

如何进行康复训练?

肌力训练

1. 平卧于床上，一侧直腿抬高，持续10秒，休息3秒，10-20次为一组。每天做3-4组。以出现肌肉酸胀感为度。



2. 坐位将一侧腿抬高伸直，持续10秒，休息3秒，10-20次为一组，每天做2-3组。以出现肌肉酸胀感为度。



3. 静蹲：上身挺直，上体正直，靠墙站立，双足与肩同宽，足尖及膝关节正向前方，左右腿均匀分配体重，缓慢下蹲至无痛角度，调整脚离墙的距离，使膝与足尖的连线垂直于地面，下蹲角度 $\leq 90^\circ$ ，即下蹲角度小时距离墙近，下蹲角度大时距离墙远。在膝屈至 90° 内的无痛及可控制的最大角度保持一定时间为1次。此练习主要加强大腿前侧肌群肌力，锻炼股四头肌，提高膝关节控制能力及稳定性。

关节灵活性训练

平卧，双腿抬起，在空中模拟骑自行车动作，动作要缓慢而用力。必要时可于踝关节处加沙袋等为负荷。一般练习20-30次为一组，2-4组每日。此练习主要锻炼腹肌及腰部的控制能力，同时可有效锻炼下肢的整体力量、提高关节的灵活性。

不适合做的运动

- 上下台阶
- 爬山



United Family Healthcare
和睦家医疗



Beijing United Family Rehabilitation Hospital
北京和睦家康复医院

1 North Yaojiayuan 2nd Road
Chaoyang District, Beijing 100016

北京和睦家康复医院
北京市朝阳区姚家园北二路1号 100016

Tel 电话: +86 (10) 8558 1800

Fax 传真: +86 (10) 8558 1850

Email 电子信箱: bju.rehab@ufh.com.cn

24hr Service Center 24小时服务中心: 4008-919191

www.ufh.com.cn



Healthcare for Life!

Osteoarthritis Rehabilitation
骨性关节炎的康复

What is osteoarthritis?

- Primary or secondary degeneration occurs within articular cartilage (cartilage between joints) and forms osteophytes around the joints.
- Osteoarthritis is also known as hypertrophic joint disease or degenerative joint disease.
- It occurs with aging, post joint injuries, and excessive exercise.

What causes osteoarthritis?

- Genetic structure abnormalities such as "O" or "X" shaped legs.
- Uneven articular cartilage surfaces caused by either congenital factors or joint injuries.
- Unstable joints are often caused by weak muscles after injuries.
- Illness may cause articular cartilage damage.
- Obesity

What are the symptoms of osteoarthritis?

- Osteoarthritis is more common after the age of 50, and women are more susceptible than men.
- Less common types include knee, hip, hand, lumbar, and cervical osteoarthritis.
- Osteoarthritis of the knee is the most common type, an early symptom of which is pain when going up and down stairs.
- Joint swelling, pain, and joint deformity are symptoms for all types of osteoarthritis.
- Temporary and morning stiffness, limited activities due to joint pain.

What treatment options do I have with osteoarthritis?

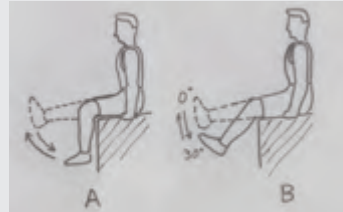
- Rest to avoid further agitation if you have swelling joints and severe pain.
- Apply physical treatments to reduce swelling and pain.
- Pain relief medication, Traditional Chinese Medicine (TCM) treatments, diet change, or undergo cartilage repair.
- Proper rehabilitation strength training can help strengthen and reduce your swelling.

What are some good rehabilitation exercises for osteoarthritis?**Strength training:**

1) Back leg raises: While lying on your back, raise your leg for 10 seconds, then rest for 3 seconds. Do 10-20 times per set, 3-4 sets each day. Repeat until your legs feel sore.



2) Seated leg raises: Sit upright and lift and straighten your leg for 10 seconds, then rest for 3 seconds. Do 10-20 reps per group, and 2-3 sets per day. Repeat until your legs feel sore.



3) Static squats: Keeping your upper body straight, stand up against the wall with your feet shoulder width apart, keeping your toes and front knee forward and your weight evenly distributed between your legs; slowly squat to a 90 degree angle. This exercise mainly strengthens your front thigh muscles and quadriceps to improve knee control and stability.

Joint flexibility training:

Lay on your back, lift your legs in the air like you are riding a bike, and pedal slowly but hard. You can put small weights on your ankles to increase the exercise. Do 20-30 times per set, 2-4 sets daily. This exercise helps to strengthen your abdominal and lower back muscles to gain better control, as well as improve the overall strength and flexibility of your joints in your lower body.

What you should not do

- Stair climbing
- Mountain climbing

什么是骨性关节炎?

- 关节软骨发生原发或继发性退行性病变，并在关节边缘形成骨赘（俗称骨刺）。
- 骨性关节炎又称增生性骨关节炎、退行性骨关节炎。
- 多发于老年人、关节损伤后、过度运动。

发病原因有哪些?

- 先天性的结构异常：“O”“X”形腿
- 关节软骨面的不平整：先天性因素、关节受伤后
- 关节不稳定——由于关节周围肌肉、韧带损伤后，“经常打软腿”
- 关节软骨破坏的疾病
- 肥胖

骨性关节炎的表现有哪些?

- 大多50岁后发病，女性发病率比男性较高
- 少数关节病变：膝、髌、指间关节、腰椎、颈椎
- 膝关节多见，早期表现为上下楼梯时疼痛
- 关节肿胀、疼痛，严重者出现关节畸形
- 晨僵和暂时性的僵硬，严重者关节活动受限

得了骨性关节炎应该怎么办?

- 关节肿胀、疼痛较重时应该休息
- 应用理疗减轻肿胀和疼痛
- 服用镇痛药物、活血化瘀的中药、修复和营养软骨的药物
- 疼痛、肿胀减轻后应加强正确的康复训练