

Scaphoid Fracture of the Wrist 手腕舟狀骨骨折

Causes: Usually caused by a fall onto an outstretched hand

High Risk Group: Young, active sporting individuals who fall during their activities; goal keepers.

Symptoms: Partial swelling and pain at the base of thumb. The pain may be severe when moving the thumb or wrist, or when gripping objects.

成因：通常因為跌倒而令手腕關節過度伸展和受壓

高危人士：需要做倒地動作的活躍青年運動員，例如足球守門員。

徵狀：拇指連接手掌部位腫痛，活動拇指或手腕時，又或握緊物件時，倍感痛楚。



Hand and Wrist Pain

Wrist Sprain 手腕扭傷

Causes: A sprain is an injury to a ligament and is generally caused by a fall or a twisting injury.

High Risk Group: Players of contact sport activities

Symptoms: Pain and swelling in the wrist. There may also be grip weakness, snapping, or popping of the joints.

成因：摔倒或扭動幅度過大，造成手腕韌帶受傷

高危人士：身體接觸項目（例如：美式足球和摔跤等）的運動員

徵狀：手腕腫脹、痛楚，也有可能握力減弱和關節有「啪啪」響。



Hand and Wrist Pain

Map 路線圖



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Hand and Wrist Pain 手部痛症



4 Your Professional Medical Team 您的專業醫療團隊

Our orthopaedic surgeons are experienced in the management of all types of hand and wrist conditions. Together with our professional therapist team and using the latest, most advanced treatment, we are here to help you on your road to a quick recovery.

香港港安醫院骨科專科醫生對治療各類手部痛症具有豐富經驗，加上專業的治療團隊，能提供各種先進的治療，協助病人迅速復原。

4 Hand Pain 甚麼是手部痛症？

The use of computer keyboards, mobile phones, gaming controls, and other handheld devices in today's Information Age may lead to a variety of repetitive stress injuries. These often appear as pain in the hand or wrist.

Pain lasting longer than six weeks is unlikely to be alleviated without treatment.

踏入資訊時代，都市人經常使用電腦鍵盤、手提電話、遊戲把手或其他手提電子儀器。手部和腕部因為經常重複動作而受壓，導致疼痛。

一旦疼痛持續超過六個星期，即表示有需要接受適當治療。



Hand and Wrist Pain

Mouse Hand (Carpal Tunnel Syndrome) 滑鼠手 (腕管綜合症)

Causes: Occurs when the band across the wrist contracts downwards, putting pressure on the median nerve.

High Risk Group: Common after pregnancy or menopause, or from repetitive work with machinery.

Symptoms: Tingling and numbness in the thumb, index and middle fingers. This may be associated with pain radiating up the forearm.

成因： 腕管通道向下屈曲時，正中神經受壓。

高危人士： 常見於孕婦或更年期婦女，或者經常機械性重複同一動作的人士。

徵狀： 大拇指、中指和無名指感到刺痛；如果情況嚴重，麻痺感覺可蔓延至前臂。

Trigger Finger 彈弓指

Causes: Inflammation of the tendon in the palm across the knuckles

High Risk Group: Diabetic patients, golfers.

Symptoms: Difficulty in bending the finger into the palm, or fully straightening it. Often worse in the morning, the affected finger is often flexed and unable to straighten. When it is forced to straighten, a "click" is often felt in the palm.

成因： 手指關節與手掌的肌腱發炎。

高危人士： 糖尿病病人、高爾夫球球手。

徵狀： 手指難以向掌心屈曲或完全伸直；早上情況較嚴重，受影響的手指伸展時感到阻力，無法伸直，強行伸直會感到手掌發出聲響。

Hand and Wrist Pain

Mother's Hand (De Quervain's Tendinosis) 媽媽手 (狹窄性腱鞘炎)

Causes: Once caused by the constant action of changing nappies, this condition is often developed by mothers in Hong Kong after cradling their babies during feeding.

High Risk Group: New mothers or middle-aged women

Symptoms: Pain may be felt over the thumb side of the wrist and can travel up the forearm. It is usually worse when the patient forcefully grasps objects or twists the wrist, such as when opening jar tops. Painful swelling may occur over the thumb side of wrist.

成因： 常見於媽媽身上，源於重複動作造成手部耗損，過去多數是因為更換尿片，現在則是抱着嬰兒餵奶。

高危人士： 中年婦女或新手媽媽

徵狀： 痛楚一般見於手腕旁邊近拇指的位置，可上延至前臂。當大力握物或轉動手腕（如扭開罐子）時，拇指一邊的手腕則感到痛楚。



Hand and Wrist Pain

Arthritis of the Thumb 拇指關節炎

Causes: Degeneration of joint in the bone of thumb. This is the most common joint in the body for arthritis to develop.

High Risk Group: Once common to typists, we now see the condition in patients who overuse their thumbs to operate keyboards, mobile phones, as well as keypads.

Symptoms: Pain and stiffness in the thumb, or in advanced cases, "creaky" sounds during joint activity. Swollen, squaring off of the bone of the thumb. Difficulty in gripping due to poor strength of affected thumb.

成因： 拇指關節是身體最容易出現關節炎的部位，通常源於退化。

高危人士： 過往以打字員居多，現在為過度使用拇指的人，多數是為了操控電子產品（例如：鍵盤、手提電話等）。

徵狀： 拇指疼痛和僵硬，如情況嚴重，關節活動時可能發出「吱吱」聲，甚至指骨位腫脹，影響抓物能力。



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