

坐骨神經痛 的家居護理

SCIATICA – HOME CARE

A proper posture helps your recovery
良好的姿勢幫助您的康復



坐骨神經痛的成因

坐骨神經痛是指由坐骨神經往下伸延的痛症。引起的原因很多，而最常見是由腰椎間盤膨出或突出所致。

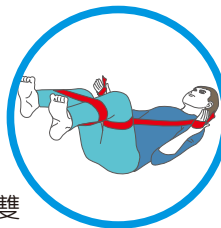
腰椎間盤膨出或突出，儘管是急性，其成因通常都是因為腰椎逐步退化所引致，而退化通常都是由不正確坐姿、姿勢不當及腰骨周邊肌肉軟弱所導致。

要加速康復，建議你

應該

做以下運動

- 躺下，頸和腰都要保持正中位置。屈膝及髖關節至90度。雙腳放在椅上放鬆。用橫隔膜均勻及柔和地慢慢呼吸。重覆10分鐘。當熟習後，則可以輕輕地提高雙腳少許，微微離開椅子。但一定要確保頸部肌肉沒有收緊。緩慢輕柔地使用橫隔膜呼吸10分鐘。
- 躺下，頸和腰都要保持正中位置。屈膝及髖關節至90度。雙腳放在椅上放鬆。用Theraband治療橡筋在大腿上繞一圈，手執橡筋兩端。分開大腿至和盤骨闊度一致。均勻輕柔地用橫隔膜呼吸。呼吸時，手肘貼近腰位置，把橡筋向橫拉。保持腳打開的姿勢。



向前彎腰時，採用良好的姿勢

- 屈曲髖關節，並伸展腰椎



養成正確及良好的坐姿及姿勢 (維持腰椎的正常弧度)

- 坐著、大腿斜傾向前
- 用小腰枕來承托
- 坐半跪式椅子



避免不正確的坐姿

- 不應坐在地上
- 坐矮凳子
- 坐在牀上
- 坐在沙發而把腳放高
- 繞腳坐



避免不正確姿勢及運動

- 如坐著彎腰
- 彎著腰提重物
- 做仰臥起坐等

避免

其他

- 當咳嗽或打噴嚏時，以手按著腰腹
- 排便時，不能太用力。有便秘時，應該使用輕瀉劑。

其他

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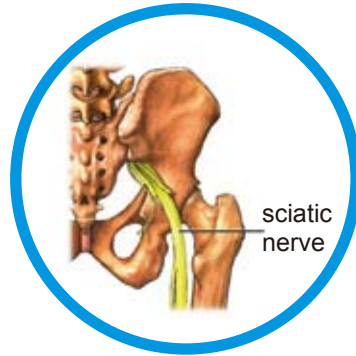
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Cause of SCIATICA

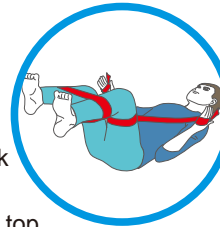
Sciatica, which refers to pain down the sciatic nerve, can be due to a variety of factors. Of these, the major cause is lumbar disc bulge and disc protrusion. Lumbar disc bulge or protrusion, albeit acute, is usually a result of gradual lumbar disc degeneration secondary to incorrect sitting postures, incorrect postures and weakness of the lumbar muscles.

To enhance recovery, you are advised to

Remember

Do the following exercise

- Lie supine with the neck and low back in neutral positions. Bend both hips and knees to 90 degrees and rest the feet on top of a chair. Try to breathe gently and slowly into the diaphragm, expanding the lower ribs and into the inguinal areas³. Breathe out slowly. Repeat for 10 minutes. When you are able to master this, raise both feet slightly above the chair. Ensure that you do not tighten the neck muscles. Breathe slowly and gently into the diaphragm for 10 minutes
- Lie supine with the neck and low back in neutral positions. Bend both hips and knees to 90 degrees. Tie a theraband (as shown) on the thighs and hold the two ends with both hands. Abduct the thighs to the width of the pelvis. Gently breathe in, using the diaphragm. ⁴ When breathing out, externally rotate both shoulders to tighten the elastic band



Adopt a proper posture when bending over

- Bend the hips and extend the lumbar spine

Adopt proper and correct sitting and proper postures (i.e. maintenance of the lumbar curvature)

- Sit with thigh slanting forward.
- Put a lumbar roll or towel roll on the small back of the lumbar spine²
- Sit on a kneeling chair



Avoid

Avoid incorrect sitting postures (i.e. with reduced lumbar spinal curve)¹

- Sitting on the floor
- Sitting on low stool
- Sitting on the bed
- Sitting on a sofa with legs up
- Sitting with legs crossed



Avoid improper postures and exercises

- Bending the low back, for instance washing clothes in a bath tub
- Bending the low back when shampooing
- Abdominal curl

Others

- When coughing or sneezing, brace the abdomen or the low back
- Do not strain when defecating

Other