賽馬會教練延續培訓計劃
預防及治療性的運動貼紮 (上肢)

蘇俊龍博士

運動貼布包紮簡介

功用

可保護、支撐、承托受傷的組織，令運動員可以繼續完成比賽

運動貼布包紮簡介

施行原則

先診斷及檢查;

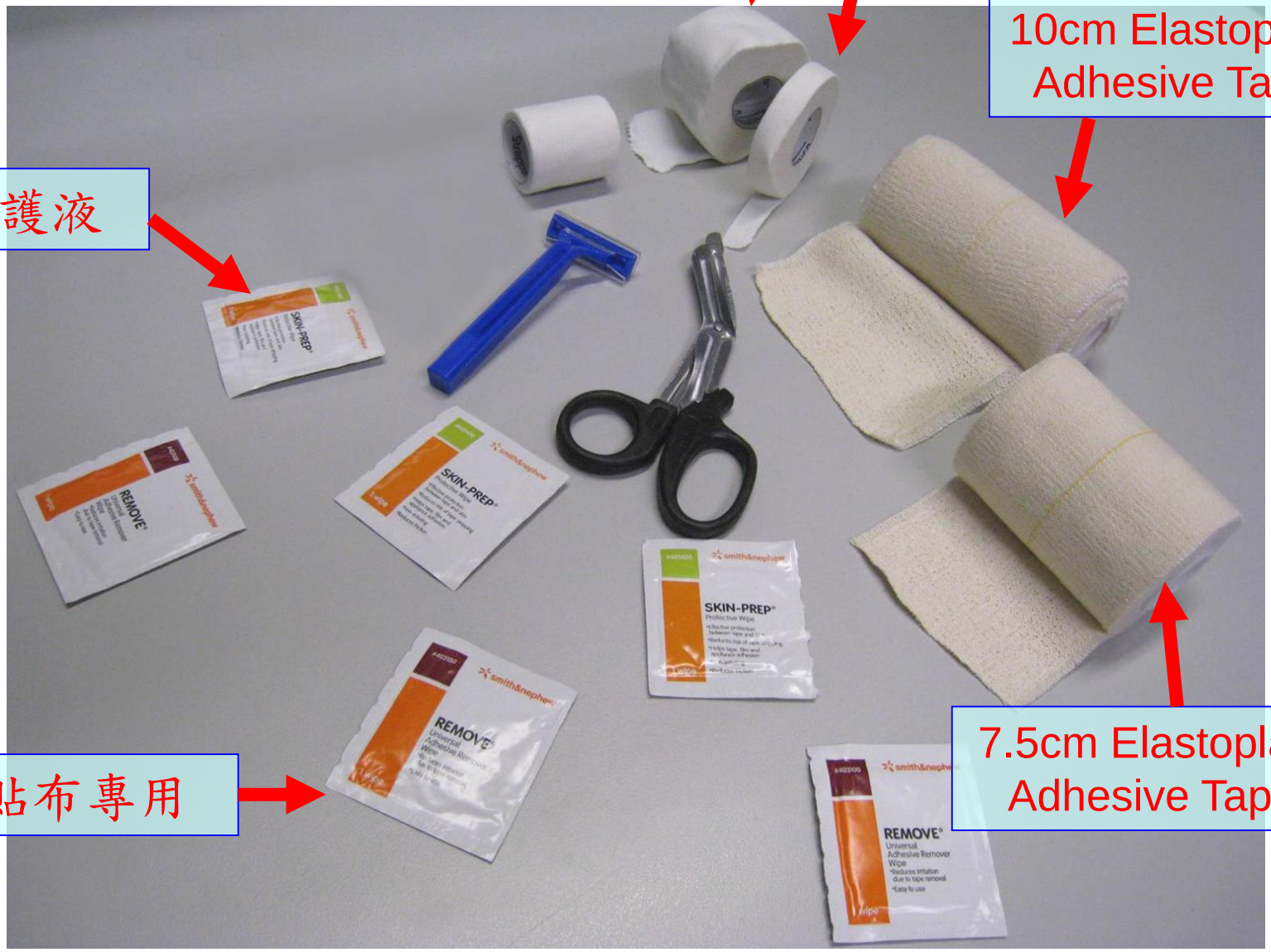
如皮膚敏感、部位骨折、血液循環及神經受阻等，不可使用運動貼布;

使用原則:後圈覆蓋前圈2/3，每圈不完全覆蓋成圈(No complete round);

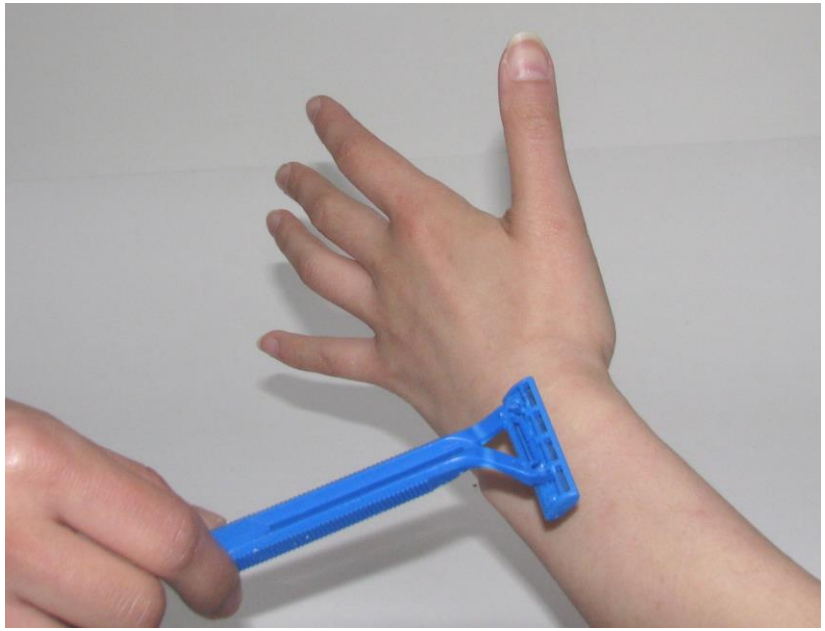
貼紮後必須檢查血液循環及傷肢功能;

賽事完畢後，應盡快把運動貼布除去;

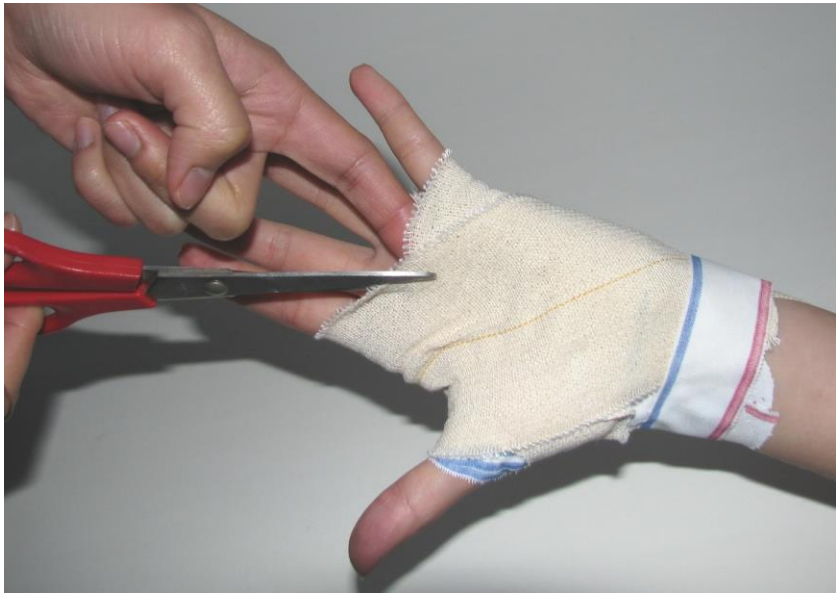
標準運動貼布套裝


4cm Strappal Sports Tape
1cm Strappal Sports Tape
10cm Elastoplast Adhesive Tape
皮膚保護液
SKIN-PREP
REMOVE
smith&nephew
脫除貼布專用
7.5cm Elastoplast Adhesive Tape

