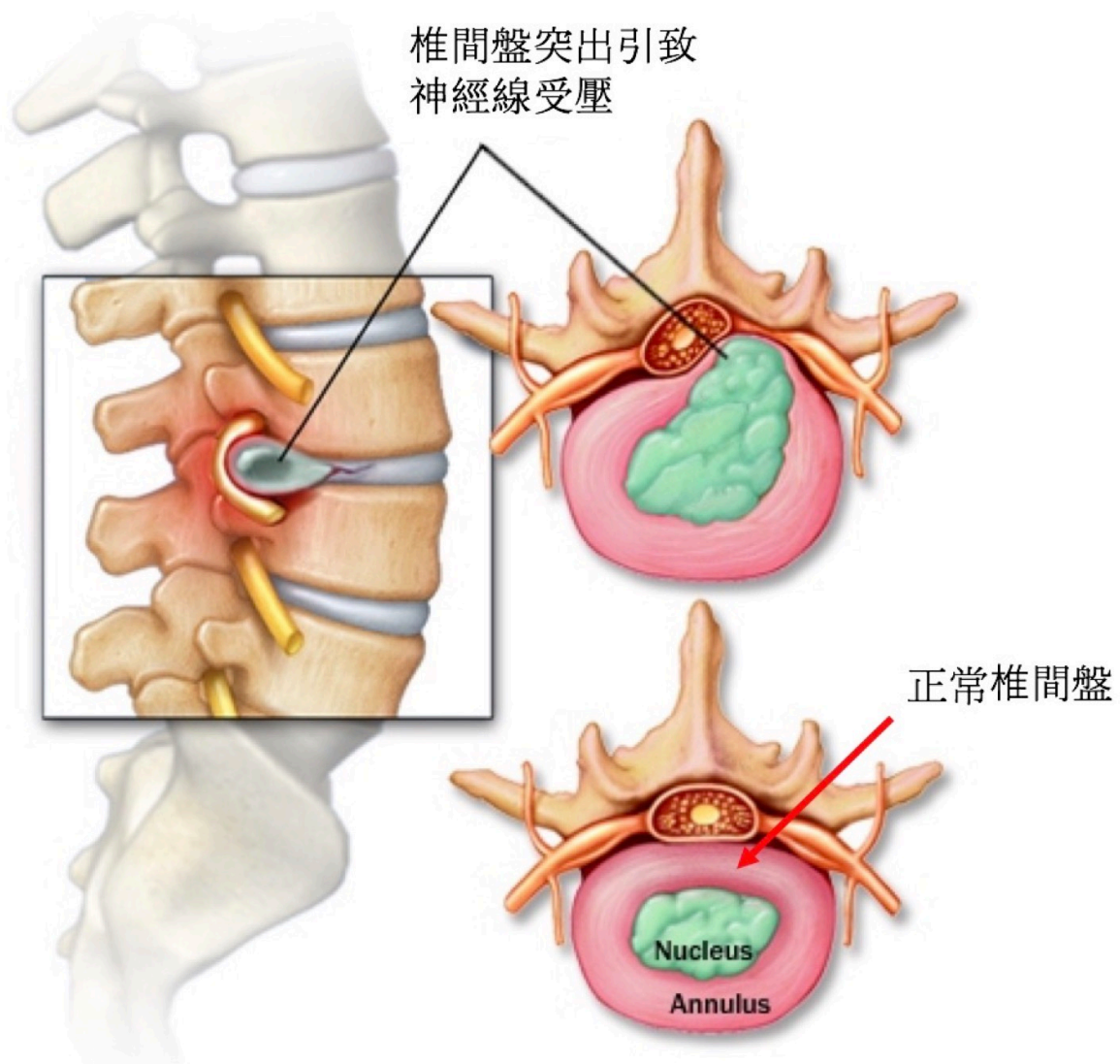
低頭族



Position	Neutral	15 °	30°	45 °	60 °	90°
Force To Cervical Spine	10-12lbs.	27lbs.	40lbs.	49lbs.	60lbs.	Not Measurable

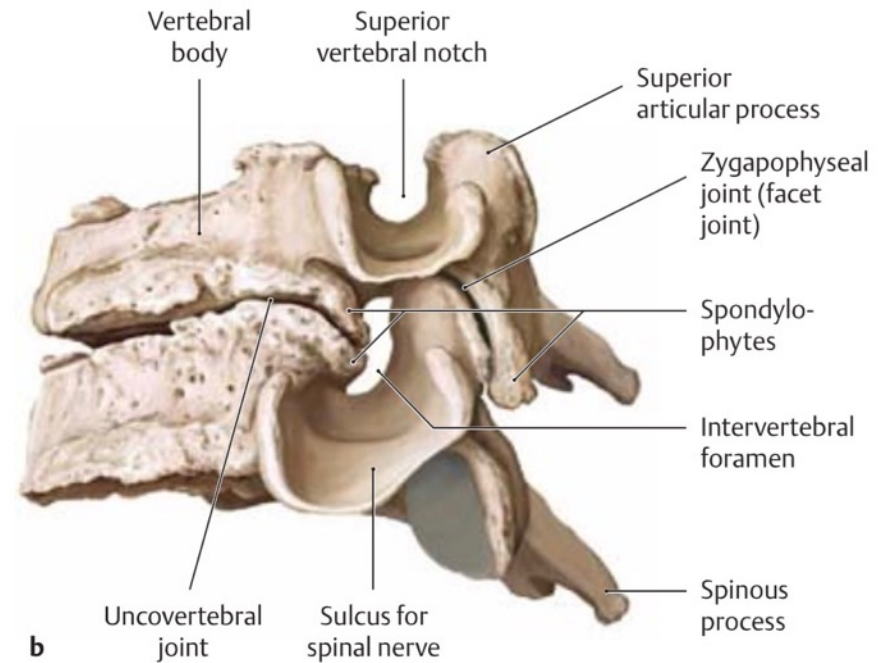
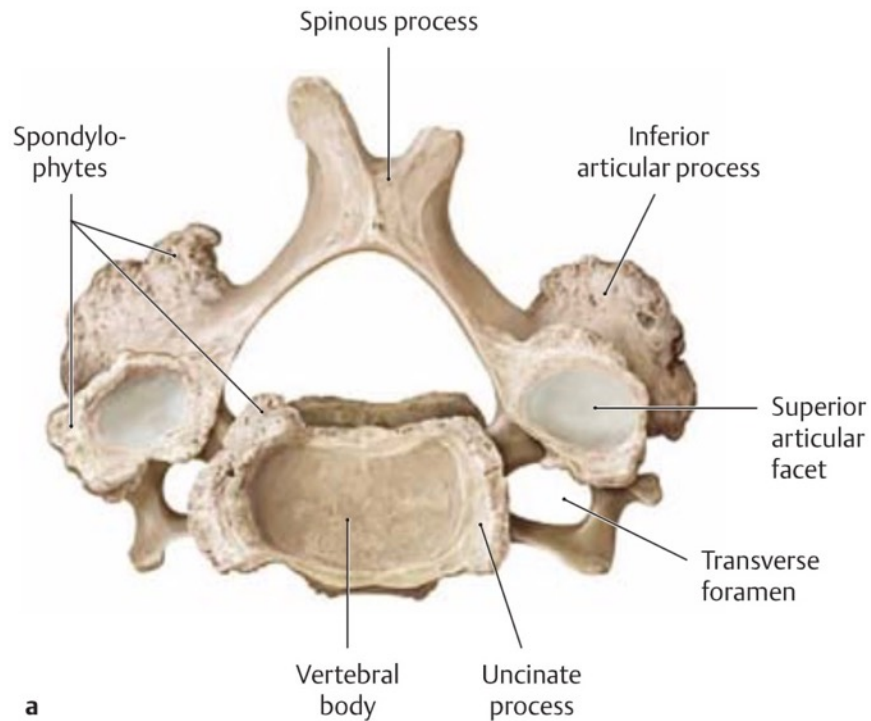
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椎間盤突出

