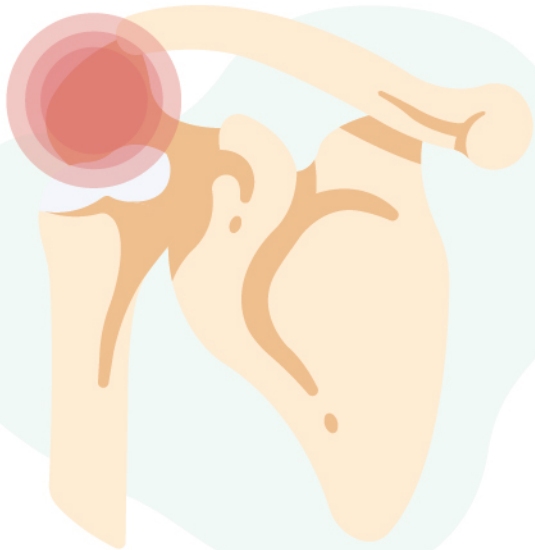




# 認識肩周炎 (俗稱「五十肩」) Frozen Shoulder



## 什麼是肩周炎？

### What is Frozen Shoulder?



肩關節由一層關節囊的強韌組織包圍。患上肩周炎時，這層關節囊會變得肥厚、緊繃並發炎，產生稱為「粘連」的纖維組織。同時，關節內的滑液（潤滑劑）會減少，導致肩膀活動困難且劇痛。

The shoulder joint is enclosed in a capsule of strong connective tissue. When frozen shoulder occurs, this capsule becomes thick, tight, and inflamed, developing bands of fibrous tissue called adhesions. Simultaneously, the amount of synovial fluid (the joint's lubricant) decreases, making shoulder movement both difficult and extremely painful.

## 3個階段

### Three Stages

肩周炎通常分為三個階段：

Frozen shoulder typically progresses through three distinct stages:



**漸凍期 (Freezing Stage)：**肩膀任何動作都會引起疼痛，活動範圍開始受限。此階段通常持續 2 至 9 個月。

**Freezing Stage:** Any movement of the shoulder causes pain, and the shoulder's range of motion begins to become limited. This stage typically lasts 2 to 9 months.



**凍結期 (Frozen Stage)：**疼痛或會減輕，但肩膀變得非常僵硬，日常活動變得困難。此階段持續 4 至 12 個月。

**Frozen Stage:** Pain may begin to diminish; however, the shoulder becomes significantly stiffer, making daily activities very difficult. This stage lasts 4 to 12 months.



**解凍期 (Thawing Stage)：**肩膀的活動範圍逐漸改善，恢復正常。這過程一般需時 5 至 24 個月。

**Thawing Stage:** The range of motion in the shoulder begins to improve and gradually returns to normal. This recovery process generally takes 5 to 24 months.

## 成因

### Causes

肩周炎可能是自發性的，也可能由限制肩膀活動的特定問題引起：

Frozen shoulder can occur spontaneously or may be triggered by specific issues that limit shoulder movement:



#### 系統性疾病： Systemic Diseases:

與糖尿病及甲狀腺疾病有密切關係。

It is closely linked to conditions such as diabetes and thyroid disorders.



#### 長期缺乏活動： Prolonged Immobility:

手術後、中風或骨折後長期缺乏活動，會導致結締組織繃緊並「凍結」關節。

Long periods of inactivity following surgery, a stroke, or a fracture can cause the connective tissue to tighten and "freeze" the joint.



#### 旋轉肌腱受傷： Rotator Cuff Injuries:

肌腱撕裂引起的疼痛常令病人減少活動肩膀，繼而觸發關節囊發炎。

Pain from a tendon tear often causes patients to move their shoulder less, which in turn triggers inflammation of the joint capsule.



#### 發炎誘因： Inflammatory Triggers:

肩部扭傷、鈣化性肌腱炎或夾擊綜合症引起的劇痛會令病人不敢活動，導致惡性循環令關節凍結。

Intense pain from shoulder sprains, calcific tendonitis, or impingement syndrome can make patients afraid to move, leading to a vicious cycle that freezes the joint.