貼紮時的注意事項



包紮時小心使用利器



貼紮前的準備

檢查及確認受傷位置
有否骨折或可能性

抹乾貼布位置附
近的水份或汗液

貼紮前的準備

避免傷者有皮膚敏感情況

貼紮前的準備

去除貼布位置上的毛髮

抹乾貼布位置附近的水份或汗液

溫馨提示
小心使用利器

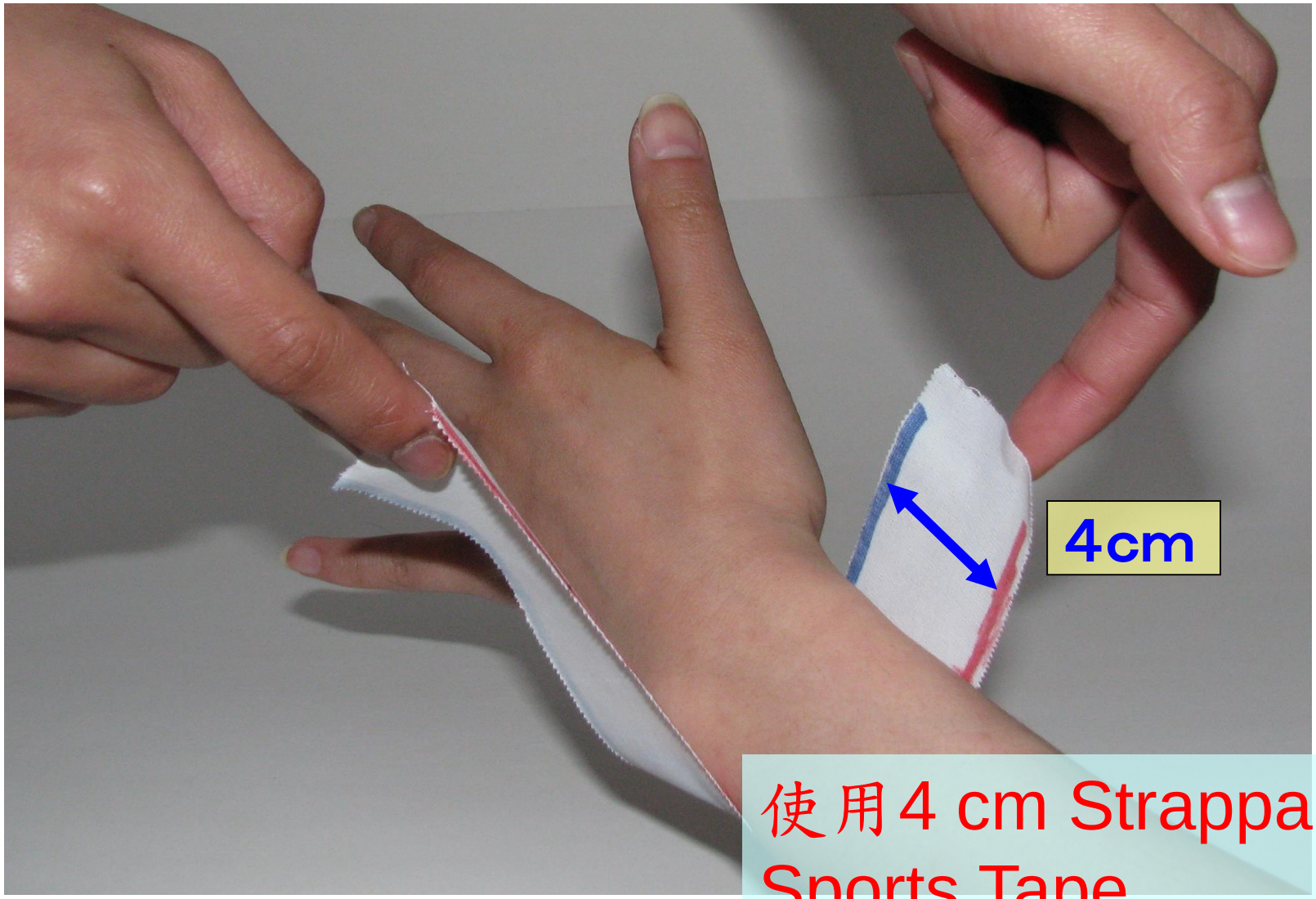
貼紮前的準備

可使用Skin-Prep保護液保護皮膚

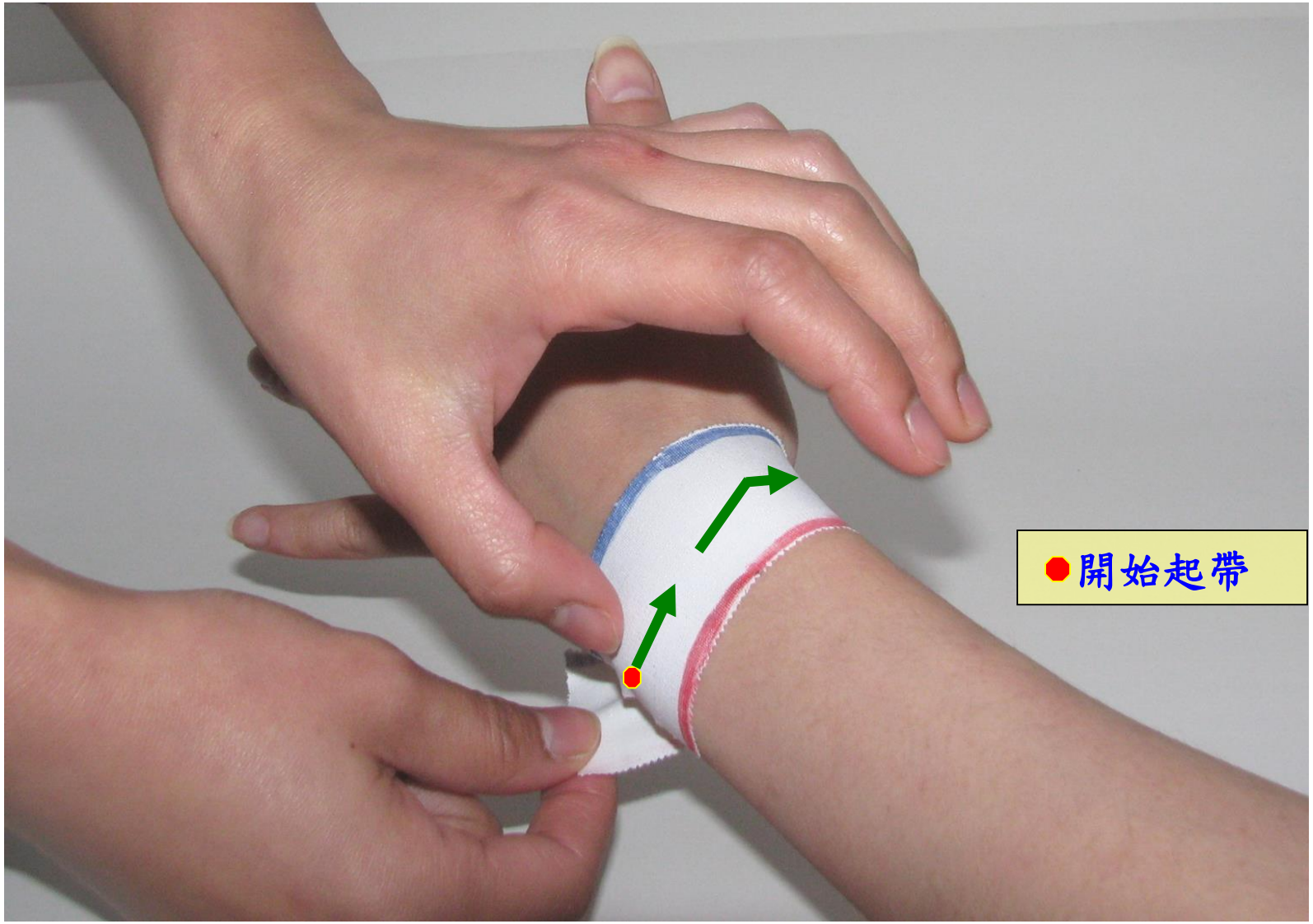
貼紮前的準備

調整在適當位置

姆指關節扭傷



姆指關節扭傷



姆指關節扭傷

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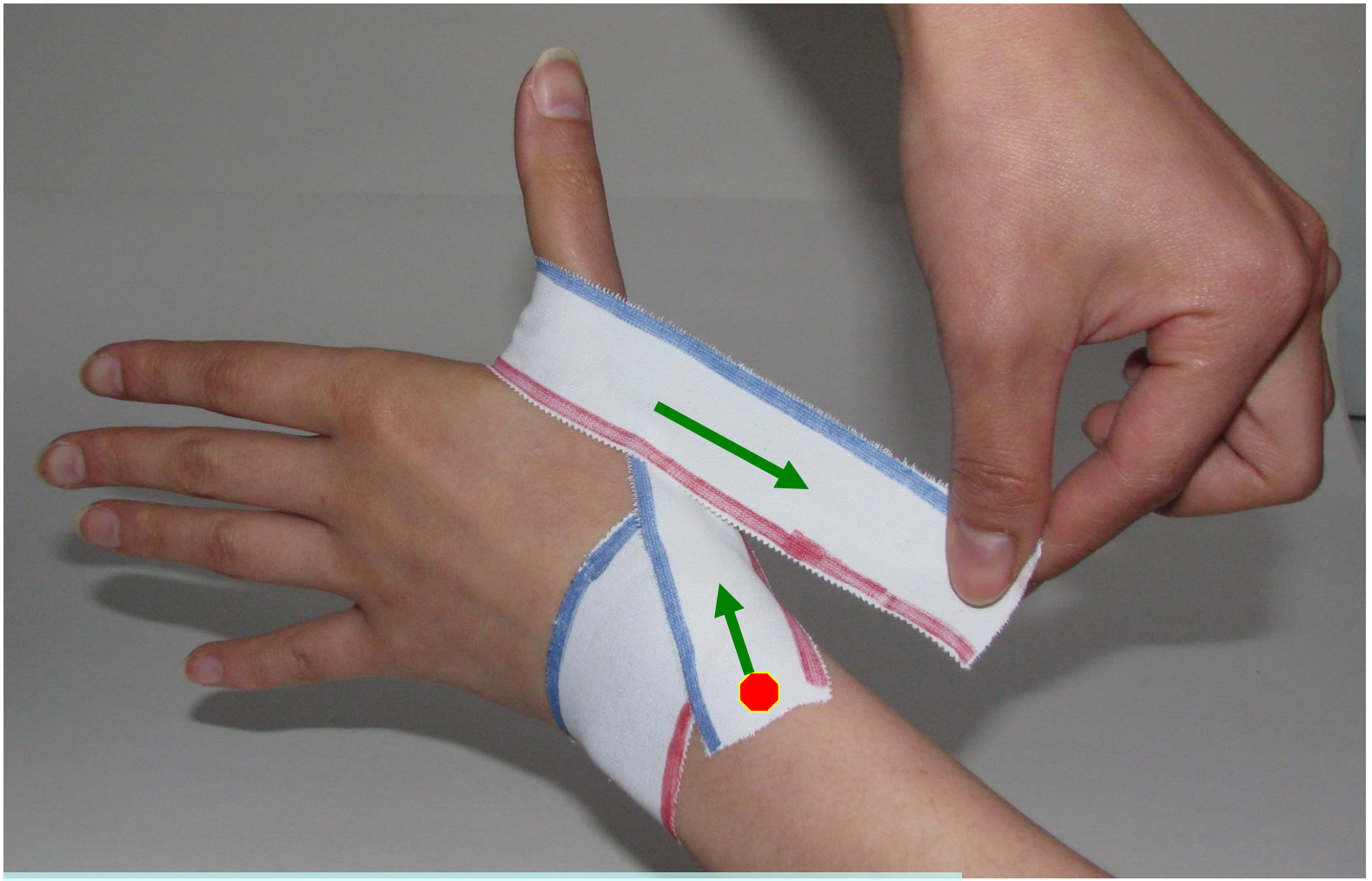