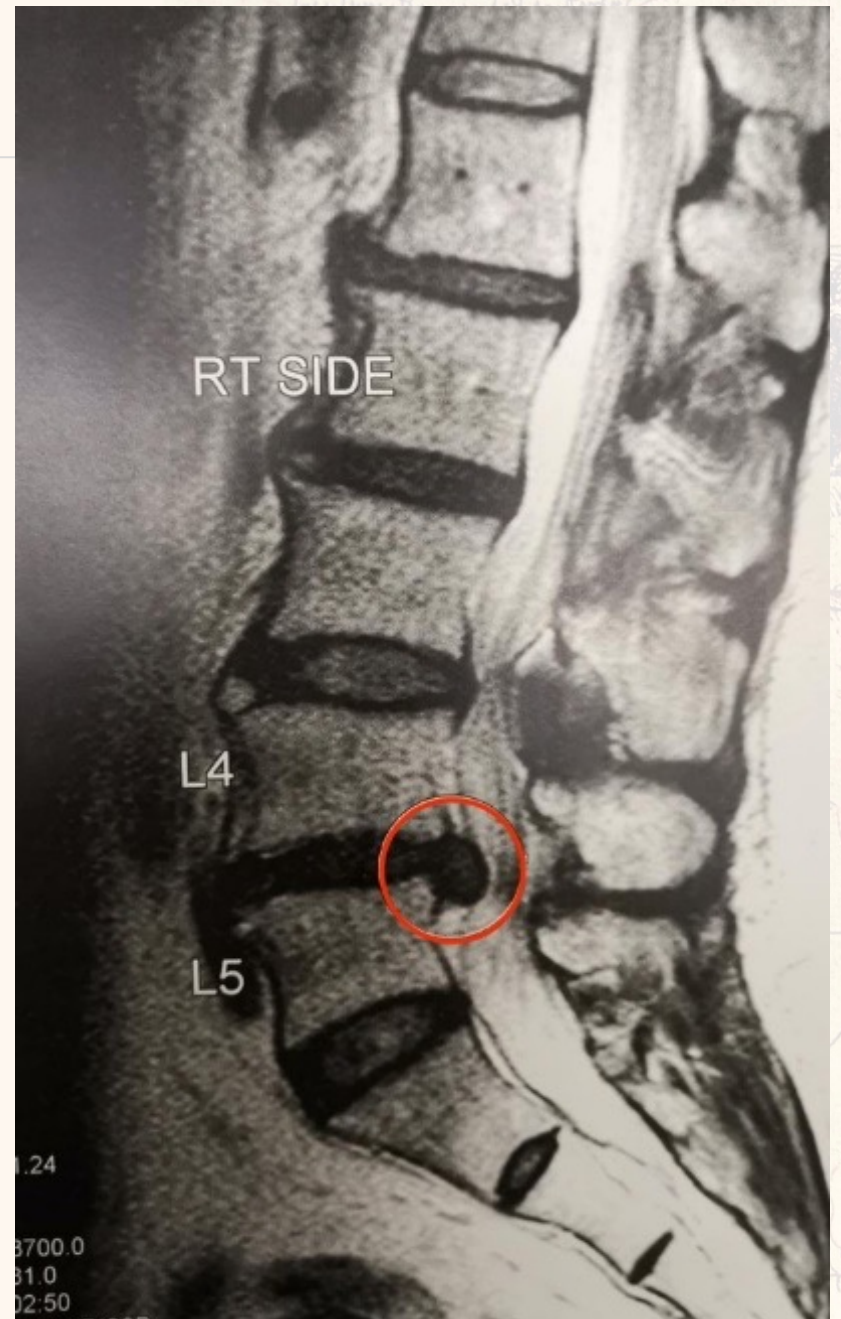
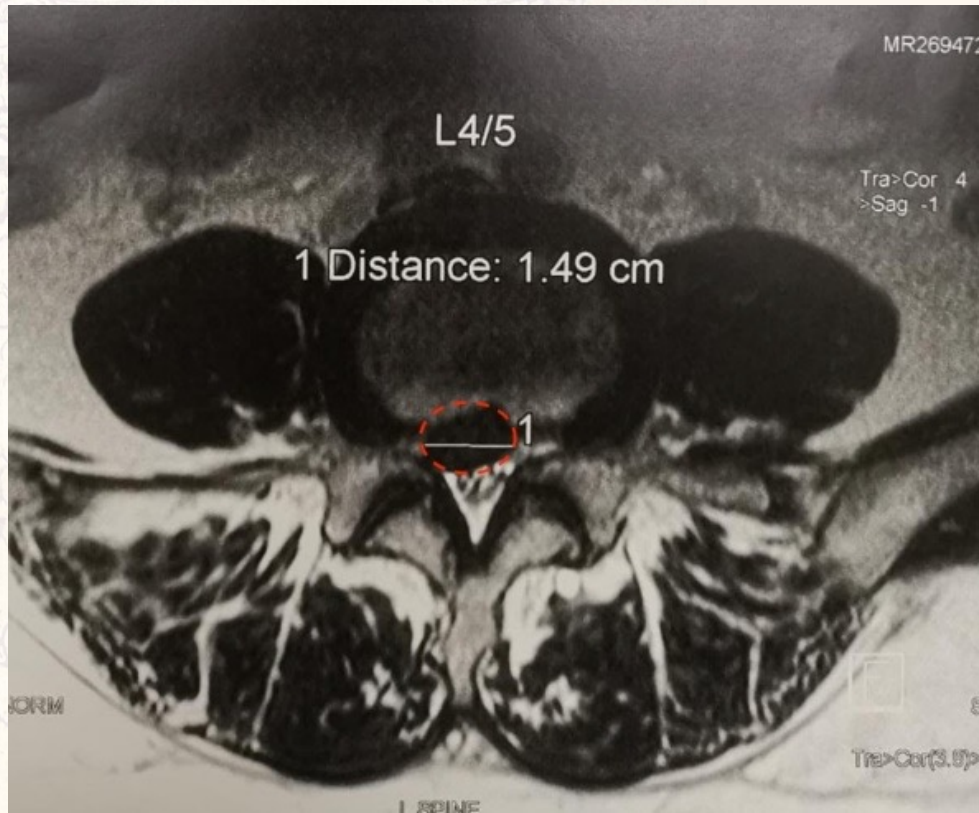


