




上肢運動醫學(1)

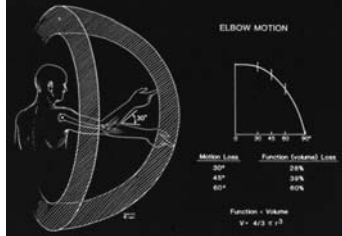
--前臂及肘、腕關節--

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上肢運動醫學(2)

-- 肘關節運動傷害 --





| Motion Loss | Function Contained Loss |
|-------------|-------------------------|
| 20% | 25% |
| 40% | 35% |
| 60% | 60% |


Function - Volume
V = 4/3 π r³

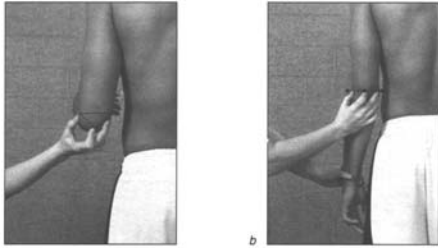

理學檢查及功能評估





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理學檢查及功能評估

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理學檢查及功能評估




© Williams & Wilkins. Analysis of the elbow into 3rd Reaction. (a) extension. (b) pronation. (c) supination. (d) flexion.



5 



理學檢查及功能評估

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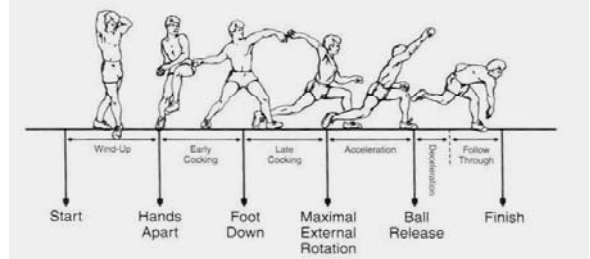
理學檢查及功能評估



Figure 5.28 Motor testing of (a) thumb opposition (median), (b) 5th finger abduction (ulnar), and (c) wrist extension (radial).

CGMH 7

理學檢查及功能評估



CGMH 8

運動項目與運動傷害

- ☑ 球拍運動：肘外髂炎(反手拍)
- ☑ 高爾夫球：肘內髂炎、肘外髂炎
- ☑ 籃球：肘後傷害
- ☑ 美式足球：肘外翻之應力性傷害、過度伸展、脫臼
- ☑ 棒球：肘外翻之應力性傷害、肘內髂炎、肘外髂炎

CGMH 9

急性軟組織損傷

- ☑ 挫傷(contusion)
- ☑ 韌帶及關節囊扭傷(sprain)
- ☑ 肌肉及肌腱拉傷(strain)

CGMH 10

過勞性軟組織損傷

- ☑ 肌腱炎及骨膜炎
 - 肘外髂炎(網球肘)
 - 肘內髂炎(高爾夫球肘)
 - 前臂骨膜炎

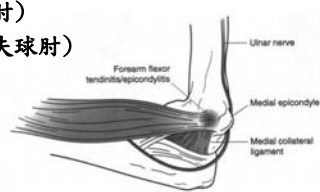



Figure 5.4 Anatomical sites of medial epicondylitis/tendinitis at common flexor/pronator.

CGMH 11

慢性軟組織損傷

- ☑ 肘外翻過載性不穩定
 - 肘內(尺)側韌帶斷裂



CGMH 12

應力性骨傷

牽引性骨骺傷(Little League Elbow)

Labels in diagram: Humerus, Medial epicondyle, Common flexor tendon, Palmaris longus, Flexor carpi ulnaris, Ulna, Radius, Flexor carpi radialis, Pronator teres.