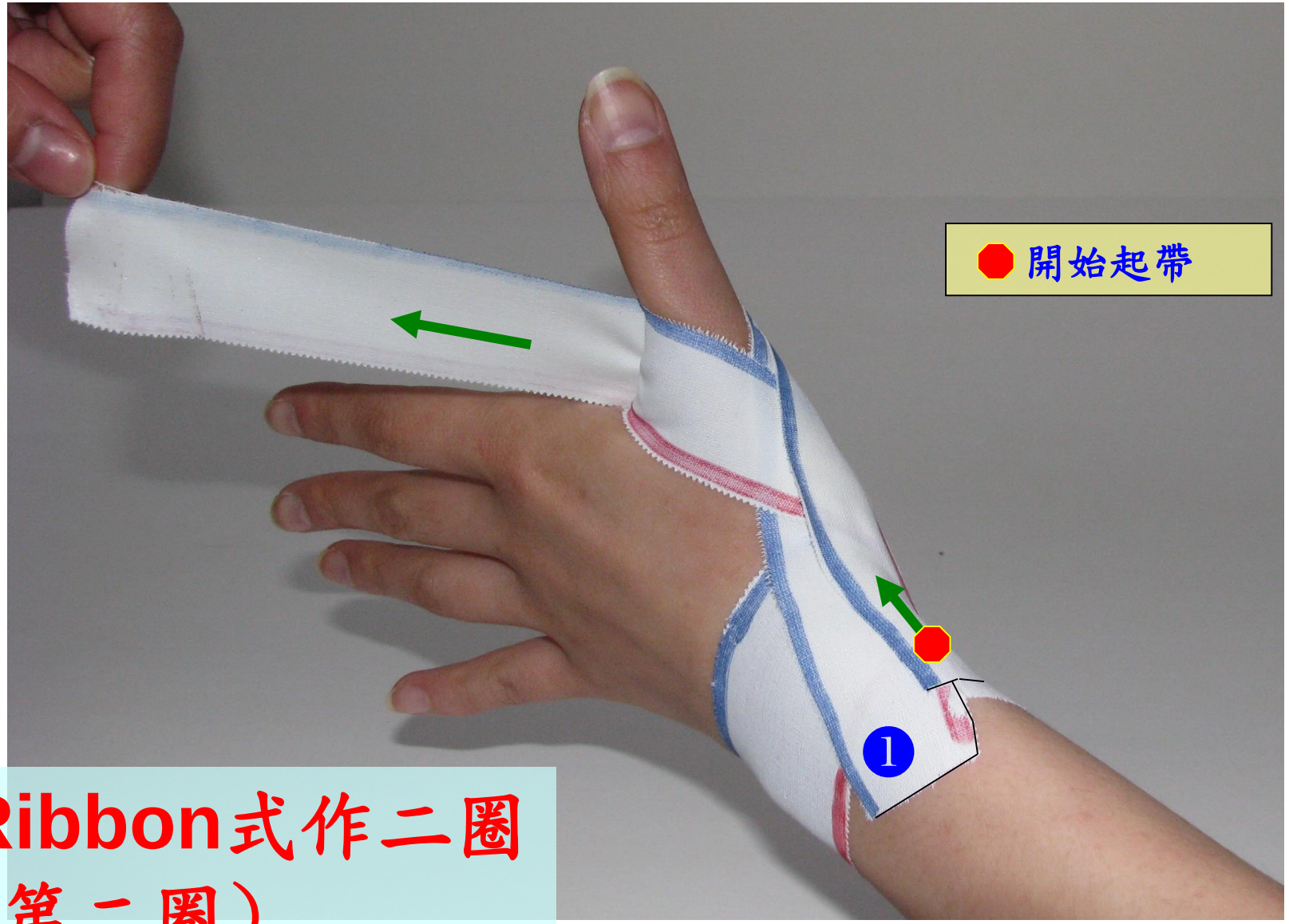
向手掌及手背方向往下拉

姆指關節扭傷

姆指關節扭傷

以Ribbon形式作
一圈（即第一圈）

姆指關節扭傷

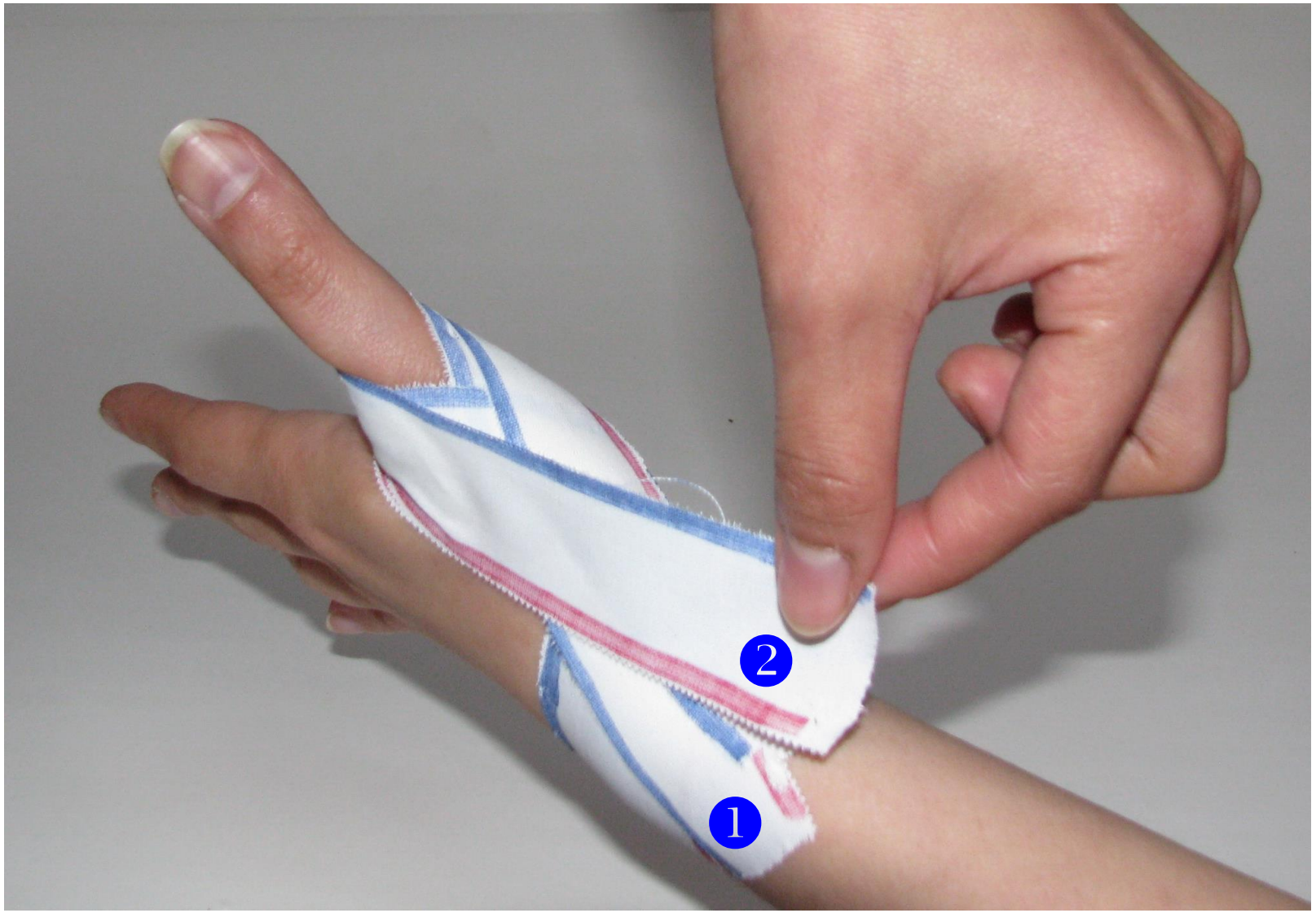


以Ribbon式作二圈
（即第二圈）

姆指關節扭傷

以Ribbon式作二圈
（即第二圈）

姆指關節扭傷



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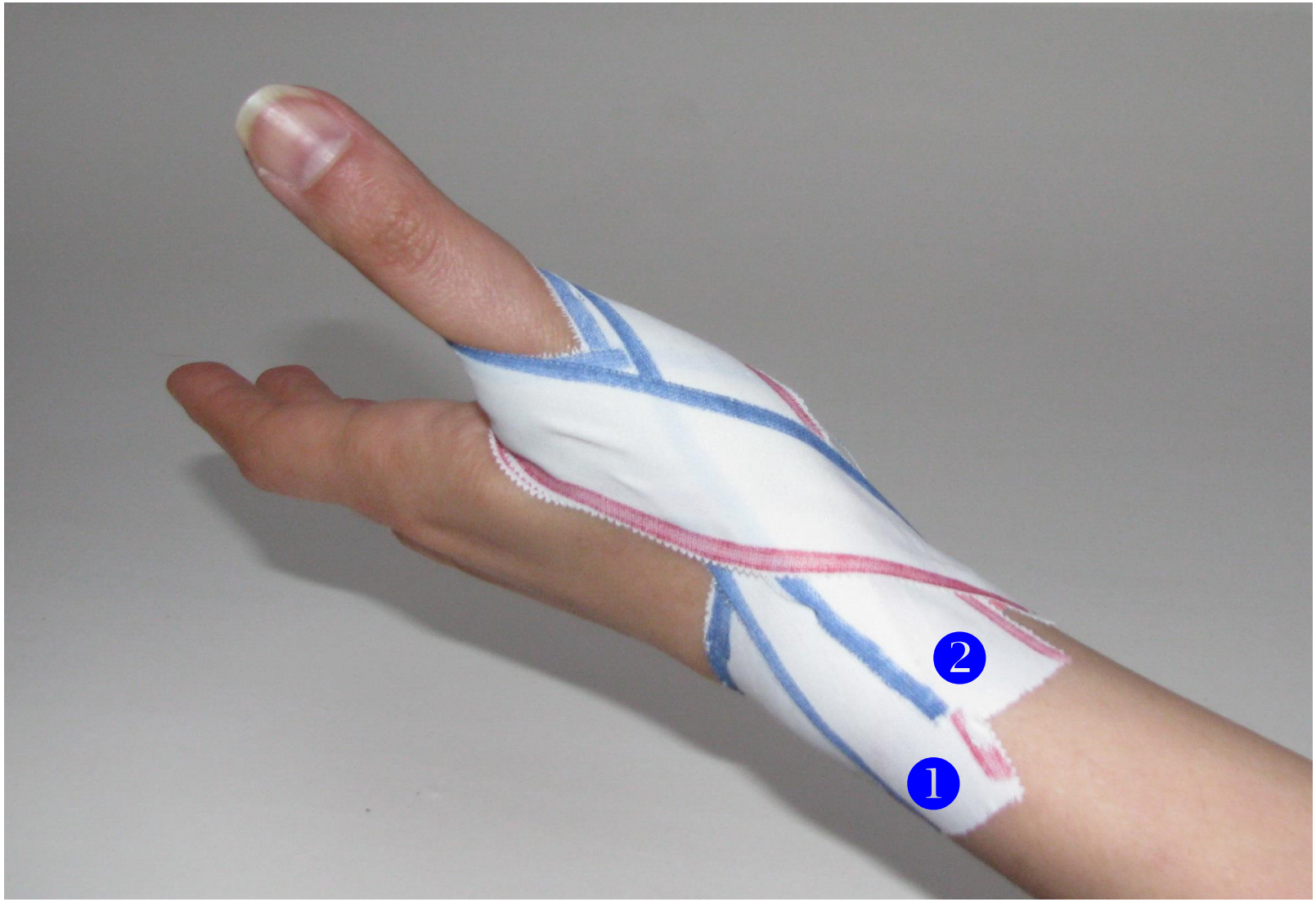

