

Osteoarthritis (Bone Spurs) 骨性關節炎 (俗稱「骨刺」)

Cause: Uncommon wear and tear in the joint cartilage resulting in raw bones gliding against one another.

High Risk Group: Often seen in elderly people over age 70. Younger people can also develop osteoarthritis after injuries to their shoulder joints.

Symptoms: Stiff shoulder with loss of rotational movement such as rotating to the side or reaching the hand behind the back.

Treatment: Shoulder joint replacement or replacing the arthritic bone.

成因：關節軟骨不尋常地磨損和撕裂，致骨塊之間直接磨擦。

高危人士：常見於年逾七十的長者，年輕人亦會因肩膊關節受傷而患上。

徵狀：肩膊僵硬，無法向內或外轉動，或手臂不能反到背後。

治療方法：以手術植入人工關節，替代損壞的部分。



Shoulder Pain

Risk Factors of Shoulder Pain 肩膊痛的一般風險因素

- + Degradation of the tendons and joints over time as age advances
- + External impact from accidents such as falls
- + Previous sports injury to the shoulder, such as fractures or dislocations
- + Repetitive throwing or overhead motions from activities such as tennis, badminton, yoga, or paddling

- + 肌腱及關節隨年齡增長而耗損
- + 受到外力撞擊，如跌倒
- + 肩膊曾因運動受創，例如骨折或脫臼
- + 經常做需要重複投擲或將手高舉過頭的運動，如打網球、打羽毛球、瑜珈和划艇等



Shoulder Pain

Map 路線圖



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Shoulder Pain 肩膊痛症



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

Hong Kong Adventist Hospital's orthopaedic surgeons are experienced in the treatment of all shoulder conditions. At the forefront of shoulder surgery, our surgeons are well versed in the latest techniques, and together with our rehabilitation team, we are committed to helping you on your road to a quick recovery.

香港安醫院骨科專科醫生經驗豐富，熟悉各類肩膊痛症及最先進的手術技術，在細心盡責的復康治療師團隊協助下，為您提供最適當的治療，助您早日踏上復康之路。



4 What is Shoulder Pain? 甚麼是肩膊痛症？

Stiff and painful shoulders are very common among city dwellers and are not limited to the elderly. These inconspicuous symptoms are signs of physical fatigue and the consequences can be serious. Patients with long-term shoulder pain should seek medical attention as soon as possible.

肩膊痛症在都市人身上十分常見，並不是長者獨有。這些不起眼的徵狀，有可能是身體過勞的先兆，後果可大可小。如果長期肩膊痛，應該盡早求醫，以免耽誤治療。

Shoulder Pain

4 Causes, Symptoms, and Treatments 肩膊痛的成因、病徵和治療

In order of frequency, the five main causes of shoulder pain are: 肩膊痛症成因主要有以下五種，依常見程度排序為：

Rotator Cuff Tears - the most common cause of a painful shoulder 肩旋轉袖斷裂 (導致肩膊痛的最常見成因)

Cause: The tendon which lifts the arm up is torn from its attachment to the arm bone.

High Risk Group: Patients are usually over the age of 50.

Symptoms: Pain is felt on the side of the arm and typically occurs at night. Pain is worse when arm is elevated above shoulder level. Pressure on the affected area, such as sleeping on the shoulder, can aggravate pain and disturb sleep. Without treatment, the tear will extend over time and may result in inability to lift the arm up.

Treatment: Repair of the damaged tendon by keyhole surgery (arthroscopic).

成因：負責舉手動作、接連上臂肱骨的肩肌腱撕裂。

高危人士：患者普遍年過五十。

徵狀：前臂靠側位置感到痛楚，尤其手臂高舉過肩時。多在晚上發作。當受影響的位置受壓，例如側睡時壓住肩膊，痛楚將加劇，影響睡眠質素。如沒有適當治療，情況會逐步惡化，手臂甚至無法提舉。

治療方法：以微創手術 (關節內視鏡) 修復受損肌腱。



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Anterior Shoulder Instability - the second most common cause of a painful shoulder 復發性肩關節脫位 (導致肩膊痛的第二常見成因)

Cause: A torn ligament at the front of the shoulder joint

High Risk Group: Patients are relatively young (under 40). The condition is usually associated with sports injuries after impact with or without dislocation, or is caused by a fall onto the arm or elbow.

Symptoms: Pain is brought on by shoulder movements particularly in the arm at the shoulder level. The damaged ligament will not heal without treatment.

Treatment: Repair of the damaged ligament and repositioning it back into the shoulder socket.

成因：肩關節前方的韌帶撕裂。

高危人士：患者通常比較年輕 (四十歲以下)，往往跟運動時碰撞受傷有關，可能由脫臼造成，也可能是跌倒時手臂或手肘受力所致。

徵狀：肩膊活動時感疼痛，手臂高舉至肩膊高度時尤甚。受傷的韌帶需要手術才能復原。

治療方法：修復受傷的韌帶，並重置於肩窩位置。

Superior Labral Tear (SLAP) 上盂唇前後病變

Causes: A torn biceps tendon at the top of the shoulder socket. This can also occur after a fall.

High Risk Group: Usually associated with throwing and racket sports. It also commonly occurs after overloading the shoulder with weights at the gym or overstretching the arms during yoga. It may sometimes occur after a simple fall on an overstretched hand.

Symptoms: Pain is felt along the arm and is worse when the arm is bearing weight, such as during bench presses.

Treatment: Arthroscopic re-attachment of the biceps tendon back to the socket will see a speedy recovery.

Shoulder Pain

成因：跌倒或其他原因導致肩窩頂部的二頭肌肌腱撕裂。

高危人士：經常做投擲或揮動球拍運動的人；肩部曾意外受傷的人，其中以使用健身器材時肩膀負重過度，或練習瑜伽時過度伸展手臂較常見，也有可能因摔倒令手臂過度伸展。

徵狀：手臂活動時感疼痛，前臂受力時尤甚，例如做臥推動作。

治療方法：以關節內視鏡將撕裂的二頭肌肌腱重新接回

Adhesive Capsulitis (Frozen Shoulder) 沾黏性關節囊炎 (又稱五十肩、肩周炎)

Causes: Thickening of the shoulder joint capsule due to unknown causes.

High Risk Group: Patients are usually around 50 years of age.

Symptoms: Pain is felt initially for the first three months, followed by restriction of shoulder movement for the next eight months. Without proper treatment, shoulder rotational movement will cease. The condition can last up to 18 months.

Treatments: For mild to intermediate cases, physiotherapy can help to relieve pain and improve movement. Swimming is a good way to regain some of the lost movement. In severe cases, arthroscopic release of the thickened lining of the joint is very effective in alleviating the condition.

成因：肩關節囊無故增生。

高危人士：患者普遍年約五十歲。

徵狀：首三個月通常只是覺得痛，接下來八個月感到肩關節僵硬。如沒有適當治療，肩膊或會無法轉動，情況可持續十八個月。

治療方法：病情如屬輕微至中等，可以物理治療舒緩疼痛和改善活動幅度。游泳亦有助恢復肩關節部分活動能力。如情況嚴重，可利用微創手術去除增生的關節囊，能有效緩和病情。

Shoulder Pain