椎間盤突出引致腰腿痛及神經線受壓。

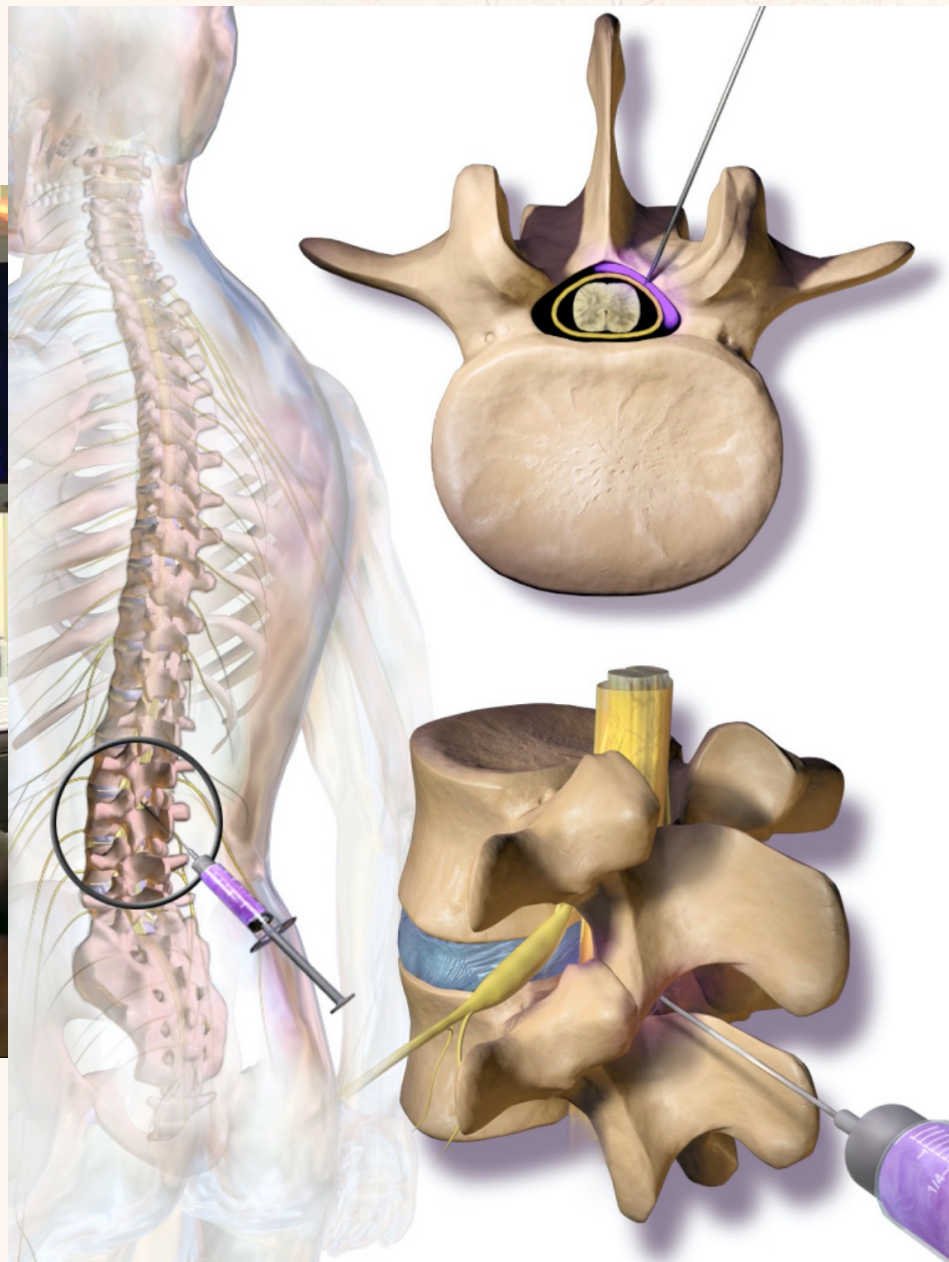
退化骨刺

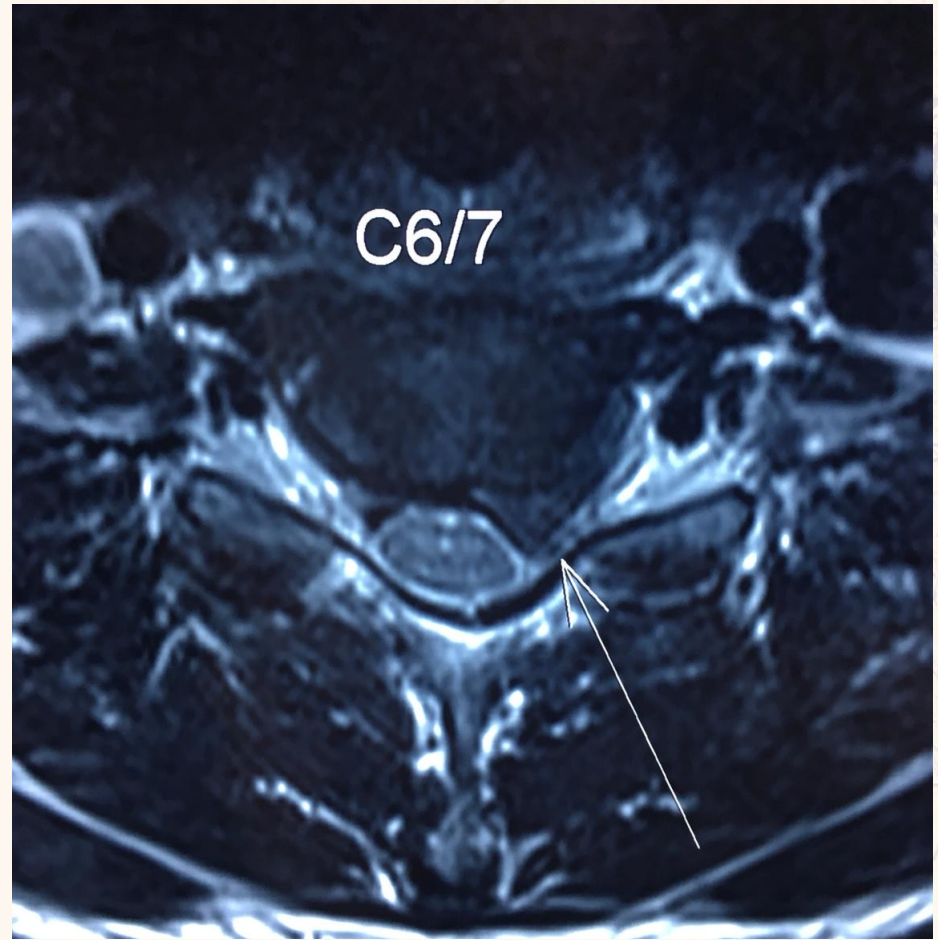
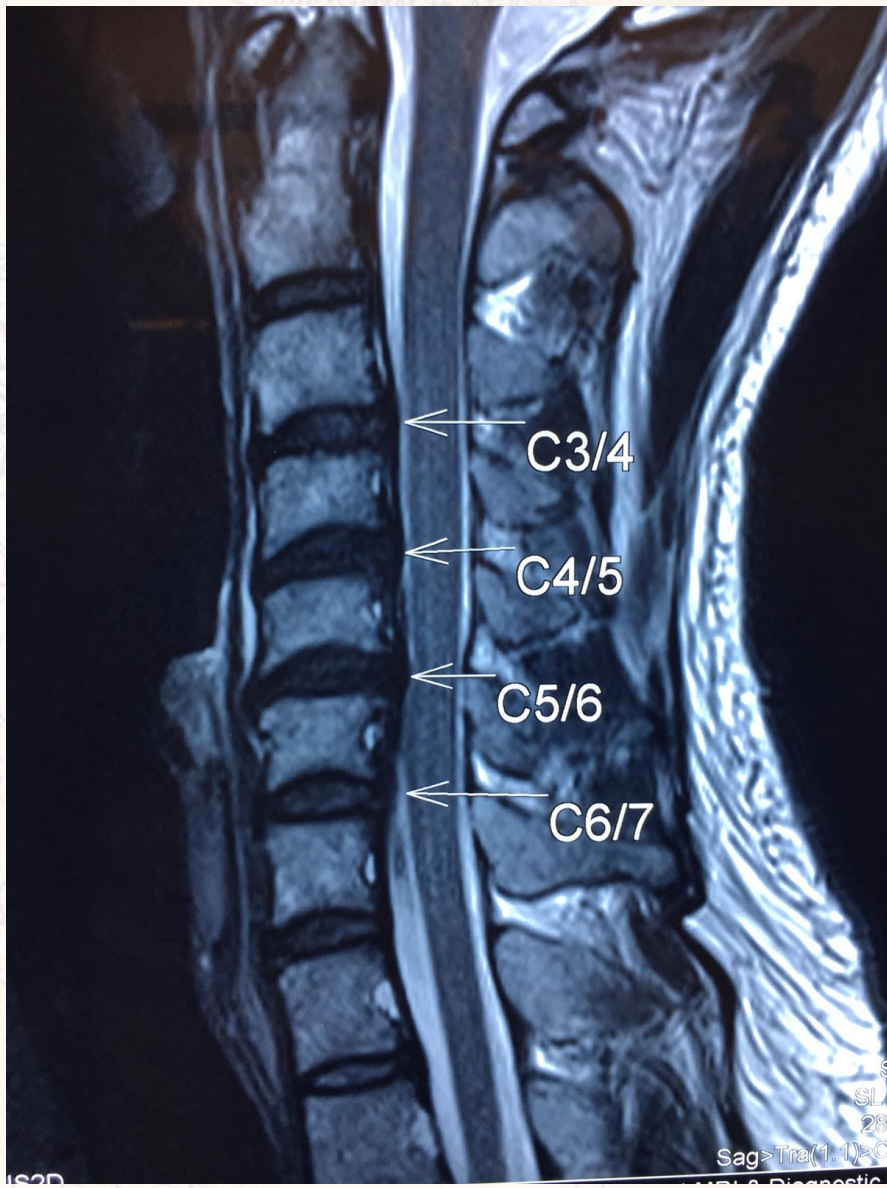