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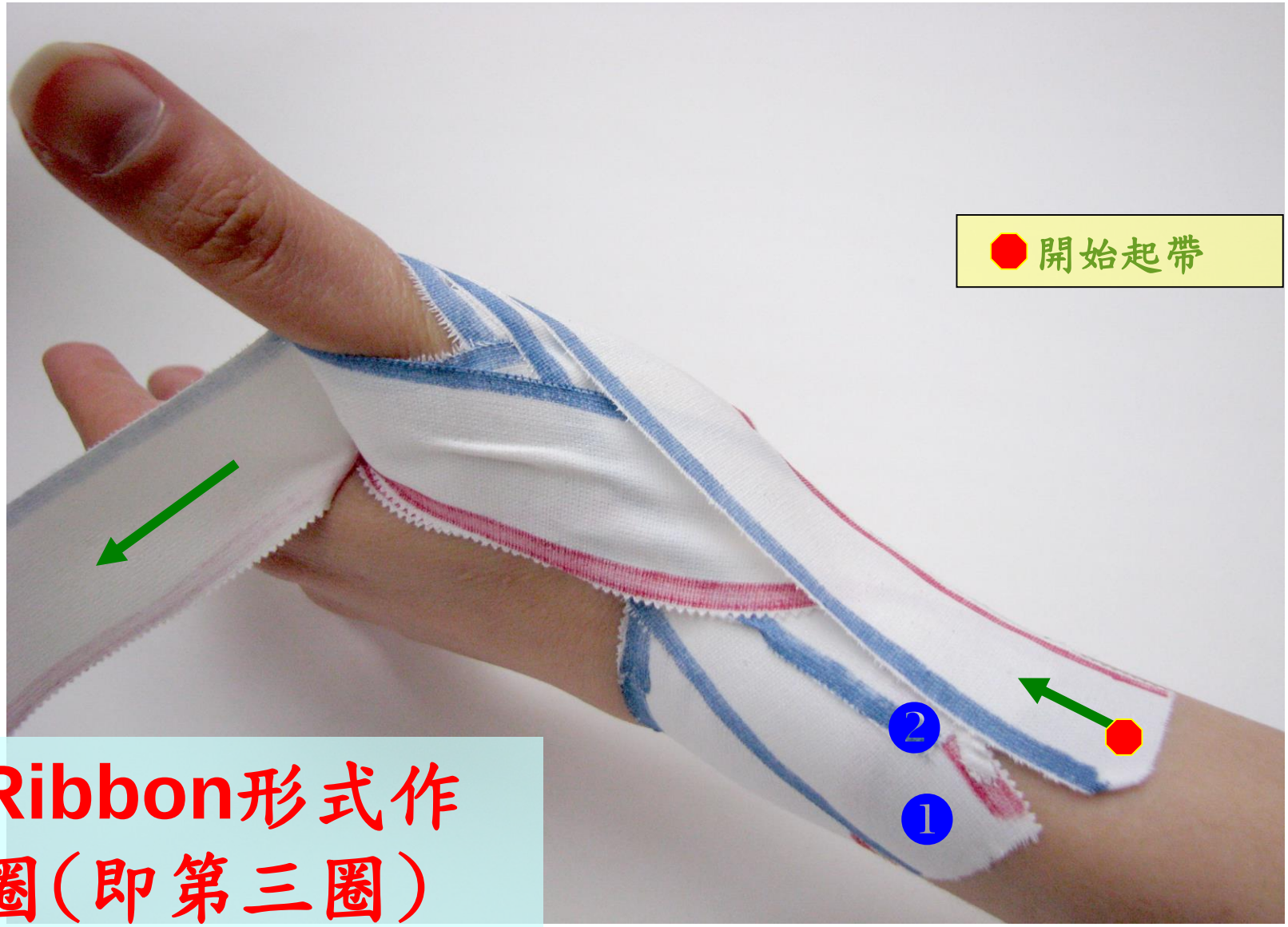
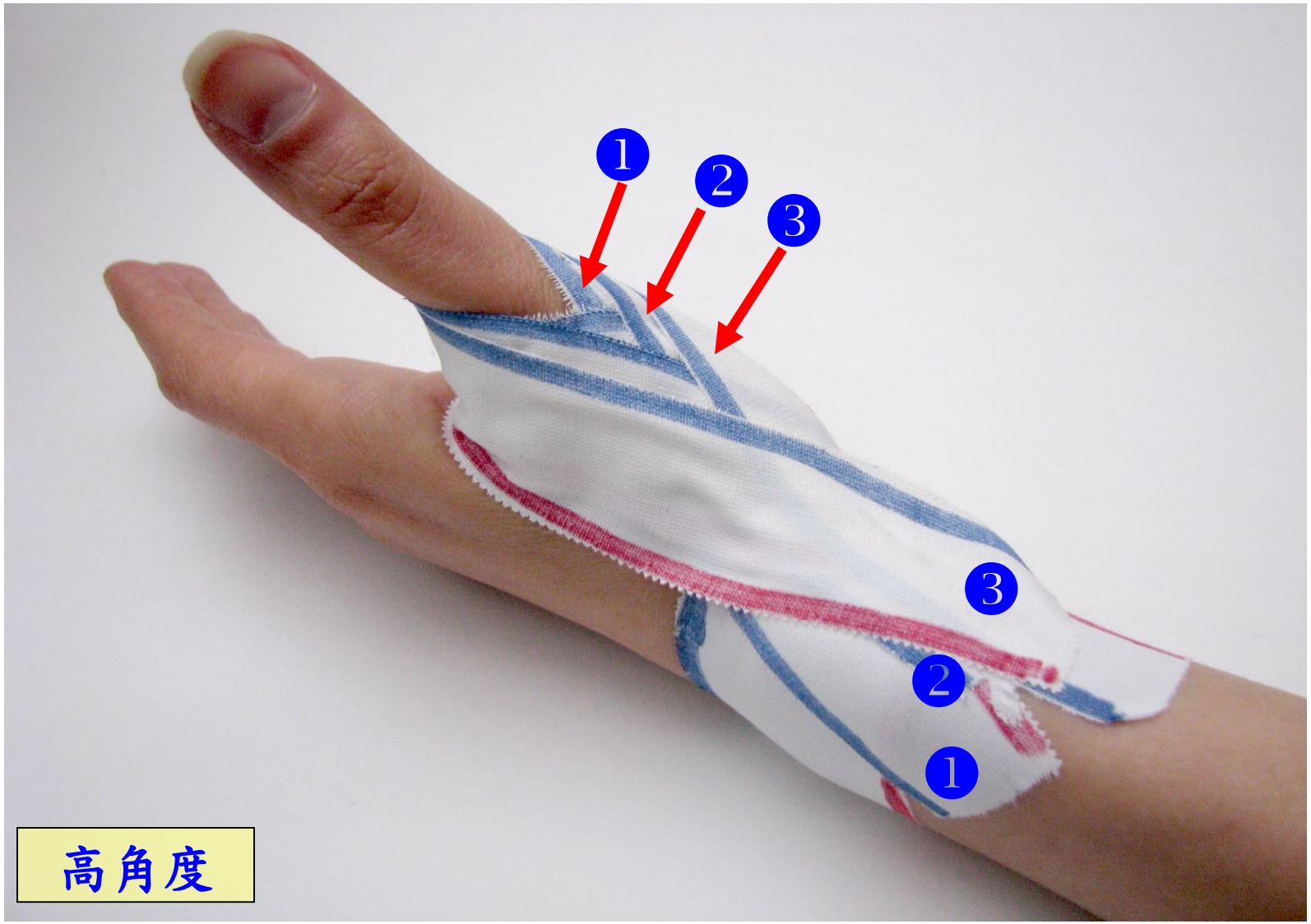
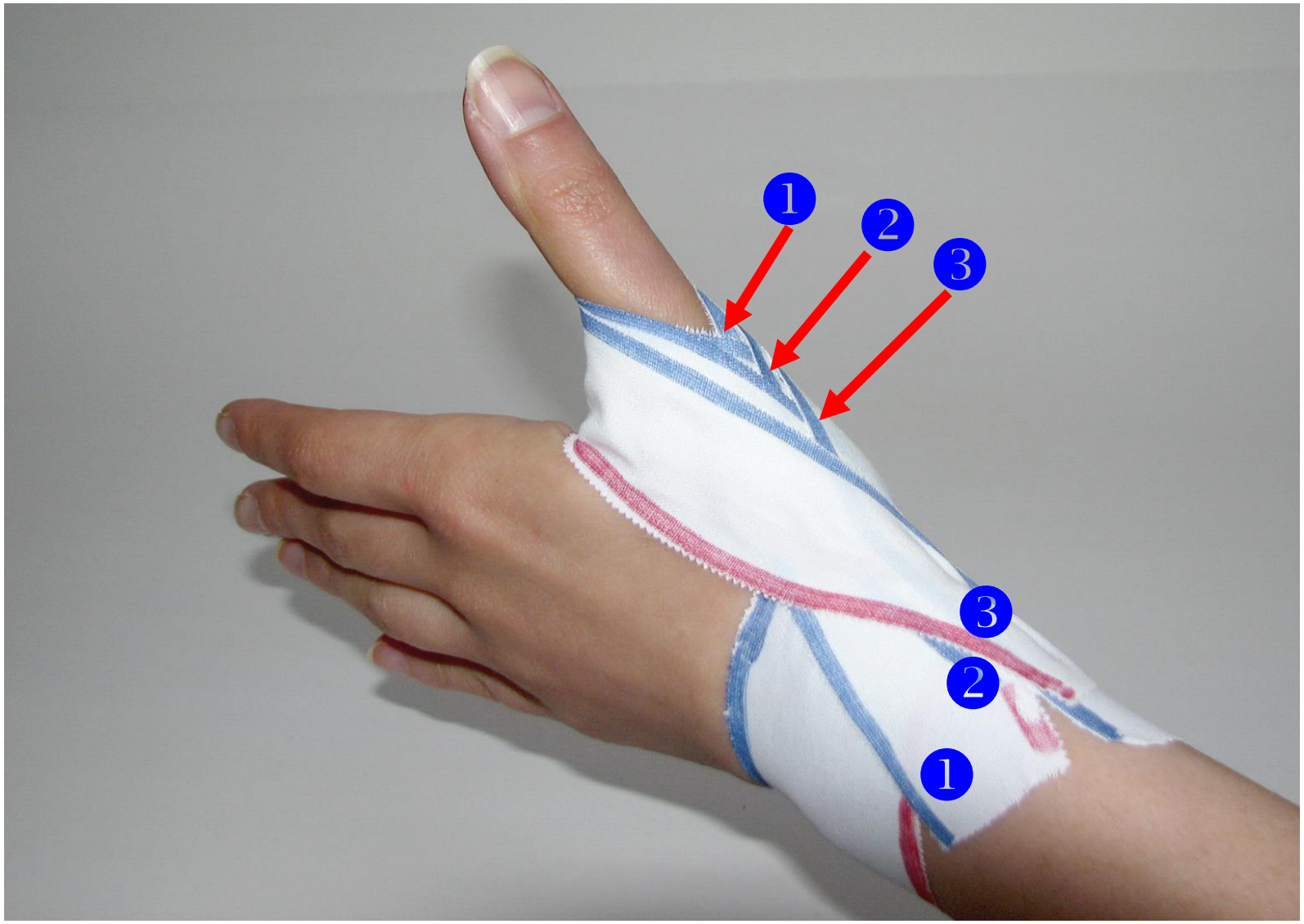