CGMH 13

應力性骨傷

剝離性骨軟骨炎

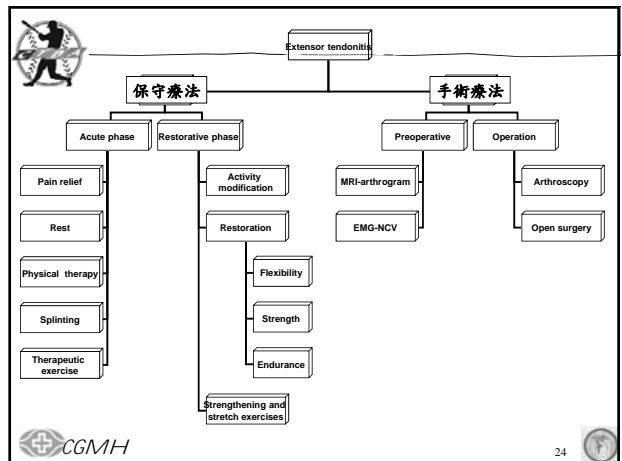
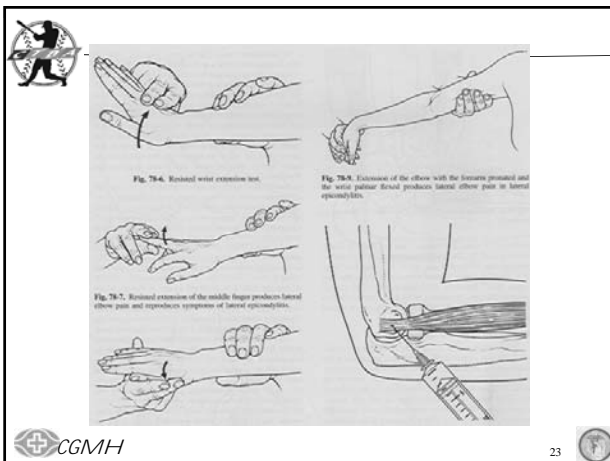
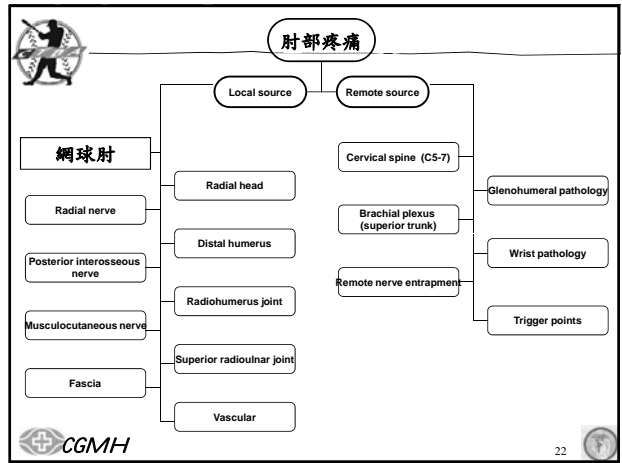
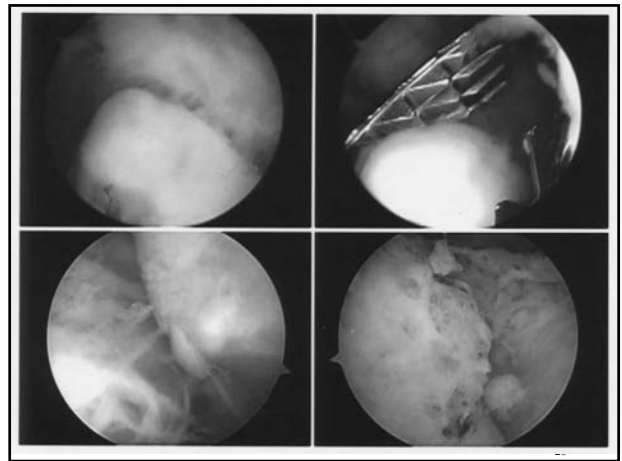
CGMH 14