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硬脊膜外類固醇注射

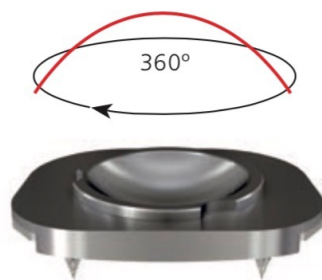
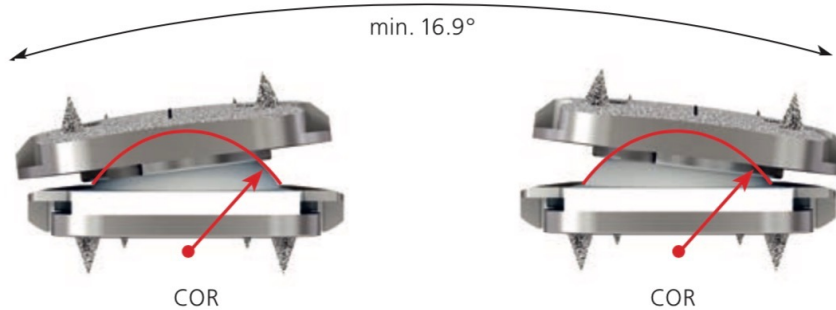
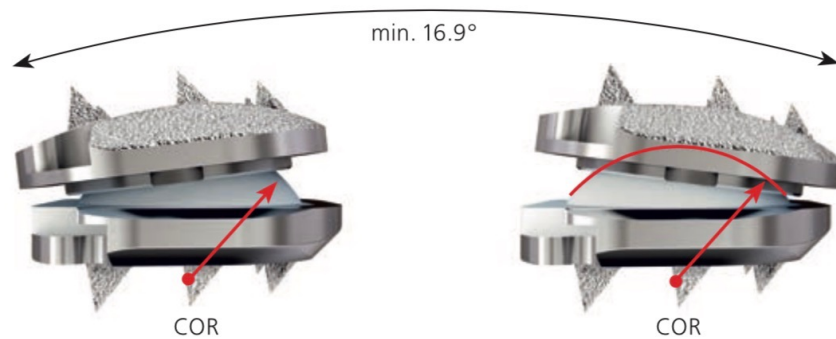