以Ribbon形式作三圈(即第三圈)

姆指關節扭傷



姆指關節扭傷



姆指關節扭傷

姆指關節扭傷

姆指關節扭傷

姆指關節扭傷

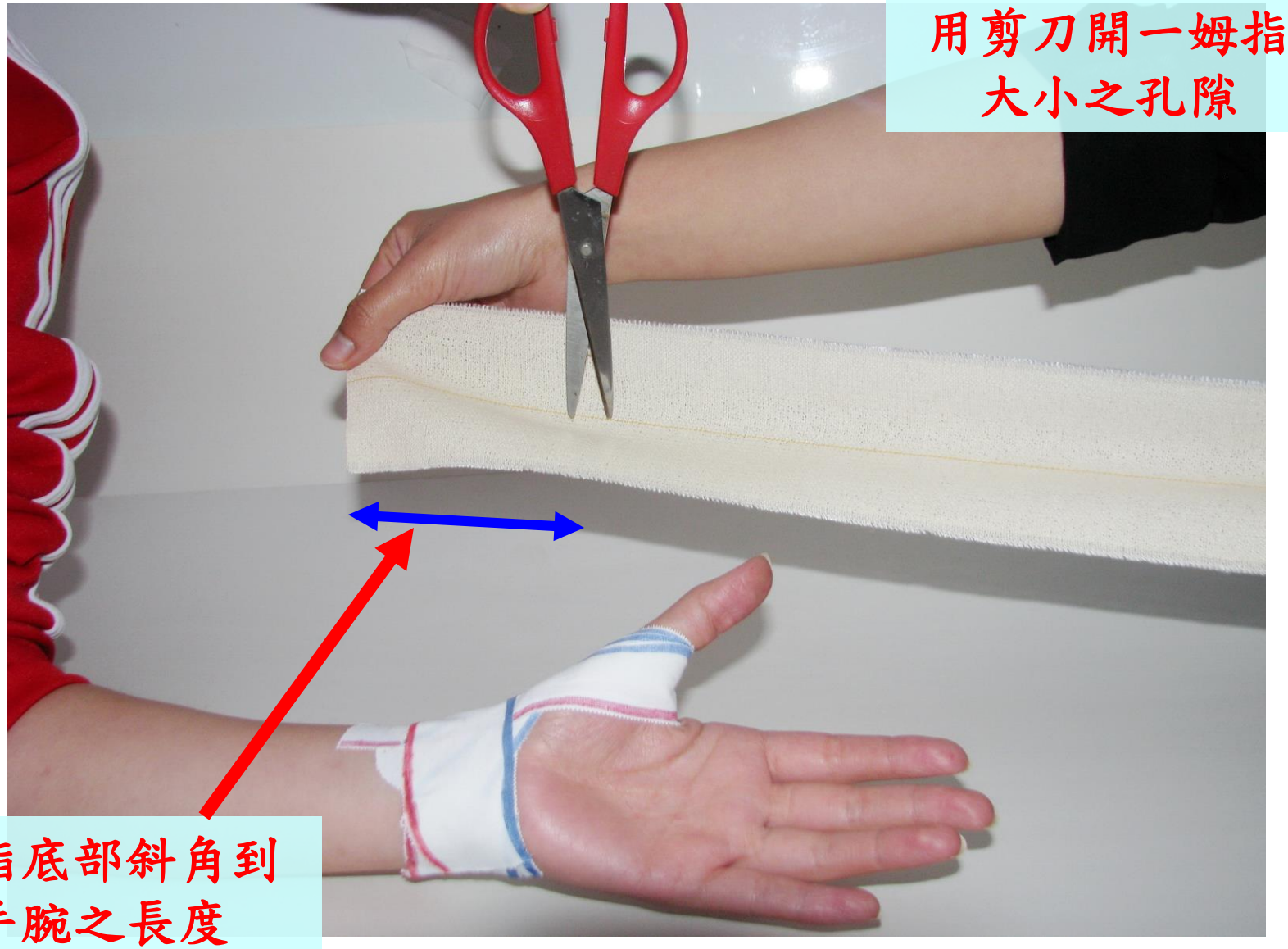
使用7.5cm Elastoplast Adhesive Tape

保護手腕

姆指關節扭傷

量度姆指底部斜角到手腕之長度

姆指關節扭傷



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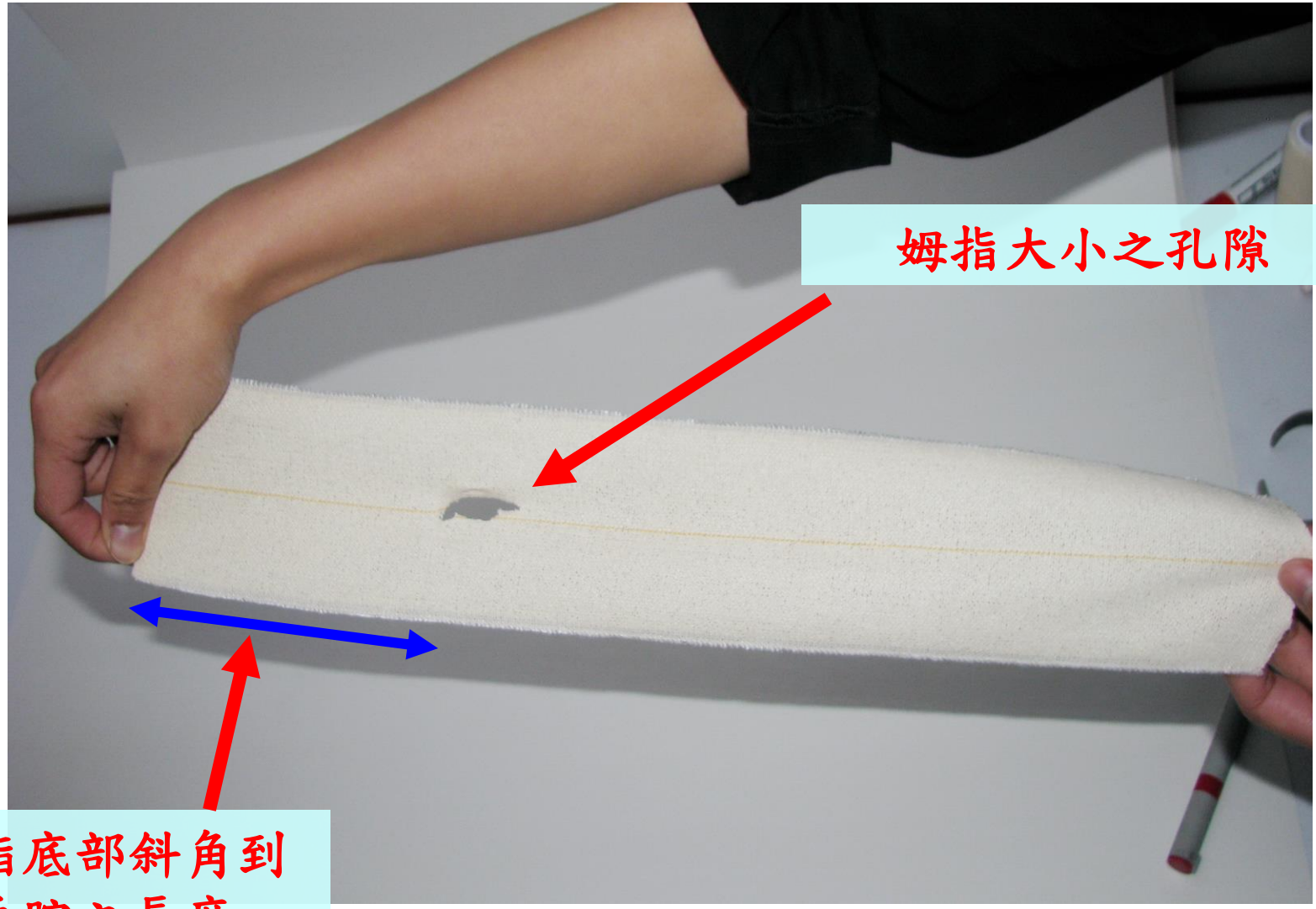