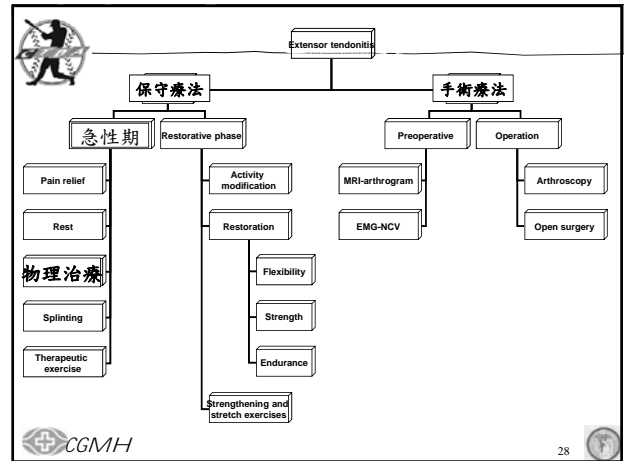
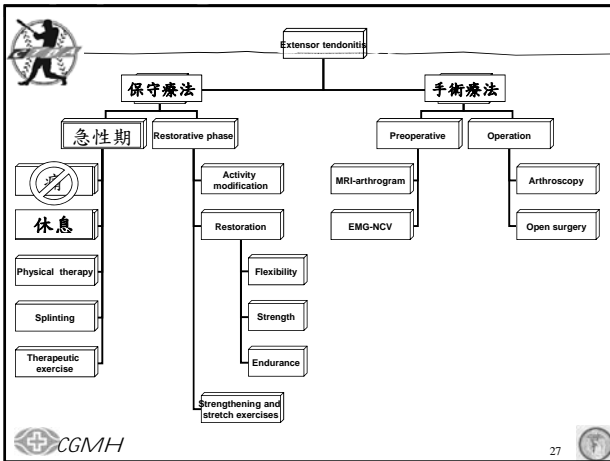
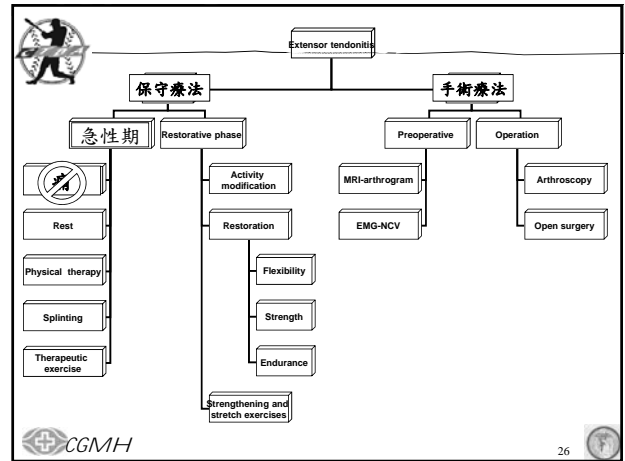
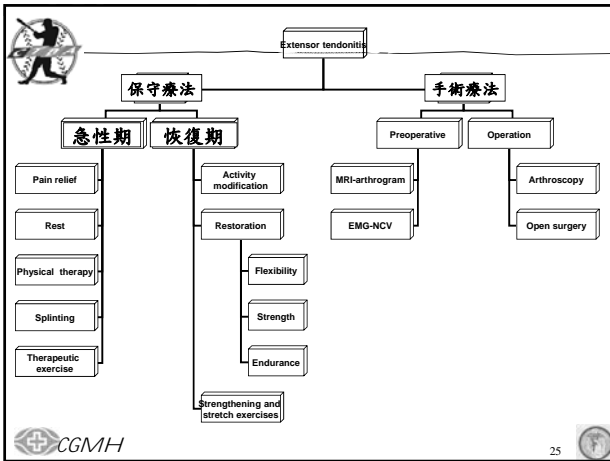
應力性骨傷

骨刺、異位骨、游離骨

CGMH 15

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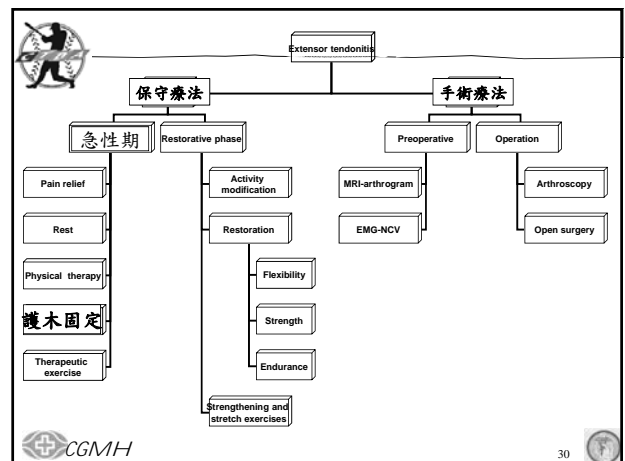