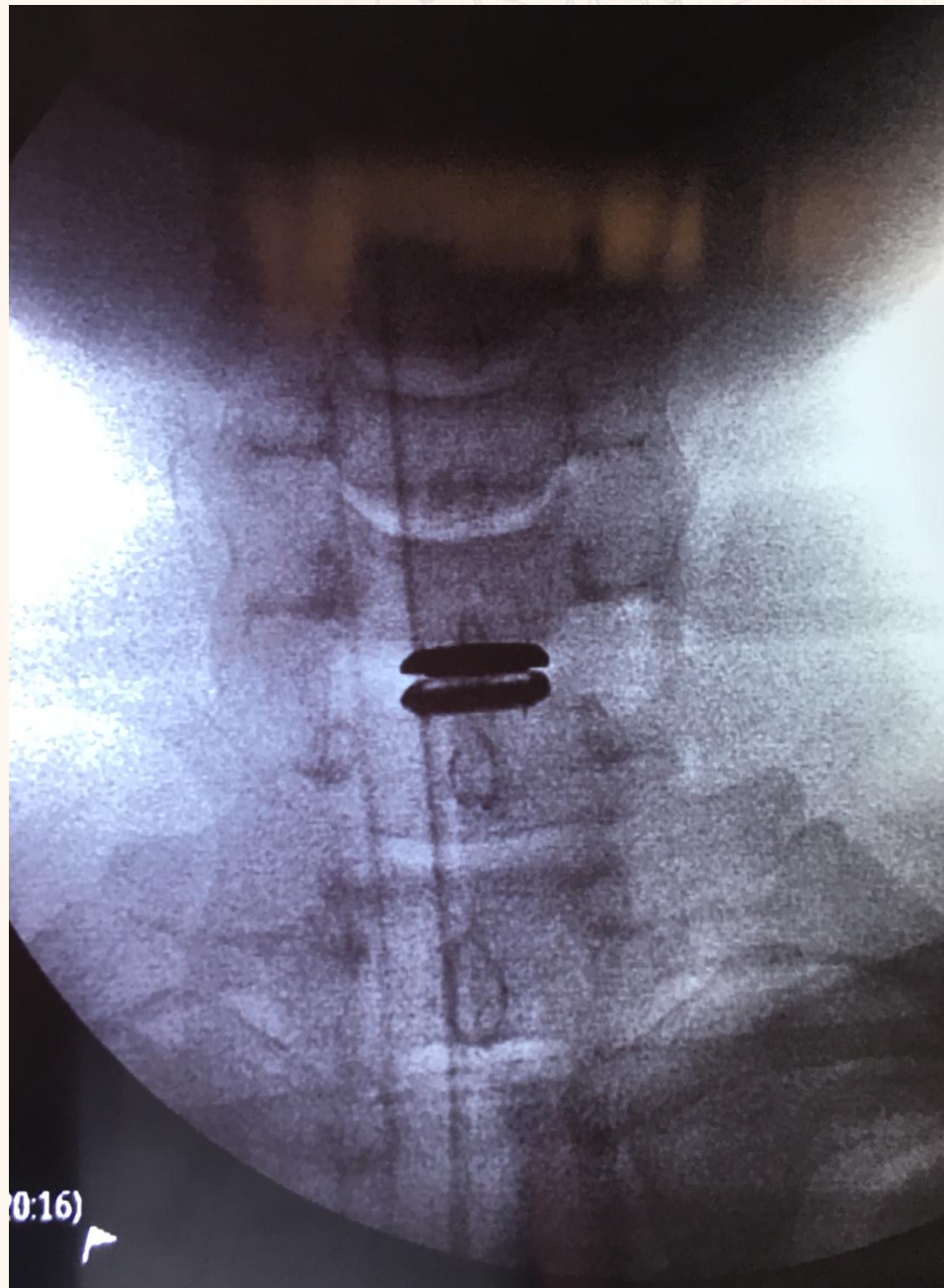
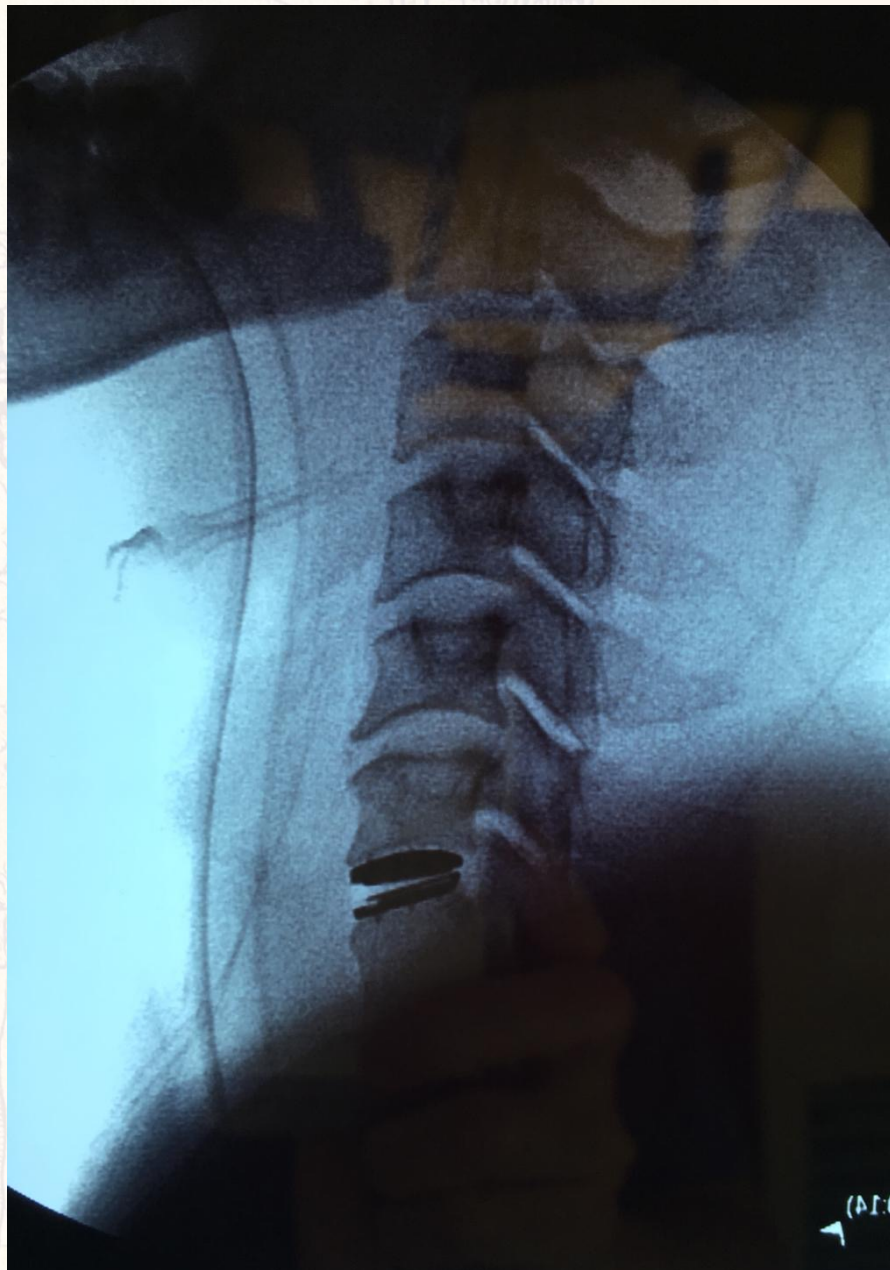


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人工椎間盤





預期手術效果：

- 手術時間：1-2小時
- 出血量：10 ml
- 術後第1天：出院

- 痛楚：術後立即大大減少
- 麻痺：術後會改善，但要數週才能復原

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香港01

2018回顧·突發篇】大埔翻九巴釀19死倖存者反應遲緩性情大變 | 香港01 | 突發

做手術 有風險 啲 !!