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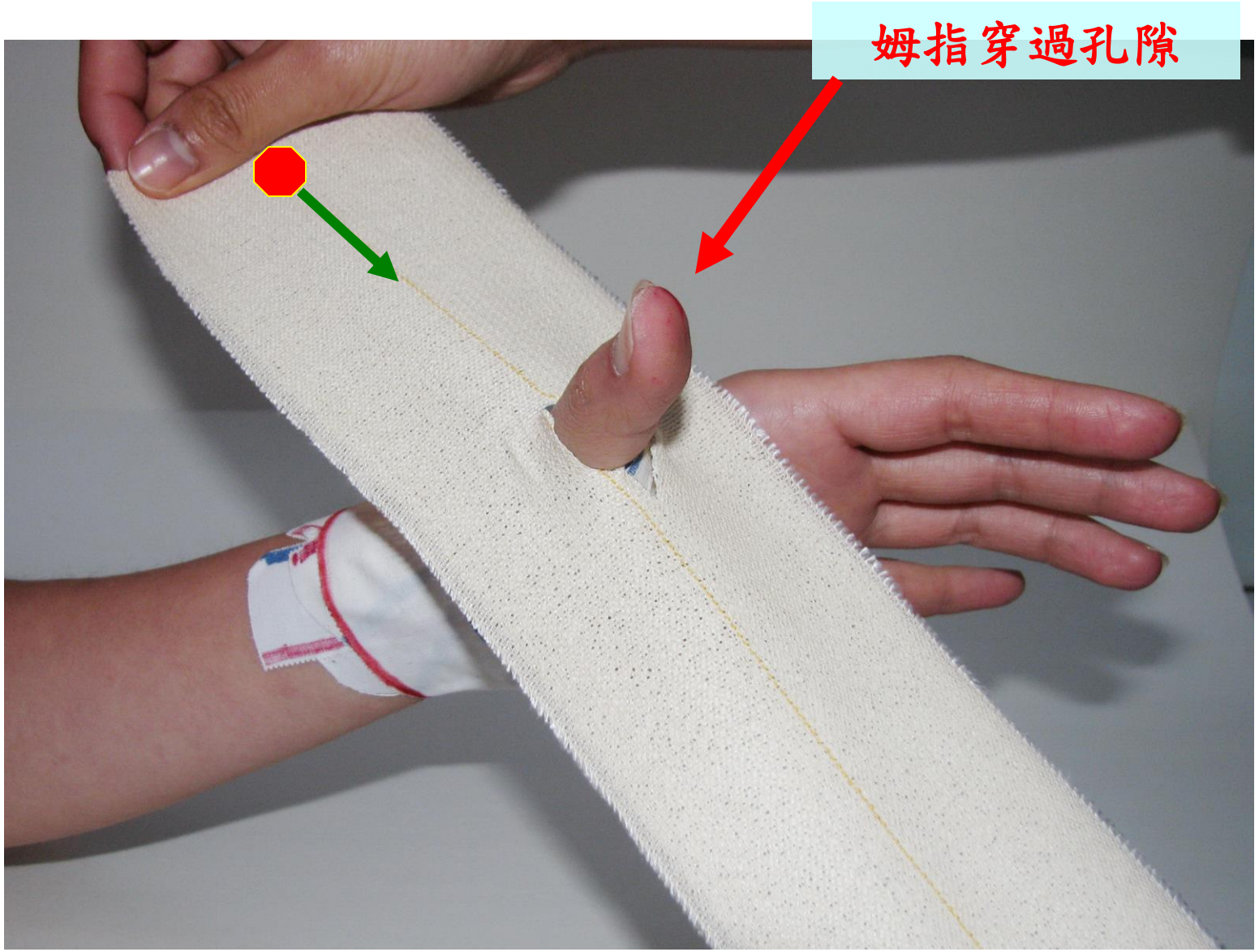

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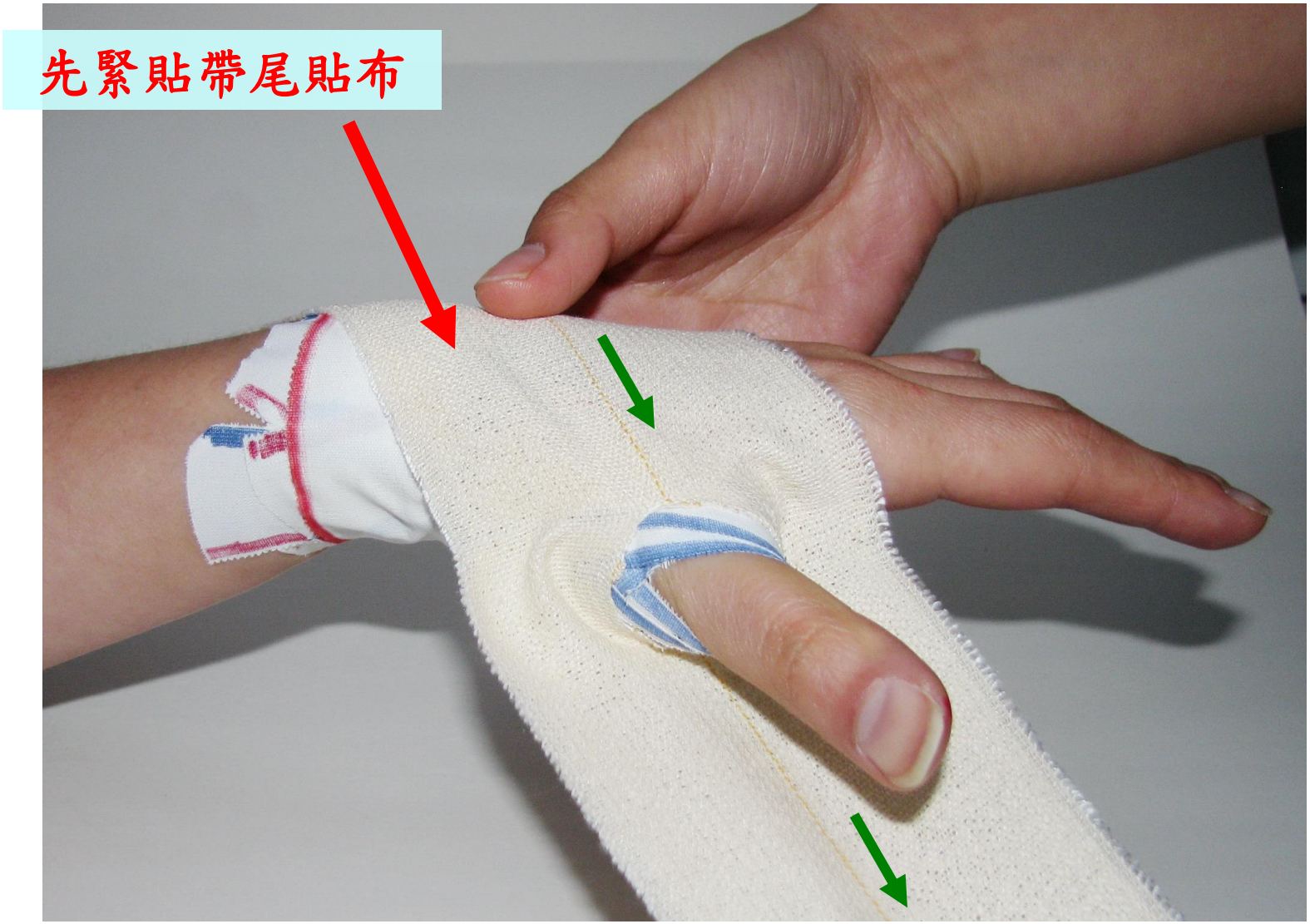