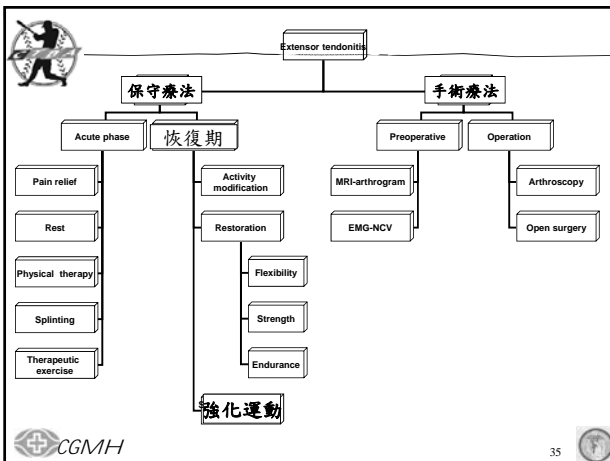
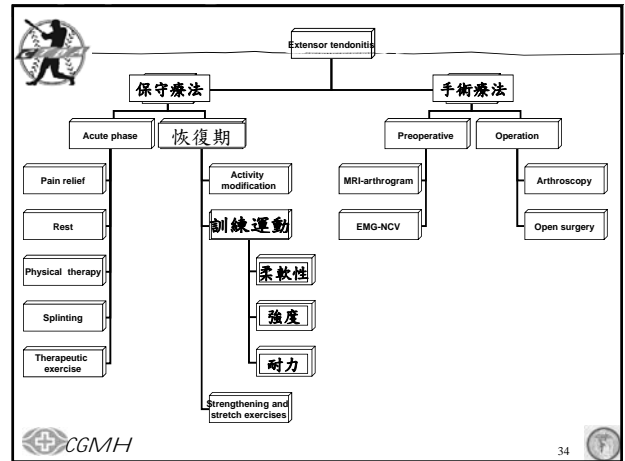
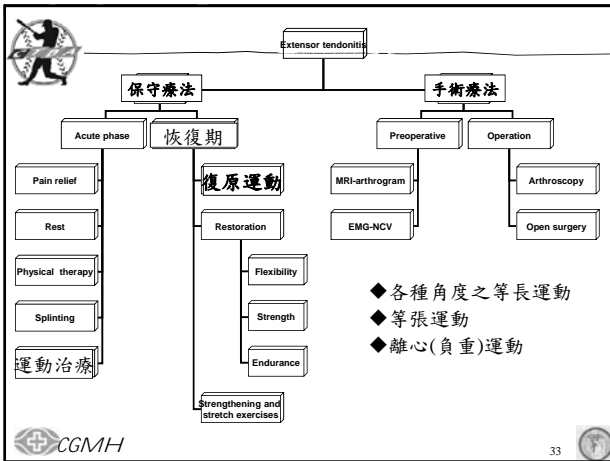
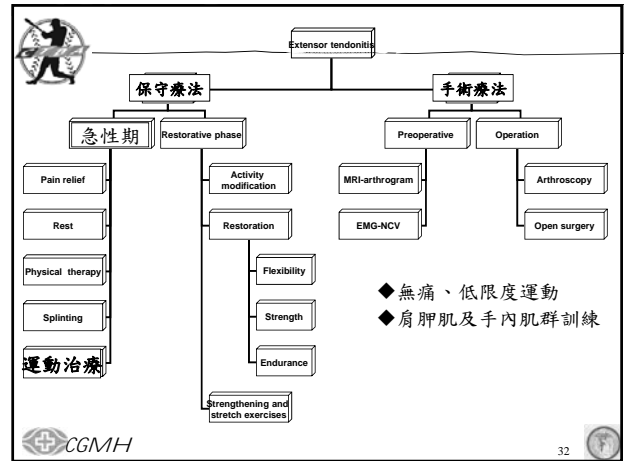
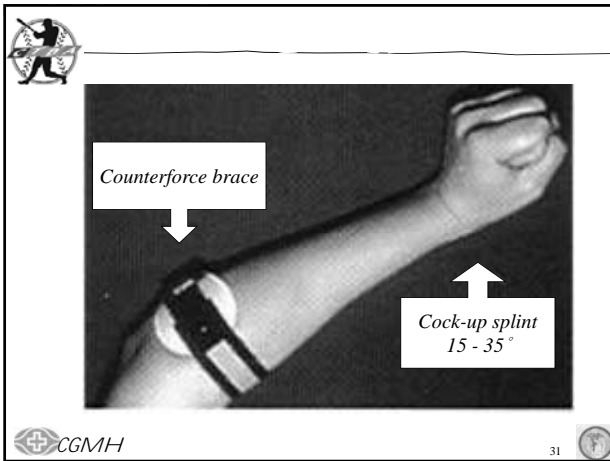


Physical Therapy (物理治療)

- Thermal therapy (冷熱療法)
- Ultrasound (超音波治療)
- Electrotherapy (電療)
- Transdermal drug delivery (皮膚貼片)
- Transverse friction massage (按摩)

CGMH 29





In addition to strengthening exercises , stretching exercises should be incorporated as a warm up to maintain muscle flexibility and ROM .