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"The brave man is not he who does not feel afraid,
but he who conquers that fear."

「勇敢的人不是不會感到恐懼的人，而是戰勝恐懼的人。」

— Nelson Mandela

納爾遜·曼德拉



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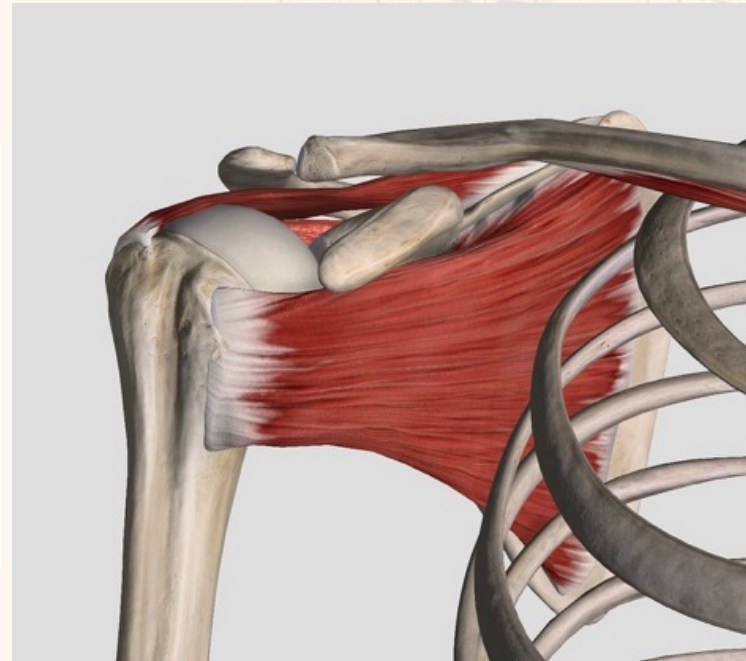
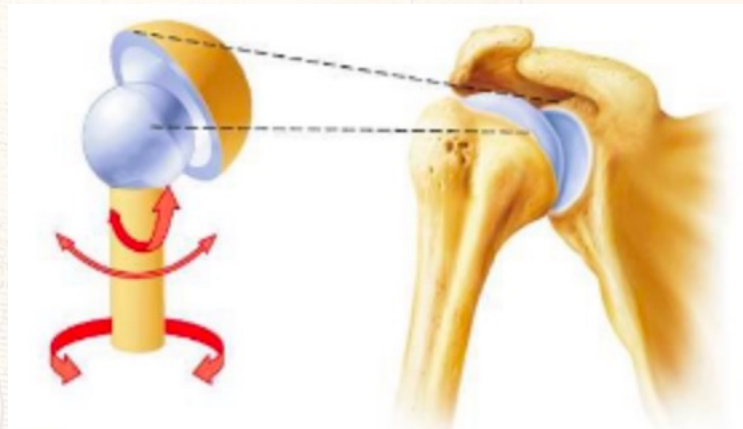
五十肩

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肩旋轉袖

- Rotator cuff tendinitis 肌腱炎
- Rotator cuff tear 撕裂
- Cuff tear arthropathy 肩袖撕裂性關節病