姆指關節扭傷

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姆指關節扭傷

姆指關節扭傷

姆指關節扭傷

可使用Adhesive Remover幫助脫除貼布

姆指關節扭傷

移除貼布後
再檢查受傷位置

手腕

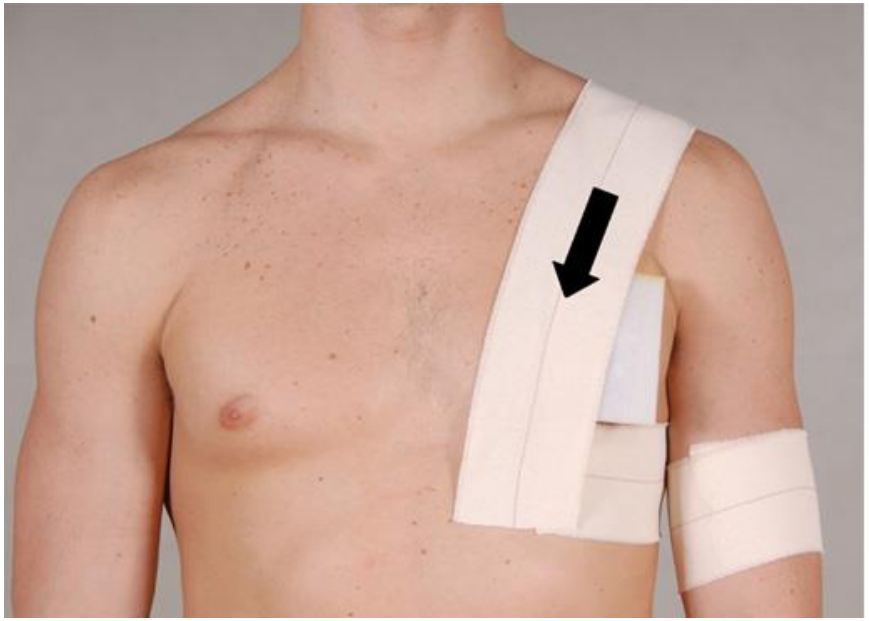
手腕

手腕

手指

手肘

肩部



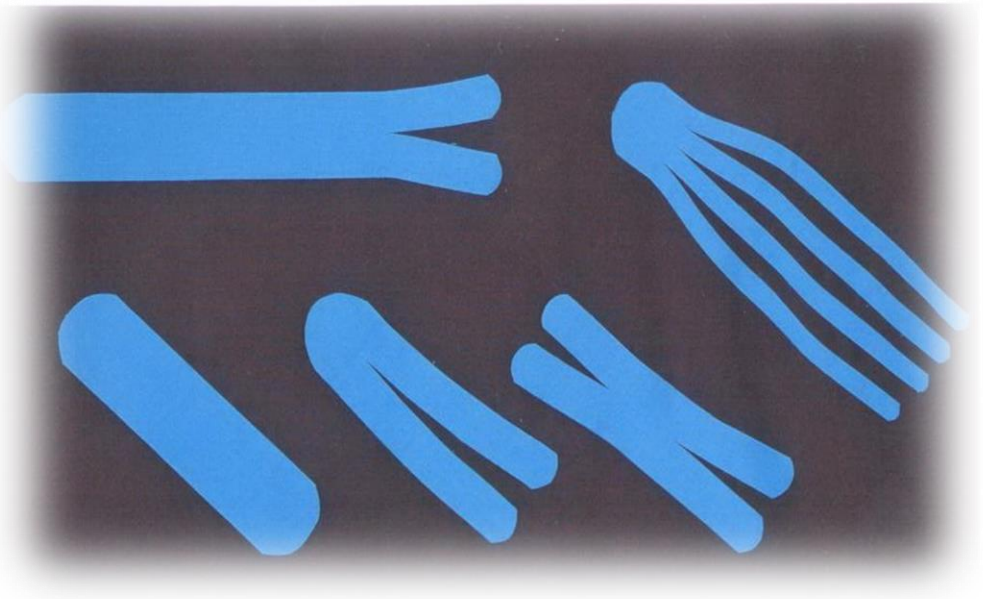
肩部

具彈性的 vs 不具彈性的貼布

具彈性的：支持軟組織受傷

不具彈性的：固定受傷關節, 限制**過份的**活動幅度

功能貼布



功能貼布

IJSPT

ORIGINAL RESEARCH

CLINICAL EFFECTIVENESS OF KINESIOLOGICAL TAPING ON PAIN AND PAIN-FREE SHOULDER RANGE OF MOTION IN PATIENTS WITH SHOULDER IMPINGEMENT SYNDROME: A RANDOMIZED, DOUBLE BLINDED, PLACEBO-CONTROLLED TRIAL

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Roshanak Keshavarz, PT, MSc[1]
Amir Massoud Arab, PT, PhD[1]
Ismaeil Ebrahimi, PT, PhD[2]

ABSTRACT

Background: Kinesiological taping (KT) is commonly used to improve symptoms associated with musculoskeletal disorders. However, review of the literature revealed minimal evidence to support the use of KT in treatment of shoulder disorders and controversy exists regarding the effect of KT in patients with shoulder impingement syndrome (SIS).

Objective: The purpose of this study was to investigate the effect of KT on pain intensity during movement, pain experienced during the night (nocturnal pain), and pain-free shoulder range of motion (ROM) immediately after taping, after three days and after one week, in patients with SIS.

Design: Randomized, Double blinded, Placebo-controlled design.

Participants: A total of 30 patients with SIS participated in this study. Patients were assigned randomly to a control (N = 15) and an experimental group (N = 15).

Methods: The patients in the experimental group received a standardized therapeutic KT. The standardized, placebo neutral KT was applied for control group. KT was applied two times with a three day interval, remaining on during the 3 day interval. Both groups followed the same procedures. Pain-free active ROM during shoulder abduction, flexion, and elevation in the scapular plane was measured. Visual analogue scale (VAS) for pain intensity during movement or nocturnal pain and was assessed at baseline, immediately after KT, after three days, and one week after KT.

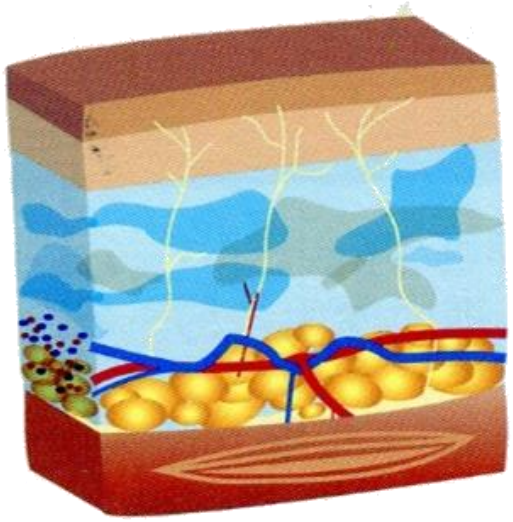
Results: The result of repeated measures ANOVA showed a significant change in pain level during movement, nocturnal pain, and pain-free ROM ($p = 0.000$) after KT in the experimental group. In the ANCOVA, controlling for pre-test scores, change in pain level at movement ($p = 0.009$) and nocturnal pain ($p = 0.04$) immediately after KT was significantly greater in the experimental group than in control group. There was no significant difference in ROM measures ($p > 0.05$) between groups immediately after KT. No significant differences were found between the two groups in the after one week measurements of pain intensity and shoulder ROM.

Conclusion: The KT produces an immediate improvement in the pain intensity at movement and nocturnal pain in patients with SIS.

