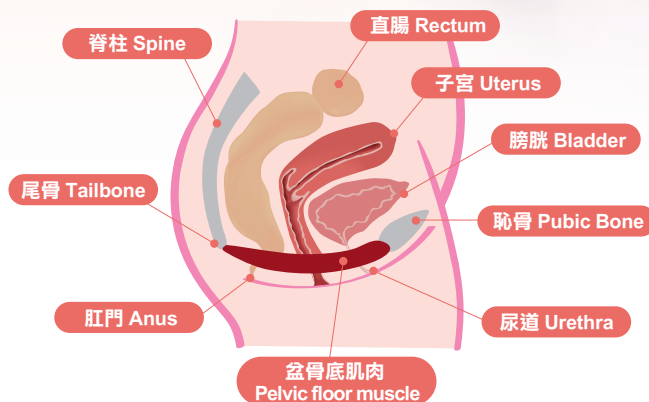


壓力性尿失禁 Stress Incontinence

甚麼是壓力性尿失禁？ What is Stress Incontinence?

當進行運動、咳嗽或打噴嚏等動作時，產生失禁漏尿的情況。

The involuntary loss of urine through urethra during sports activities, coughing or sneezing.



普遍迷思 Common Myths

迷思: 壓力性尿失禁不是一種疾病，而是正常衰老或分娩的後果。

正確觀念: 衰老和分娩不一定導致壓力性尿失禁，它們只是風險因素。物理治療能改善輕度的壓力性尿失禁問題。

Myth: Stress incontinence is a normal aging or childbirth consequence instead of a disease entity.

Fact: Aging and childbirth are considered as the risk factors and would not necessarily lead to incontinence. Mild level of incontinence conditions can be managed with physiotherapy treatment.

物理治療 Physiotherapy Management

主要包括 Includes :

1. 盆骨底肌肉運動 Pelvic Floor Exercise
2. 膀胱訓練 Bladder Training
3. 改變生活模式 Lifestyle modification

預約 Appointment

歡迎聯絡康復治療診所，預約或查詢女性保健物理治療。

Please contact Rehabilitation Clinic for women's health physiotherapy appointment or enquiry.

診症時間 Opening Hours

Mon to Fri 星期一至五： 上午9:00am – 中午12:30pm
下午1:30pm – 晚上 8:00pm

Sat 星期六： 上午9:00 am – 下午1:00 pm

星期日及公眾假期休息

Closed on Sundays and Public Holidays

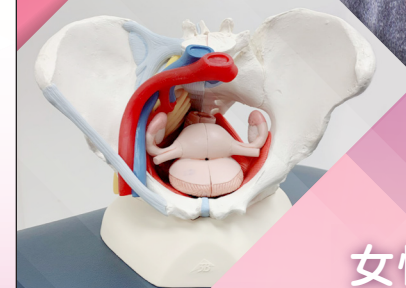
聯絡我們 Contact Us

網頁 Website www.rehabclinic.org
電郵 Email rsclinic@polyu.edu.hk
電話 Tel 2766 6734
傳真 Fax 2142 1369
地址 Address 九龍紅磡香港理工大學A座地下AG056室
AG056, G/F, Core A, The Hong Kong Polytechnic University, Hung Hom, Kowloon



WH-02-202312

康復治療診所 REHABILITATION CLINIC



女性保健物理治療 Women's Health Physiotherapy

淋巴水腫

Lymphoedema- Post Breast Cancer Surgery Physiotherapy Rehabilitation

乳癌手術或腋下淋巴結放射治療，均會令淋巴結受損而阻礙淋巴液的流動。淋巴水腫 (Lymphoedema) 是由於淋巴系統出現障礙，令淋巴液在細胞間的空隙積聚而引致的慢性炎症。淋巴水腫可能在接受乳癌治療後幾個月，甚至幾年後才出現。

Surgery for breast cancer or radiotherapy to the lymph nodes under the arm will damage the lymph nodes and hinder the flow of lymph. Lymphoedema is a chronic inflammation caused by a disorder of the lymphatic system that causes lymph fluid to accumulate in the spaces between cells. Lymphoedema may appear months or even years after receiving breast cancer treatment.

淋巴水腫的早期徵狀

Early Symptoms of Lymphoedema

由於淋巴水腫屬慢性炎症，早期徵狀會間歇出現: Lymphoedema is a chronic inflammation, early symptoms will appear intermittently:

- 上臂感覺沉重、疼痛或持續痛楚
Feeling heavy, painful or persistent pain in the upper arm.
- 在穿衣或戴飾物時，因為上肢浮腫而感到繃緊
When dressing or wearing accessories, the upper limbs are swollen and feel tight.
- 看起來或會覺得其中一側上肢較大
One of the upper limbs may seem larger in appearance.



處理淋巴水腫

Lymphoedema Management

淋巴水腫是無法根治的，適當的日常護理，及配合物理治療如運動及淋巴引流，是希望能預防或減輕上述症狀，以促進自我照顧的能力。若不加以適當處理，腫脹會持續，繼而阻礙肢體的活動能力，對身心造成不良影響。

Appropriate daily care, combined with physiotherapy such as exercise and lymphatic drainage, may prevent or alleviate the above symptoms and promote self-care ability. If lymphoedema is not treated properly, the swelling will continue, which will affect the movement of the limbs and cause adverse effects to the body and mind.



產前產後的腰骨盆疼痛

Lumbo-Pelvic Pain Before or After Birth

腰骨盆疼痛位置

Pain area:

- 下腰及骶髂關節，恥骨聯合。
Region of the lower back, sacroiliac joints, the pubic symphysis.
- 伸延疼痛：腹股溝或會陰，臀部，大腿後部，腿和腳。
Referring pain can extend into the groin or perineum, the buttock, posterior thigh, leg and foot.

有機會造成的影響

Possible Impact:

- 影響睡眠和日常活動，例如在床上轉身，坐著，站立，走路。
Interfere with normal daily activities, such as turning over in bed, sitting, sitting to standing and walking.
- 降低生活質素。
Reduce the quality of life
- 限制體力活動和社交生活。
Limits physical activity and social life



物理治療護理

Physiotherapy Management:

- 手法治療。
Manual therapy
- 腰椎及骨盆肌肉穩定鍛練運動。
Stabilization retraining exercise
- 提高身體體能，如一般的體能鍛練或有氧運動，肌肉鍛練，各種類型的柔韌性、伸展運動或肌肉放鬆運動。
Improve general fitness: General physical fitness or aerobic exercise, muscle strengthening, flexibility/stretching or progressive muscle relaxation exercises
- 教育休息和放鬆的重要性。
Educate the importance of rest and relaxation
- 建議替嬰兒沐浴、母乳餵哺、及抱嬰兒時的正確姿勢和技巧。
Advise correct posture and techniques of bathing, breast feeding and carrying babies.

