

## Injection Therapy 注射治療

Injection of platelet-rich plasma (PRP) stimulates the growth of cells, repairs damaged tissue, and relieves pain effectively. This out-patient procedure is the most effective treatment currently available. With blood obtained from the patient, platelets are concentrated and harvested by centrifuge and injected into the damaged muscle under ultrasound guidance.



透過注射血小板濃液 (PRP)，刺激細胞生長，修補受損組織，能有效紓緩痛楚，這種門診手術是現行最有效的療法。首先從病人身上抽取血液，再透過離心機把血漿分離，再抽取含濃縮血小板的血漿，在超聲波引導下注入受損的肌肉。

## Surgery 手術

If pain persists, doctors may consider surgery. Minimally invasive arthroscopic treatment is a very effective method in repairing the damaged tendon and relieving symptoms.

若疼痛持續，或需考慮施行手術。微創肘關節鏡治療是修復筋腱損耗及紓緩痛楚的有效方法。

## Map 路線圖



## Hong Kong Adventist Hospital – Stubbs Road 香港港安醫院—司徒拔道

📍 40 Stubbs Road, Hong Kong  
香港司徒拔道40號  
☎ (852) 3651 8629  
✉ o.tcenter@hkah.org.hk



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## Lateral Epicondylitis (Tennis Elbow)

## 網球肘 (肱骨外上髁炎)



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

Our orthopaedic surgeons are experienced in the treatment of all painful elbow conditions. At the forefront of elbow surgery, our surgeons are well versed in the latest techniques and together with our physiotherapists, they are committed to helping you on your road to a quick recovery.

香港安醫院—司徒拔道骨科專科醫生對治療各類手肘痛症具有豐富經驗，結合專業的物理治療師，能提供各種先進的治療，助您踏上復康之路。

## 4 Tennis Elbow 網球肘

Tennis elbow is common and affects 3% of the population. It can severely limit the ways in which a person is able to use their affected arm. The condition can last for a year without treatment and may lead to chronic pain that degrades the quality of daily life. Patients with elbow pain are recommended to seek medical attention as soon as possible.

「網球肘」即肱骨外上髁炎，是一種頗為常見的痛症，令手肘活動受到限制，約3%人口受影響。如果徵狀出現超過一年仍未接受適當治療，有機會演變成慢性炎症，影響生活質素，故宜盡快求醫，以免延誤治療。



Lateral Epicondylitis (Tennis Elbow)

## Causes 成因

Repetitive movements of the wrist and hand can lead to a degenerative tear in the muscles located on the outside of the elbow.

長時間重複使用手腕、手肘所致，手肘外側的肌肉出現退化性撕裂。

## People at Risk 高危人士

- Men over 35 and women over 50
- Affected individuals tend to participate in activities which require repetitive arm, elbow, wrist, and hand movements, such as playing tennis or golf, cooking, operating machinery, or using power tools
- 三十五歲以上男性或五十歲以上女性
- 經常使用前臂、肘部、手腕及手部來做重複動作的人士(例如網球及高爾夫球運動員、廚師、長時間操作機器、使用電鑽等工具人士)

## Symptoms 病徵

- Pain when lifting weight on extended elbow
- Difficulty in straightening arm, such as when lifting heavy items to an overhead space
- Pain extends to shoulder and wrist
- In severe cases, quality of sleep may be affected
- 提起物件或伸展手肘時感到疼痛
- 手臂難以伸直，例如無法舉起重物高過頭部
- 痛感可延伸至肩膀及手腕
- 嚴重者，可影響睡眠質素

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## 4 Treatment 治療方法

### Medication 口服藥物

Doctors may prescribe non-steroidal anti-inflammatory drugs (NSAI) to reduce the pain. This is helpful in the early stages of the condition, but does not relieve pain in chronic cases.

醫生或會處方非類固醇類消炎劑 (NSAI) 以減輕痛楚。對於早期病情，藥物能有效治理；但當病情已發展成慢性炎症時，則無助舒緩痛楚。

### Physical Therapy 物理治療

Therapy includes stretching activities to relax strained muscles. Acupuncture and shock wave treatment may also be helpful for patients with chronic pain.

治療包括伸展運動，放鬆經已勞損的肌肉。針灸或震波療法亦有助減輕慢性患者的痛楚。



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