## **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 位、進行負重運動和穿高跟鞋的人 位,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:

2 避免穿著高跟鞋

穿著鞋跟較低和沒有 穩固包跟的鞋!



3 避免使用足弓墊2

4 不要做負重運動 如踢足球<sup>3</sup>



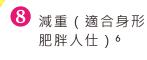
選擇非負重的運動如踏 單車、游泳等



**6** 選用外側較高的 楔形鞋墊⁴



強化髋關節的外旋肌 (可做 Stylex治療)<sup>5</sup>







② 配帶減壓的護膝以減輕 膝內側關節的負荷,從 而減輕疼痛<sup>7</sup>

# (香港脊骨神經科醫學院基金有限公司營運)

### **Wanchai Chiropractic Clinic**

(Operated by Hong Kong Chiropractic College Foundation Ltd )

地址:香港灣仔軒尼詩道8-12號中港大廈11樓 Address: 11/fl China Hong Kong Tower, 8-12 Hennessy Road, Wanchai, Hong Kong

Tel: 3998 3208 Fax: 3998 3222

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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.



• Reduce Pain and Disability Associated with **OA Knees** 

### You should:

Wear low heel shoes with no firm counter!



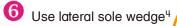
Avoid wearing high heel shoes

Avoid using arch supports<sup>2</sup>

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

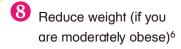


Engage in sports that the knees do not have to bear too much weight, such as cycling and swimming





Strengthen the external hip rotatores (using Stylex)5





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

