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。體形較胖人士、進行負重運動及穿高跟鞋的人士，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
4. 不要做負重運動，如踢足球
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
7. 強化髕關節的外旋肌（可做 Stylex治療）
8. 減重（適合身形肥胖人士）
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
**Osteoarthrosis 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 counter
2. Avoid wearing high heel shoes
3. Avoid using arch supports
4. Do not engage in weight bearing sports, for instance football
5. Engage in sports that the knees do not have to bear too much weight, such as cycling and swimming
6. Use lateral sole wedge
7. Strengthen the external hip rotatores (using Stylex)
8. Reduce weight (if you are moderately obese)
9. Wear a knee brace to unload the inside of the knee joint

**REFERENCE**