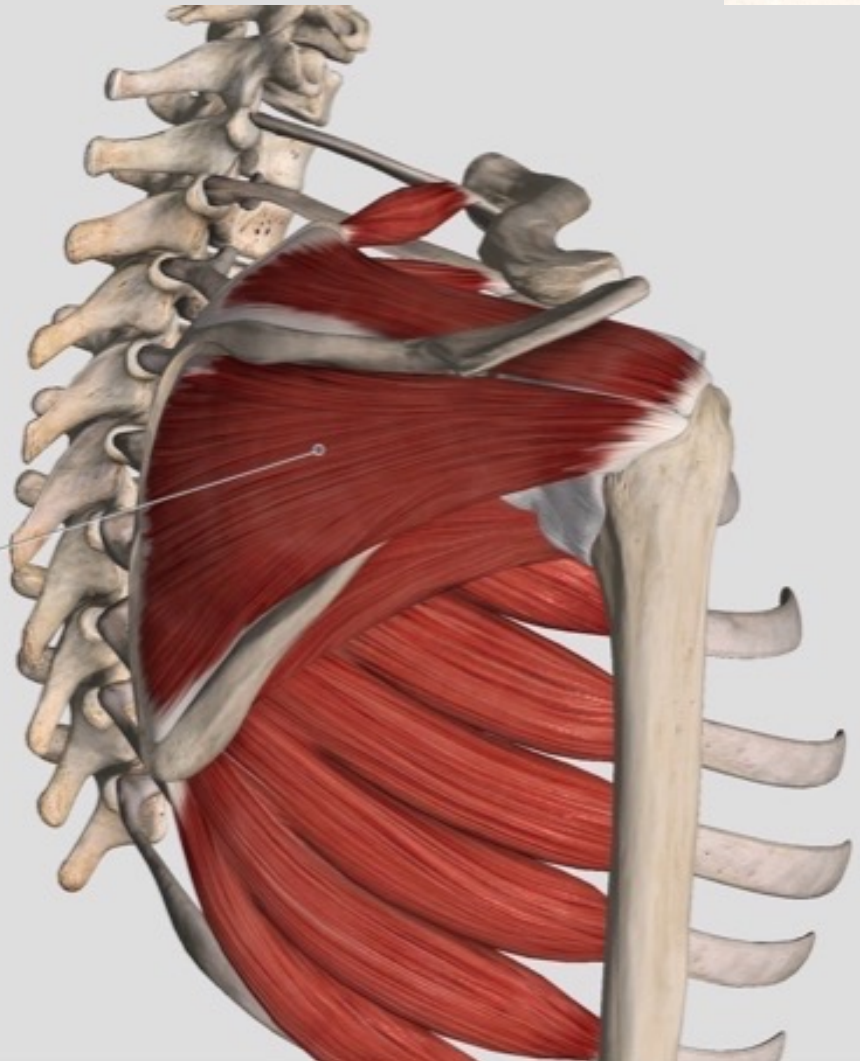
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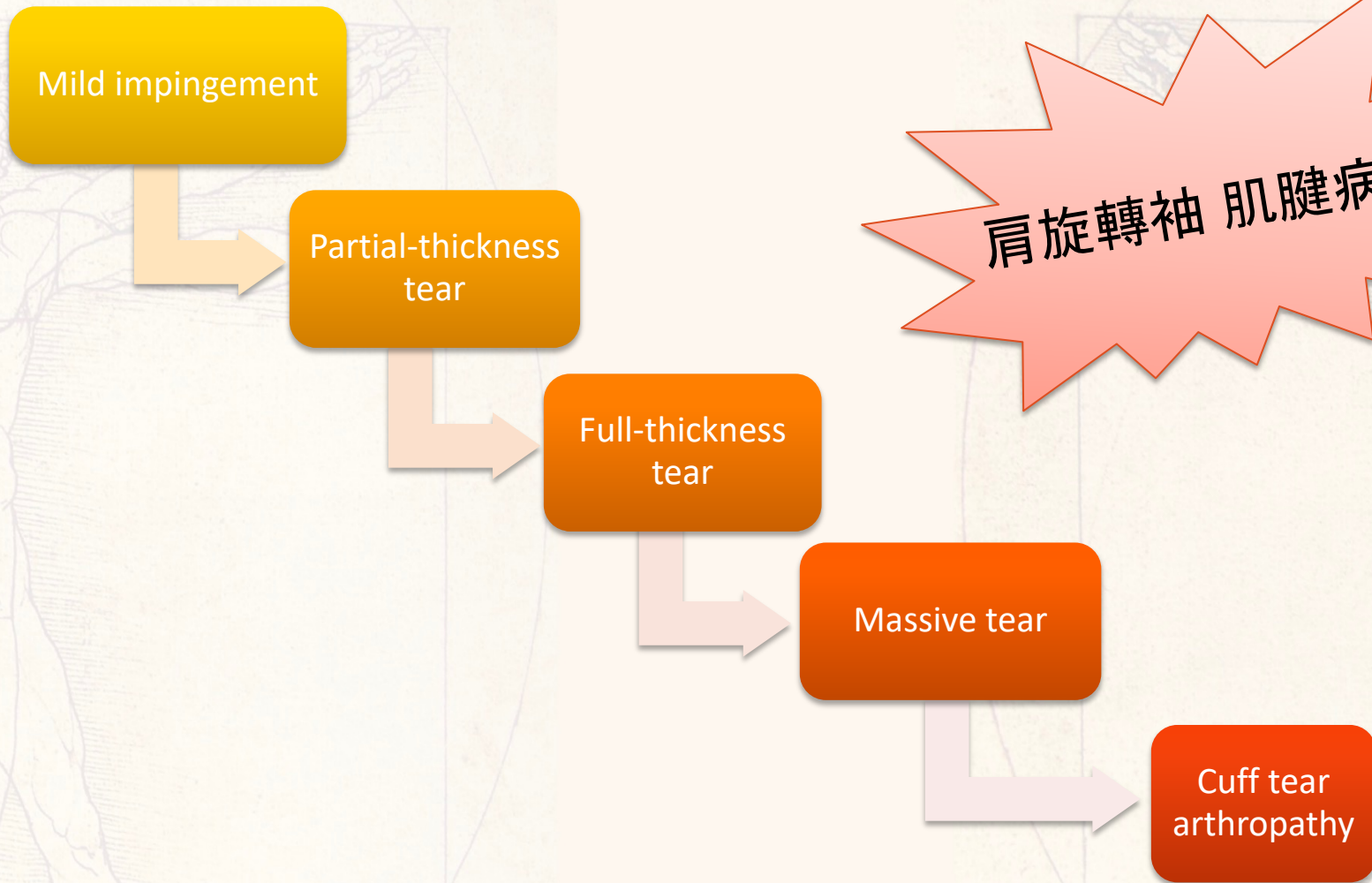
肩旋轉袖

Infraspinatus
(*Musculus infraspinatus*)

Supraspinatus 棘上肌
Infraspinatus 棘下肌
Subscapularis 肩胛下肌



發病原理



肩旋轉袖 肌腱病變

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症狀

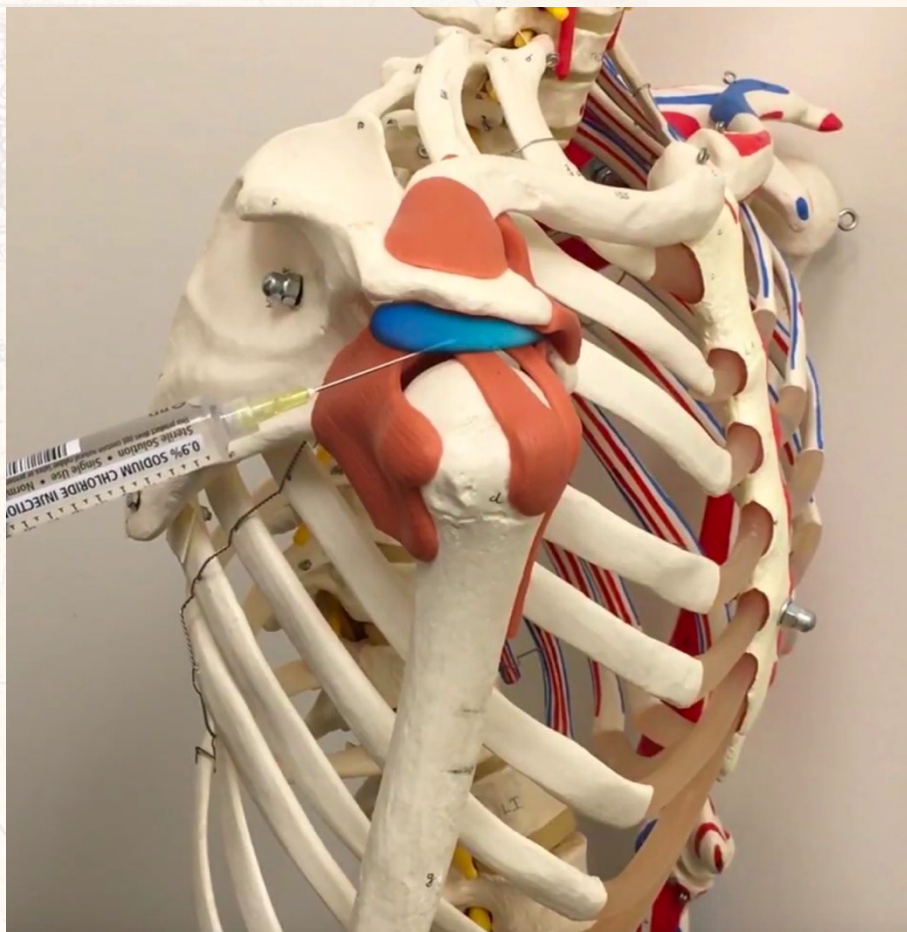
■ Pain 疼痛

- Insidious onset 慢慢開始
 - Deltoid region 肩峰位置
 - Night discomfort (**inflammatory**) 晚間疼痛
 - Exacerbated by overhead activities (**mechanical**) 當手臂上舉時，痛楚增加
-
- 嚴重 → 筋肉乏力，僵硬
 - 急性旋轉肌袖 撕裂 → 劇痛，無力
 - 認清痛楚的 模式和原因運動

