

膝內彎與 退化性膝關節炎 家居護理 Genu Varum & OA Knee Home Care

怎樣減慢腳內彎的惡化、減輕痛楚及其引起的行動不便

How to Reduce Progression of Genu Varum & Reduce Pain and Disability Associated with OA Knees

膝關節內退化十分常見，普遍是因為內彎腿或O型腳所致。體形較胖人仕、進行負重運動和穿高跟鞋的人仕，膝關節內側承受的壓力比外側為高，從而加速膝內側關節的退化及勞損！

要減慢腳內彎的惡化、減輕痛楚及其引起的行動不便，你應該：

1 穿著鞋跟較低和沒有穩固包跟的鞋！



2 避免穿著高跟鞋

3 避免使用足弓墊²



4 不要做負重運動，如踢足球³



5 選擇非負重的運動如踏單車、游泳等



6 選用外側較高的楔形鞋墊⁴



7 強化髌關節的外旋肌（可做 Stylex 治療）⁵

8 減重（適合身形肥胖人仕）⁶



9 配帶減壓的護膝以減輕膝內側關節的負荷，從而減輕疼痛⁷



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Osteoarthritis of the medial knee joint is a relatively common condition. It is generally secondary to bowlegs. In people with bowlegs, pressure is more on the inside of the knee joints as opposed to the outside. In people who are moderately obese, who engage in weight bearing sports and who wear high heel shoes, the pressure on the inside of the knee joints is higher, accelerating the degeneration in the medial knee joint initiated by bowlegs.

To:

- Reduce Progression of Genu Varum and
- Reduce Pain and Disability Associated with OA Knees

You should:

1 Wear low heel shoes with no firm counter¹



2 Avoid wearing high heel shoes

3 Avoid using arch supports²



4 Do not engage in weight bearing sports, for instance football.³



5 Engage in sports that the knees do not have to bear too much weight, such as cycling and swimming

6 Use lateral sole wedge⁴



7 Strengthen the external hip rotators (using Stylex)⁵

8 Reduce weight (if you are moderately obese)⁶



9 Wear a knee brace to unload the inside of the knee joint⁷



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