



紓緩痛症之 物理治療

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國際疼痛研究學會將「疼痛」定義為由實際或潛在的組織損傷所引起的一種不良情感體驗和心理感受，根據部位、病因、持續時間、性質等因素分類，最常見是急性和慢性頑固痛症。患者對疼痛的感受、反應及處理方法受到心理因素如情緒、認知、自信、專注力及環境因素如家庭壓力、失業或經濟等問題所影響。因此，除了針對病因的常見治療（止痛藥物、手術、物理治療、中醫）外，還包括心理治療，如催眠、鬆弛和認知療法，以期達到患者自我管理、增加效能感。以下介紹常用紓緩痛症之物理治療：

- **熱敷：**熱療約10-15分鐘，每天約2-3次，應用於不少於受傷後72小時、慢性/長期發炎及痛楚例如筋腱炎、關節炎、滑囊炎、2-3天以上的肌肉緊張痙攣、僵硬的關節。
- **冰敷：**冷療約15-20分鐘，如腫脹疼痛嚴重，可休息1小時後重複使用冷療，應用於受傷後至72小時內、急性或長期慢性痛症、手術後痛楚及腫脹、紓緩組織的腫脹及出血情況。
- **水療：**在水中運動時，體重只有原來的10~30%，減輕對膝關節造成的負擔。
- **經皮神經電刺激療法（TENS）：**人體受電脈衝刺激後增加製造內啡肽（天然的止痛劑），應用於各種急、慢性的痛症、類風濕性的關節炎、帶狀疱疹的神經痛、癌症所導致的疼痛等。
- **電療：**短波透熱電療、干擾波電療、超聲波電療、脈衝磁療等。
- **按摩：**放鬆繃緊的肌肉、增加關節活動幅度，從而促進身體各循環系統的新陳代謝，緩解痛症。
- **運動療法：**適當的伸展運動及帶氧運動有助紓緩痛症。

Pain Relief - Physiotherapy

Shum Wing, Physiotherapist

According to the International Association for the Study of Pain (IASP), the definition of "pain" is an unpleasant sensory and emotional experience related to a real or potential tissue lesion. Based on various factors such as the parts of body affected, causes of injuries, time duration and nature, acute and chronic pains are regarded to be the most common. The feelings, responses of the patient and treatment results are subject to psychological factors – emotion, cognition, confidence and attention, as well as environmental factors – pressure from family, unemployment or financial difficulties. Therefore, apart from common treatments for pains (pain-killers, surgery, physiotherapy and Chinese medicine), other treatment approaches include psychotherapy – hypnotherapy, relaxation therapy and cognitive therapy – they aim at helping patients to achieve self-management and enhance self-efficiency. The most common types of physiotherapies for pain relief are as follows:

- **Heat Therapy:** Heat therapy can be applied twice or three times a day, taking 10 to 15 minutes. It should be used after the initial 72 hour period following injuries. It is also used for chronic pains, such as, tendonitis, arthritis, bursitis, muscle strains and spasms lasting for more than 2 to 3 days, and joint stiffness.
- **Cold Therapy:** Cold therapy takes 15 to 20 minutes. For severe pains and swelling, cold therapy can be applied repeatedly after one-hour rests and should be used for the first 72 hours following injuries. It is also applied for acute or chronic pains, pains and swelling after surgeries, swelling and bleeding of tissues.
- **Hydrotherapy:** When doing exercises inside water, body weight would be reduced to 10 to 30% of the original, therefore stress on painful joints can be reduced.
- **Transcutaneous electrical nerve stimulation (TENS):** More endorphins (natural pain-killers) are produced inside the body by the use of electric currents. It is applied for pains, for instance, acute, chronic pains, rheumatoid arthritis, postherpetic neuralgia, pains caused by cancers and so on.
- **Electrotherapy:** It includes short wave diathermy, interferential therapy, ultrasound therapy, pulsed magnetic field therapy and so on.
- **Massage:** Massage can relax tense muscles and increase joint mobility in order to enhance metabolic rate within circulatory systems and relieve pain.
- **Movement Therapy:** Stretching and aerobic exercises can relieve pain.