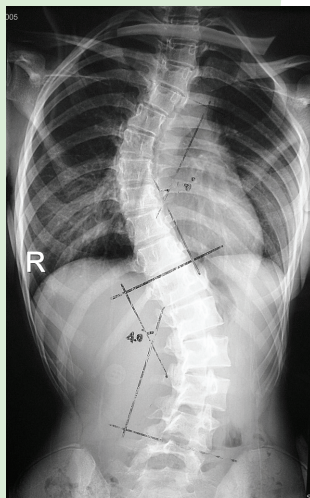


甚麼是脊柱側彎？

我們的脊柱由頸椎至尾椎共33節脊椎骨排列組成。脊柱支持身體，是軀幹肌肉的附著點，並負責保護我們的中樞神經系統，所以十分重要。正常的脊柱，從背部看應該排列成一條直線，十分整齊。但當脊柱超過10度左右不對稱，呈‘S’或‘C’字狀時，那就是「**脊柱側彎**」。



大部份**脊柱側彎**都是原因不明，即「**自發性脊柱側彎**」。女孩子患脊柱側彎的機會比男孩子高約二至三倍。

患脊柱側彎的孩子，其病情往往會在青春期中時惡化。當骨骼發育成熟後，病情就會穩定下來。

脊柱側彎的影響

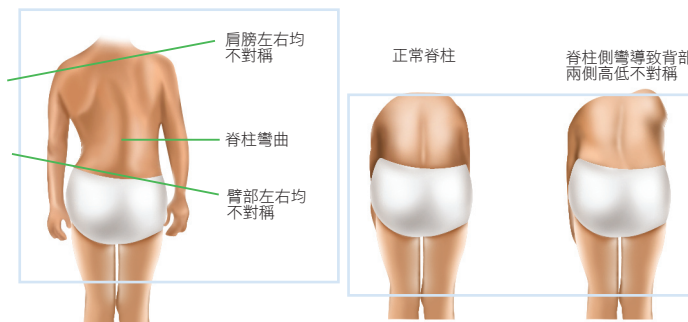
- 影響發育、儀表，以及青少年的心理成長
- 如側彎情況嚴重，可能會引致呼吸困難，及對懷孕生產方面造成障礙

自我檢查

早期的脊柱側彎不會令患者感到痛楚，因此病症往往要到後期才被發現。父母應觀察孩子是否有以下**脊柱側彎**的症狀，以便及早治療：

1. 耳朵左右均不對稱
2. 肩膀左右均不對稱
3. 肩胛骨（俗稱雞翼位）左右均不對稱
4. 盆骨位（臀部）或腰部左右均不對稱

父母亦可站在孩子背後，讓孩子將身體慢慢向前彎下，雙膝伸直，雙手放於雙膝間，然後從後觀察孩子的背部是否有兩側高低不對稱。



治療方法

脊柱側彎的治療方法取決於很多不同的因素，其中包括患者**脊柱側彎**的嚴重程度。

10至25度：接受運動/物理治療，及作定期檢查（通常半年一次）

25至40度：需配戴**矯形腰架**及接受運動/物理治療。**矯形腰架**是依照不同的側彎曲度及種類而

度身訂製，以達最佳治療效果。

40度或以上：必須以手術來矯正或防止惡化。

脊柱側彎矯形腰架

穿著**矯形腰架**是中度**脊柱側彎**的常用療法。**矯形腰架**利用物理力學把屈曲變形的脊柱推回正常位置。由於青春期中**脊柱側彎**變化很大，所以一般都會要求患者每日穿戴**矯形腰架**23小時，直到骨幹發育完畢（約16至18歲），期間亦須每半年檢查兩次，以監控病情。一般**矯形腰架**每半年至一年便需接受調校或更新，以確保最佳療效。