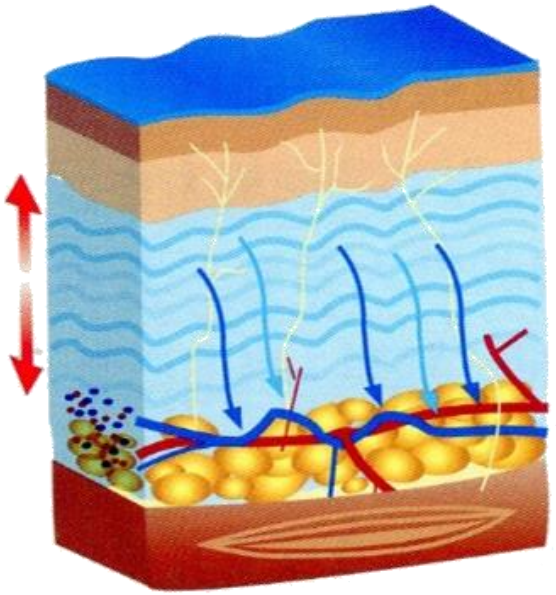
Level of Evidence: 1

Key Words: Kinesiological taping, pain, range of motion, shoulder impingement

功能貼布的原理

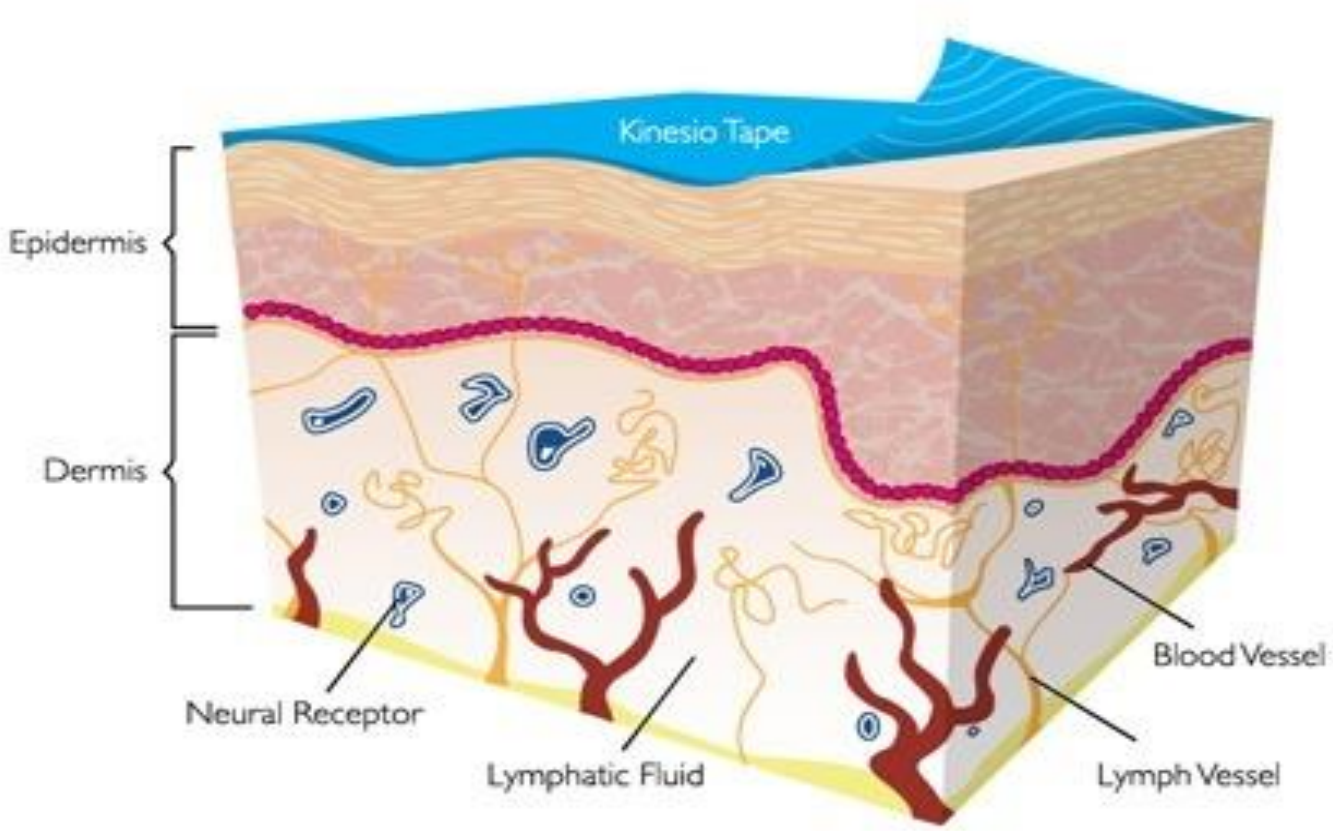


未貼貼布的組織圖

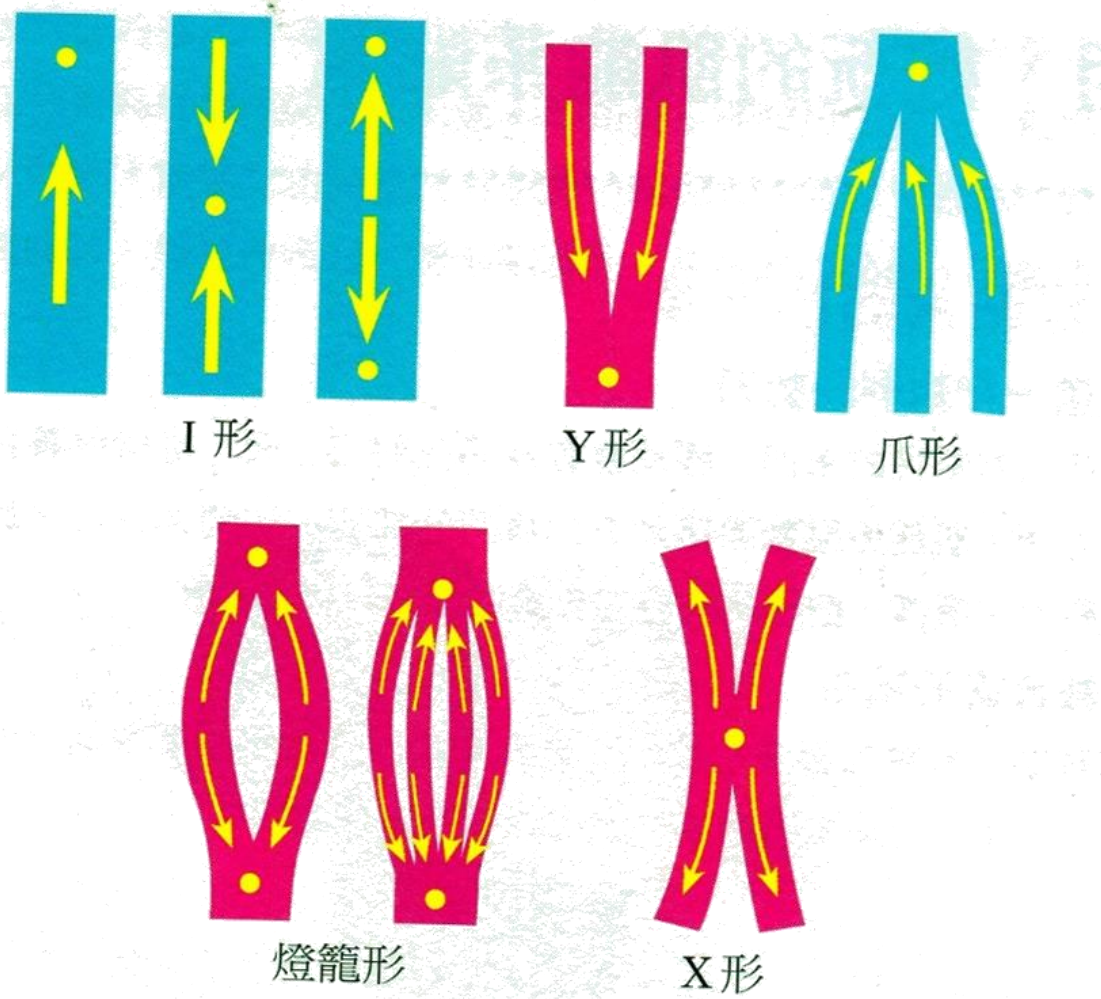


貼貼布後的組織圖

功能貼布的原則


Kinesio Tape
Epidermis
Dermis
Neural Receptor
Lymphatic Fluid
Blood Vessel
Lymph Vessel

功能貼布



貼紮技巧

1. **量**測貼布
2. **剪**裁貼布
3. **撕**開貼布
4. **貼**上貼布
5. **摩**擦貼布

注意事項

1. 清潔皮膚
2. 勿貼毛髮
3. 伸展優先
4. 小心撕除
5. 過敏即撕
6. 定時更換
7. 不可重貼
8. 具防潑水

功能貼布

肩部旋袖肌
Rotator Cuff Impingement

功能貼布

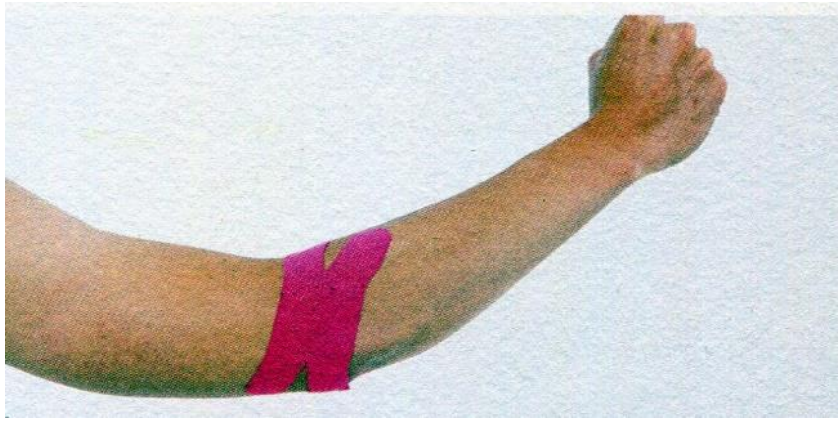
肩部旋袖肌
Rotator Cuff Impingement

功能貼布

肩部旋袖肌
Rotator Cuff Impingement

哥爾夫球肘
GOLFER ELBOW

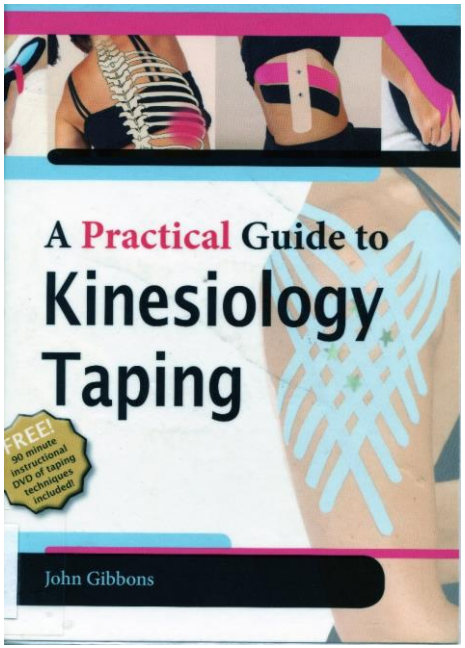
網球肘
TENNIS ELBOW

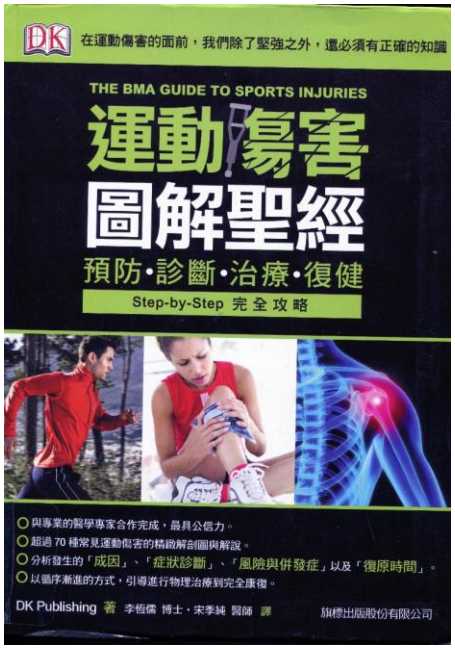


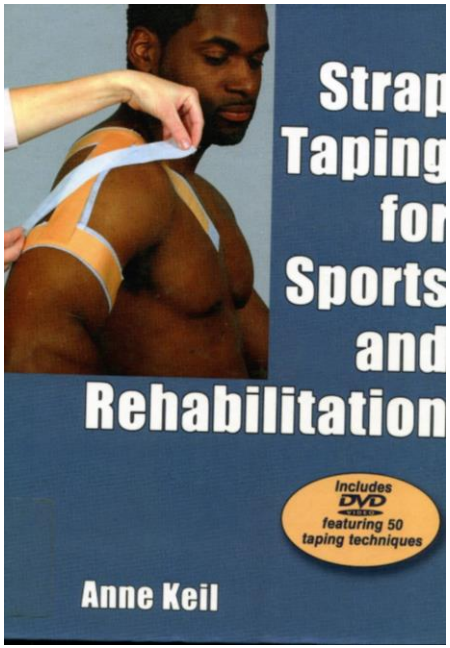
參考資料


貼就有效！
學會肌能系貼紮
從此不痠不痛，不再運動傷害
無藥性、免包紮
穩定身體活動
事前預防、復健治療
減少復發
選10多項熱門運動必學貼紮保健
全球頂尖選手都在用


神奇の肌內效
生活運用對症貼紮
以前運動員在用，現在你也能用
減少疼痛
增加力量
消除腫脹
蔡忠憲
好評推薦！


A Practical Guide to
Kinesiology
Taping
FREE!
90 minute instructional DVD of taping techniques included!
John Gibbons


DK
在運動傷害的面前，我們除了堅強之外，還必須有正確的知識
THE BMA GUIDE TO SPORTS INJURIES
運動傷害
圖解聖經
預防·診斷·治療·復健
Step-by-Step 完全攻略
DK Publishing 著
旗標出版股份有限公司


Strap
Taping
for
Sports
and
Rehabilitation
Includes DVD featuring 50 taping techniques
Anne Keil