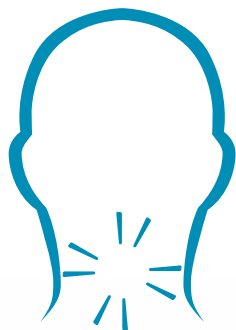


# 慢性頸痛及 MedX 復康

## CHRONIC NECK PAIN



“一項研究發現強化肌肉的運動，若結合手法治療或以高科技的MedX鍛鍊模式，都比只用手法治療慢性頸痛更有效。”



## 頸痛

### 頸痛多由漸進壓力引起

頸痛是一種非常普遍的痛症，影響30至50%的人口。雖然一些頸痛是急性的，但大部份都是慢性的，由漸進的壓力引起，例如長期維持不良的坐姿、站姿睡姿或工作姿勢；或提起物件的方式不正確等。

由這些壓力引起的疼痛，一般屬於慢性，容易引起頭重、頸痛、眼睛疲勞及雙肩痠重。一些患者甚至感到頭暈及手臂麻痺。

### 手法調整脊椎

治療頸痛一般包括肌肉鬆弛劑、止痛藥，熱敷、牽引、針灸及手療矯正。一項近期的研究比較了藥物、針灸及手法調整脊椎對慢性脊椎機械性痛症的影響。發現手法調整脊椎有更佳紓緩頸痛的療效，比起藥物及針灸，好處更全面及長遠。<sup>3</sup>

### MedX復康運動

另一方面，研究顯示手法調整脊椎，結合MedX復康運動或低技術性運動，可以進一步提高治療效果。<sup>1,2</sup>

一項由191名患者參與的研究，以手法調整脊椎、手法調整脊椎和運動、及MedX復康運動三種方法對治療頸痛作比較，結果發現強化肌肉的運動，若結合手法治療或以高科技的MedX鍛鍊模式，都比只用手法治療慢性頸痛更有效。<sup>1</sup>

研究證明，手法治療與運動結合和MedX復康運動，可改善頸痛及健康狀況；同時能減輕頸部不適及對止痛藥的依賴。還有，頸部的活動幅度、頸後伸肌肉的強度及耐力均有所提升。<sup>1</sup>

另一項類似的研究指出，手法調整結合低技術性復康運動及MedX復康運動，比手法治療更能幫助紓緩慢性頸痛。



## 灣仔脊醫診所

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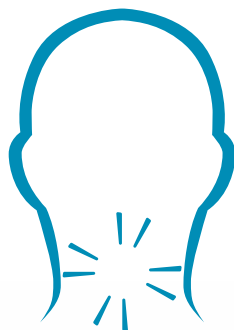
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“ A study comparing the effect of spinal manipulation, spinal manipulation with exercise and MedX rehabilitation exercises showed that in combination with spinal manipulation or in the form of a high-technology MedX program, appears to be more beneficial to patients than the use of spinal manipulation alone. ”



## CHRONIC NECK PAIN

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Neck pain is very common, affecting 30-50% of the population. While some neck pain is acute in nature, majority of it is chronic in nature, caused by gradual stresses, such as prolonged poor sitting, standing or work postures, lifting patterns or sleeping positions. Pain resulting from these chronic stresses is usually chronic in nature, causing nagging neck pain, heaviness of the head, tiredness of the eyes and heaviness on both shoulders. Some patients may experience dizziness and numbness down the arms.

### Spinal Manipulation

Treatment generally consists of muscle relaxants, pain killers, heat application, traction, acupuncture and manipulation. A recent study compared the effects of medication, acupuncture and spinal manipulation in the treatment of chronic mechanical spinal pain syndromes. It was found that spinal manipulation (i.e. cracking of the neck), if not contraindicated reduces cervical pain and discomfort and provides broad and long term benefits as compared to medication and acupuncture.<sup>3</sup>

### MedX Rehabilitation Exercises

Yet, researches showed that addition of MedX rehabilitation exercises or low tech exercises to spinal manipulation further improve the outcome of the treatment.<sup>1, 2</sup>

A study involving 191 patients, comparing the effect of spinal manipulation, spinal manipulation with exercise and MedX rehabilitation exercises on chronic neck pain showed that the use of strengthening exercise, whether in combination with spinal manipulation or in the form of a high-technology MedX program, appears to be more beneficial to patients with chronic neck pain than the use of spinal manipulation alone.<sup>1</sup>

Spinal manipulation with exercise and MedX rehabilitation program were found to improve neck pain, functional health status and reduce neck disability and the need for pain medication. Also, the range of motion, muscle strength and endurance of neck extensors also improve.<sup>1</sup>

Another study showed similar results and demonstrated an advantage of spinal manipulation combined with low-tech rehabilitative exercise and MedX rehabilitative exercise versus spinal manipulation alone over two years, suggesting that treatments including supervised rehabilitative exercise should be considered for chronic neck pain sufferers.



#### REFERENCE

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