

A man in a blue shirt is shown from the chest up, holding his hands to his head in a gesture of pain or distress. The background is a dark, textured blue. The text is overlaid on this image.

精靈一點 - 健康你主場

頭痛的物理治療

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(Headache Classification Committee of the International Headache Society, IHS)

頭痛

➤ 原發性頭痛

- 偏頭痛 (Migraine)
- 緊張型頭痛 (Tension-type headache, TTH)
- 叢集性頭痛及其他三叉神經自主神經性頭痛 (TACs)

➤ 次發性頭痛

- 頸源性頭痛 (Cervicogenic headache, CGH)
- 頭部或頸部外傷或頭頸部血管
- 非血管性顱內
- 藥物或物質戒斷
- 感染或體內恆定疾患
- 精神疾病
- ...



(IHS, 2018)

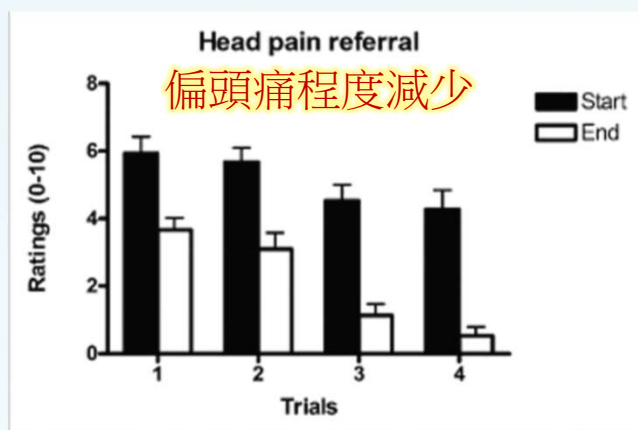
頭痛與物理治療

- 30,000個長期頭痛的受訪者...
 - 62% 每月超過15日因頭痛食止痛藥
 - 40% 表示無法再單靠藥物減輕頭痛

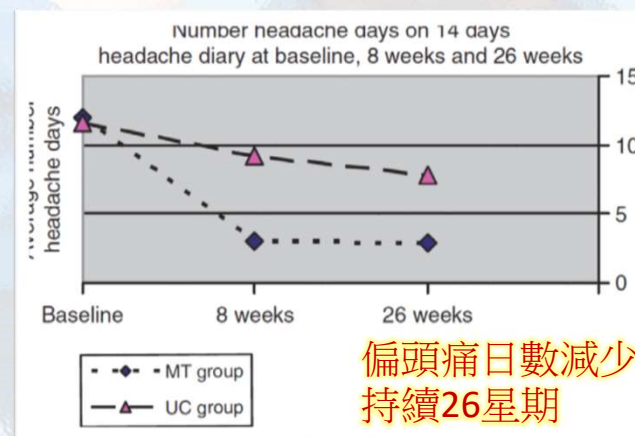
(Kristoffersen et al., 2013)



- 經過物理治療後



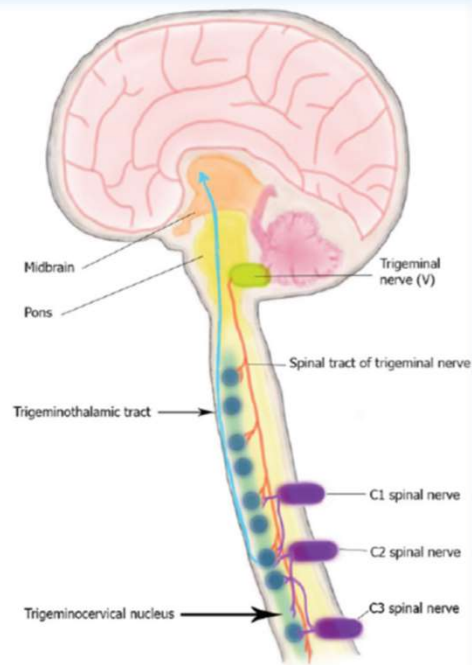
(Watson & Drummond, 2014)



(Castien et al., 2011)

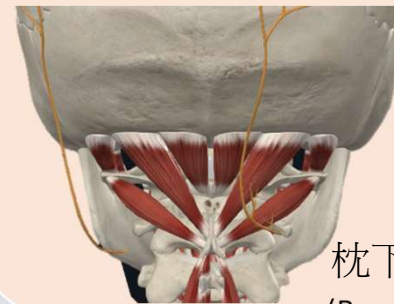
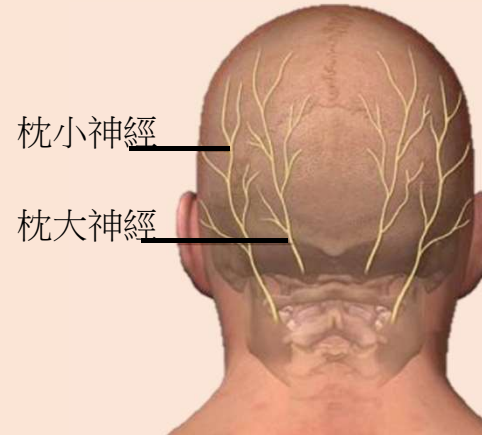
頸源性痛頭

三叉神經的頸核過敏
(Trigemincervical nucleus sensitization)



(Bartsch & Goadsby, 2005)

枕大神經(Greater occipital nerve)與
枕小神經(Lesser occipital nerve)受壓迫



枕下肌群

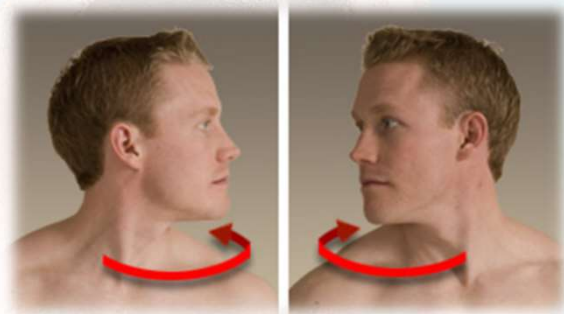
(Barmherziq & Kingston, 2019)



頸後肌群

自我檢測頸源性頭痛

1. 頸的活動幅度受限制或會引致頭痛
 - 左右轉動



2. 下巴向前伸、向收後引致頭痛
 - 拉扯到枕下肌群

3. 按壓枕下肌群引致頭痛



(Ernst et al., 2015)
Image From Giphy.com

頭痛與日常生活

- 頸痛 - 43%
- 疲倦 - 33.1%
- 睡眠不足或質素不佳 - 33.1%
- 壓力 - 20%
- 咖啡 - 7.7%
- 環境因素 (溫度) - 32.8%
- ...



(Ahn, 2013; Nosedata et al., 2014; Peris et al., 2017)

家居運動與按摩

按摩枕下肌群、上斜方肌
等後頸肌肉
(Massage to suboccipital muscles,
Upper trapezius ...)



拉伸枕下肌群
(Suboccipital Stretch)



強化深層頸屈肌
(Deep Neck Flexors)



(Durall, 2012; Youssef & Shan, 2013)