## 注意事項

### Precautions

- 副作用風險：介入治療過程相對安全，但仍可能出現副作用的風險，包括酸痛、瘀青或炎症等等。  
Side Effects Risks: While intervention therapy is safety, patients may experience side effects such as soreness, bruising, or localized inflammation.
- 復發風險：儘管治療效果顯著，復發機會低，但肩周炎仍有復發機會，需配合長期運動治療以維持效果。  
Recurrence Risk: Although the success rate is high and recurrence is low, it is still possible. Long-term exercise therapy is required to maintain the results.
- 手術的可能性：若肩膀問題不僅限於肩周炎（如合併旋轉肌腱斷裂等損傷），非手術治療未能解決所有問題，可能要考慮微創手術修補。  
Possibility of Surgery: If the shoulder problem involves structural damage (like a complete rotator cuff tear) in addition to frozen shoulder, non-surgical methods may not solve everything, may require arthroscopic repair.

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## 治療方案

### Treatment Options

肩周炎會導致肩關節囊發炎及纖維化，令肩膀變得僵硬及疼痛。以下是常用治療方法：

Frozen shoulder leads to inflammation and fibrosis of the joint capsule. Common treatments include:



**藥物治療及物理治療：**消炎止痛藥可減輕早期痛楚。配合物理治療師提供的運動治療，希望改善關節活動度和功能。

**Medication and Physical Therapy:** Anti-inflammatory painkillers (NSAIDs) to reduce early-stage pain. This is paired with exercise therapy provided by a physiotherapist to improve joint mobility and function.



**超聲波介入治療：**透過超聲波引導神經阻滯，將藥物注射至肩關節和相關的韌帶。再透過牽引肩膀，鬆解粘連的纖維組織。有效鬆解僵硬的關節囊，恢復活動能力。助病人更有效地進行後續的物理治療康復運動。

**Ultrasound-Guided Interventional Therapy:** Using ultrasound guidance, a nerve block is performed, and medication is injected into the shoulder joint and related ligaments. The doctor then performs a manipulation (stretching) of the shoulder to release the adhered fibrous tissue. This effectively loosens the stiff capsule and restores mobility, helping the patient perform follow-up rehabilitation exercises more effectively.



**關節鏡微創手術：**微創手術清除發炎的關節囊組織。創傷小、全面解決嚴重的關節粘連和肩關節疾病。配合運動治療，有助改善關節活動度和功能。

**Minimally Invasive Surgery:** Minimally invasive surgery can be performed to directly cut and clear the inflamed capsular tissue. This procedure involves minimal trauma and provides a comprehensive solution for severe adhesions and related shoulder disorders.

## 重點項目： 超聲波介入治療

### Key Highlight: Ultrasound-Guided Interventional Therapy

#### ✓ 程序概要： Procedure Overview:

**超聲波引導神經阻滯：**利用超聲波在臂神經叢精確注射麻醉，有效阻斷痛覺，讓後續鬆解過程幾乎極小痛楚。

**1 Ultrasound-Guided Nerve Block:** Real-time imaging allows precise brachial plexus injection to numb the shoulder, ensuring minimal pain.

**關節腔與韌帶精準注射：**在影像引導下將藥物注入關節腔與受影響韌帶，減輕發炎並潤滑僵硬組織。

**2 Targeted Joint Injection:** Medication is accurately delivered into the joint and ligaments under ultrasound guidance to reduce inflammation and ease stiffness.

**關節囊鬆解：**藥效發揮後，透過特定角度牽引鬆解纖維化關節囊，即時改善肩膀活動幅度。

**3 Capsular Release:** After the block takes effect, the doctor gently manipulates the shoulder to release the fibrotic capsule, improving range of motion immediately.

#### ★ 治療優勢： Benefits:

**✗ 非手術性：**無需開刀或縫針，無外在傷口。  
Non-surgical: No incision, no stitches.

**🏃 即時復康：**痛楚緩解後可立即開始物理治療，加速修復。  
Quick recovery: Pain relief allows early rehabilitation.

**💪 協同效應：**介入治療與運動復康相輔相成，助患者恢復日常動作與肩膀力量。

**Synergistic results:** The procedure enhances the effect of physiotherapy, helping patients regain shoulder strength and function for daily activities.

