

退化性膝關節炎 Osteoarthritis of the Knee

膝關節病變一般是指膝關節退化。
Osteoarthritis of the knee generally
refers to degenerative osteoarthritis of
the knee.

什麼是膝關節病變 (osteoarthritis of the knee) ?

膝關節病變一般是指膝關節退化。它一般都是影響前膝或膝關節內側。這兩種關節炎的症狀不盡相同。前膝關節病的疼痛通常在上落樓梯時加劇，但膝關節內側痛在走平路時都會增加。

膝關節內側病變的原因

原因很多，其中最重要的是，雙腿彎曲會增加膝內側關節負荷，膝關節內側因而較易退化。

其他增加雙膝關節負荷及痛楚的因素包括：體重增加、從事負重運動、經常穿著高跟或牢固包跟的鞋....等等。



症狀?

這些症狀一般都在不知不覺間慢慢出現。最初，當從坐椅起立和/或步行時，病人可能會對偶爾膝關節內側疼痛而抱怨。休息數星期後，疼痛一般是會消退的。可是，幾個月後，疼痛再次復發。隨著時間推移，疼痛次數和強度會加重。如果只接受治標治療，腿內彎會繼續惡化，可能在65歲後便需要接受手術。

治療方案

治療方案取決於退化和疼痛的程度。若退化在初始階段，病人50歲以下，雙腿彎曲是輕度至中度、及疼痛是輕微時，治療應包括下列事項：

- 切勿穿著有包跟牢固的鞋⁵
- 切勿穿著高跟鞋⁵
- 不要使用足弓墊²
- 穿著柔軟的平底鞋⁶ (沒有牢固的包跟)
- 接受Stylex治療⁴

當膝關節內側的疼痛變得持久和雙腿彎曲程度是中度時，治療應包括：

- 以上所述，並
- 穿戴可減低膝內側負荷的支架³(knee brace)

營養保健食品包括：葡萄糖胺、軟骨素、有機硫和奧米加-3油。

當退化程度嚴重和病人超過65歲時，膝部手術是最後和唯一的選擇。



Stylex治療⁴

這治療是由韓國的宋醫生(Dr. Seo)率先開創的。他發現軟弱的髌關節外旋肌肉會引至雙腿彎曲。強化髌關節外旋肌肉可減少雙腿彎曲程度及其帶來的痛楚。



使用前



使用後

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What is osteoarthritis of the knee?

Osteoarthritis of the knee generally refers to degenerative osteoarthritis of the knee. It generally afflicts the anterior knee or the medial side of the knee. Osteoarthritis of the anterior knee is usually worse when walking up and downstairs, whereas medial knee pain generally occurs even when walking on level ground.

What are the causes of OA afflicting the medial knee joint?

There are many causes, of which the most important cause is increased medial knee joint loading due to bowing of the legs. Curving of the legs inward increases the loading of medial knees and predisposes the medial knee joint to degeneration.



What are the symptoms?

The symptoms generally arise insidiously. Initially, patients may complain of occasional medial knee pain when arising from chair and/or walking. Pain generally subsides after a couple of weeks after rest and recurs a few months later. With time, the frequency and intensity of pain increase. If only palliative treatment is provided, bowing of the legs would increase, requiring surgery by the age of 65.

What are the treatment options?

The treatment options depend upon the degree of degeneration and the pain. In the initial stage of degeneration when the patient is younger than 50, bowing is mild to moderate and pain is slight, the treatment should include the followings:

- Refrain from wearing shoes with firm heel counter⁵
- Refrain from wearing shoes with heels⁵
- Do not use arch support²
- Wear flat flexible shoes with no firm counter⁶
- Receive stylex treatment⁴

When the medial knee pain becomes persistent and the bowing is moderate, treatment should include:

- All the above, and
- Knee brace that unloads the medial knee joint³

Nutritional supplements which include glucosamine sulphate, chondroitin sulphate, MSM and omega 3 oil help.

When the degeneration is severe and the patient is over 65, knee surgery is the last and only resort!



Stylex Treatment⁴

The treatment was pioneered by Dr Seo of Korea. He found that weakness of external hip rotation contributes to bowing of the legs and that strengthening of the external hip rotatores reduces the degree of bowing of legs and thus the pain associated with it.



Before



After

REFERENCE

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