歡迎聯絡我們，查詢有關**矯形腰架製作服務**及**手術治療**的詳細資料。

義肢及矯形部

香港跑馬地山村道二號
養和醫院中院三樓

辦公時間
星期一至星期五：上午九時至下午五時
星期六：上午十一時至下午三時
（星期日及公眾假期休息）

查詢或預約，歡迎聯絡我們
電話：2835 8648
傳真：2892 7518
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<http://www.hksh.com>

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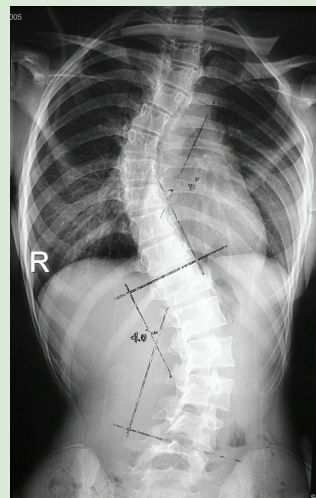


養和醫院
HONG KONG SANATORIUM & HOSPITAL

脊柱側彎 Scoliosis

What is Scoliosis?

The spine is composed of 33 vertebrae. It is an essential part of the body that provides attachment for muscles, keeps the body upright and protects the spinal cord. A healthy spine should align straight when seen from the back. Any lateral curvature over 10 degrees (giving the spine an S or C shape) is defined as "scoliosis".



The commonest type of scoliosis is "idiopathic scoliosis", which means the cause is unknown. Statistics show that girls are 2 to 3 times more likely to have the problem than boys.

Deterioration of scoliosis is common during puberty. Once bone maturity is reached, the chance of further deterioration is low.

Consequences of Scoliosis

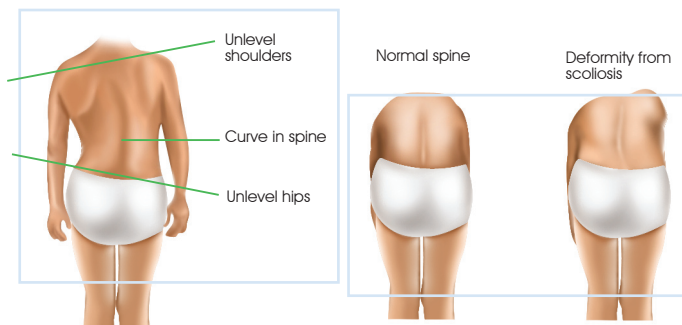
- Scoliosis affects growth and posture and may have an adverse psychological impact on the adolescent patient.
- In severe cases, scoliosis may affect lung function and lead to difficulty in pregnancy and delivery.

Self-assessment

Scoliosis can go unnoticed in a child because it is rarely painful in the formative years. Therefore, parents should watch for the following signs of scoliosis:

1. Unlevel ears
2. Unlevel shoulders
3. Unlevel scapulae (shoulder blade)
4. Unlevel hips or abnormal waist line

Another way is to ask the child to bend forward, keep his/her knees straight and position both hands between the knees to assess the symmetry of the back from behind.



Treatment

Treatment for scoliosis depends on a number of factors including the severity of the curve of the spine.

10 - 25 degrees: Exercise/physiotherapy followed by regular check-up (usually twice a year).

25 - 40 degrees: Bracing and exercise/physiotherapy are needed. Scoliosis braces are tailor-made

to fit the body of individual patients. The design varies and depends on the type and severity of the deformation.

40 degrees or above: Surgical treatment is often required to correct the problem or prevent deterioration.

Spinal Brace for Scoliosis

Spinal braces correct moderate scoliosis by exerting mechanical forces on specific regions of the spine. As spinal shape changes rapidly during puberty, braces should be worn for 23 hours daily until the bone is matured (around the age of 16 - 18), with follow-up examinations performed twice a year. In addition, the brace should be adjusted or renewed every 6 to 12 months to render the optimum therapeutic effect.

For further information about the spinal brace and surgical treatment, please feel free to contact us.



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2 Village Road, Happy Valley, Hong Kong

Service Hours :
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Saturdays : 11:00am - 3:00pm
Closed on Sundays and Public Holidays

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