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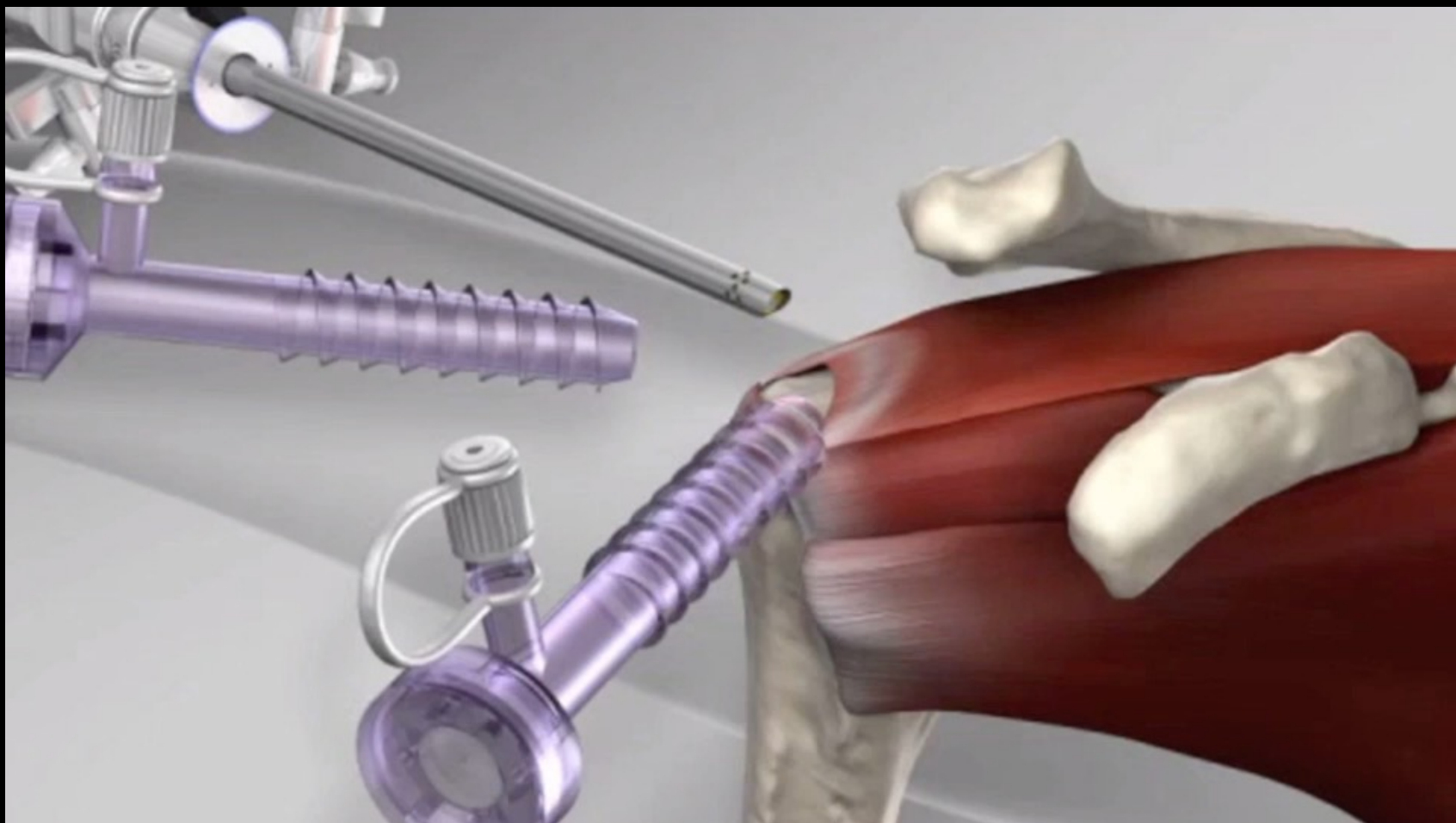
肩峰下注射



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肩旋轉袖撕裂 微創修補





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香港骨科醫學院院士, 香港醫學專科學院院士(骨科)

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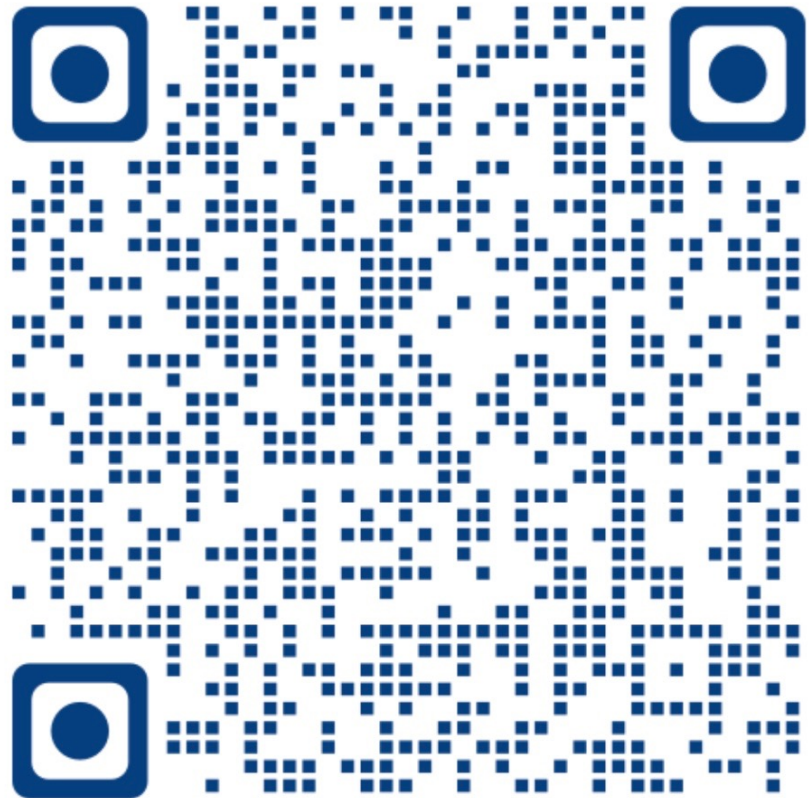
Booking : (852) 3153 9051

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Q&A



 Dr. Simon YUEN 袁智斌

專頁 收件匣 **1** 活動



Dr. Simon YUEN 袁智斌 骨科醫生
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