

Managing Chronic Pain in Older Adults (v12-v17)

12. Management of Common Chronic Pain Conditions in Older Adults

緩解長者常見的慢性疼痛

Some common chronic pain conditions in older people usually derive from osteoarthritis of knee, neurological back pain, osteoporotic pain with collapse of spine, painful tendinitis, ischemic pain from peripheral vascular disease and cancer.

長者常見的慢性疼痛通常來自膝蓋關節炎，神經性背痛，骨質疏鬆症疼痛伴有脊柱斷裂，疼痛性肌腱炎，週邊血管疾病引起的缺血性疼痛和癌症。

Osteoarthritis of Knee

膝關節炎

Degenerative arthritis of knee is a very common medical condition affecting Asian older adults. 退化性膝關節炎是影響亞洲長者的一種常見醫療狀況。

Degeneration and inflammation of the bone and cartilage at the kneecap cause pain, swelling, increase in temperature and knee stiffness.

膝關節骨和軟骨的退化和炎症會引起疼痛，腫脹，發熱和膝蓋僵硬。

It makes activities such as kneeling, climbing stairs, walking on slopes and getting up from sitting difficult and painful.

活動例如蹲跪，爬樓梯，行斜坡及從坐著站起來會感到困難和疼痛。

The wear and tear of the patella cartilage is commonly caused by uneven pull of the quadriceps muscles making malalignment of the patella.

髌骨軟骨的磨損通常是由於股四頭肌的不均勻拉動致髌骨移位。

Improving activity function, and self-care ability of the senior will be the goal.

提高長者的活動功能和自我照顧能力將是目標。

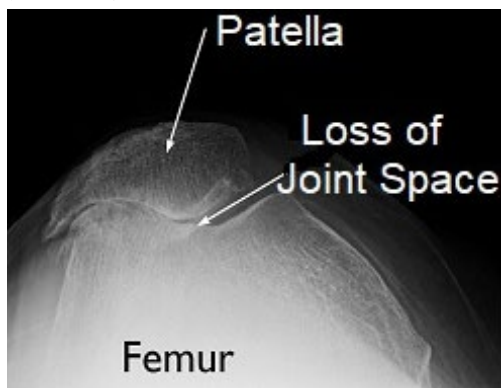


Image from 圖片來源: <https://www.knee-pain-explained.com/patellofemoral-arthritis.html>

Stretching the Iliotibial Band and Lateral Quadriceps Muscle

伸展髂脛束及側股四頭肌

- Sit on the bed or plinth with your legs out in front of yourself.
坐在床上或墊上，雙腿伸到自己面前。
- Bend the knee of the involved leg and cross that leg over your straightened opposite leg, placing the foot flat on the mattress.
彎曲涉及的腿部膝蓋，並將該腿交叉在伸直的對側腿上，將腳平放在床墊上。
- Rotate the body to look over the shoulder of the involved side.
旋轉身體，望向涉及痛患那邊的肩膀。
- One should feel the stretch at the iliotibial band running along the side of your affected leg.
應感覺到沿著受影響的腿的髂脛束帶的伸展。



Image from 圖片來源: <https://stretchcoach.com/articles/patellofemoral-pain-syndrome/>

- Hold for at least 10 seconds and up to 30 seconds.
保持最小 10 秒至 30 秒
- Repeat with 3-5 times.
重複 3 至 5 次。
- Repeat with the opposite leg if necessary.
需要時，用另一邊腿重複。
- Perform the stretching twice daily.
每天做伸展 2 次

Acupressure for Knee Pain

穴位治療膝關節痛

Apart from stretching exercise, acupressure on few acupoints sometimes is effective in relieving the knee pain.

除伸展運動外，在幾個穴位上按壓亦有效幫助緩解膝關節痛。

The acupoints are Zusanli, Liangqiu.

穴位包括足三里，梁丘穴。

The press on the acupoints help release the flow.

在穴位上的按壓有助於疏通氣血流動。



Image from 圖片來源: <https://www.jingyanben.com/health/199913>

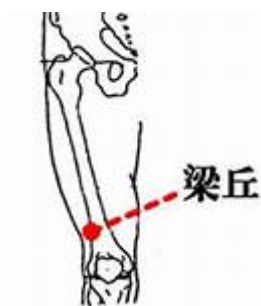


Image from 圖片來源: <https://kknews.cc/health/y8qpnvk.html>

13. Neurological Back Pain

神經性腰背痛

Back pain due to bone osteophyte usually produces localized and diffuse backache.

腰背的骨刺通常會引起局部和擴散性的腰背痛。

The pain is usually minimal at the time of walking and it is getting worse on the day after activities involving repeated back movement or sustaining an awkward back posture for a period.

行走時疼痛通常很少，但在重複腰背部活動或持續彎扭的背部姿勢一段時間後的第二天，疼痛會加劇。

Back pain due to protrusion of vertebral disc irritates the nerve would produce referring pain down to posterior part of the affected thigh or calf.

由於椎間盤突出而引起的腰背痛會刺激神經，疼痛會延伸至受影響的大腿或小腿背面。

Stretching exercise of the back can reduce muscle guarding which may produce some relief to the back pain.

腰背部伸展運動可減少肌肉收緊，從而舒緩腰背部的疼痛。

Stretching Erector Muscle of the Back

伸展背部的豎立肌

Knees to Chest Stretch

膝蓋至胸部伸展

- Lie on your back with knees bent and your feet flat on the floor.
仰臥，雙膝彎曲，雙腳平放在地板上。
- Place hands on the front of lower limbs and pull the legs toward the chest.
將手放在下肢的前面，將雙腿拉向胸部。
- Pull until a gentle stretch is felt.
拉動直至有輕柔伸展的感覺。
- Hold for 10 to 15 seconds.
保持 10 至 15 秒
- Return to the starting position.
返回開始位置



Image from 圖片來源: <https://www.verywellhealth.com/stretching-exercises-for-your-back-26963576>

- Repeat with 3 to 5 times.
重複 3 至 5 次。
- Perform the stretching twice daily.
每天做兩次伸展運動。

Back Rotation Stretch

背部旋轉伸展

- Lie on the back with knees bent and feet flat on the floor.
仰臥，雙膝彎曲，雙腳平放在地板上。
- Keeping your back flat on the floor, rotate the hips away from painful side, lowering the legs down to the floor until a gentle stretch is felt.
保持背部平放在地板上，將臀部從疼痛一側旋轉開，將雙腿降低到地板上，真至感覺到輕柔拉扯。
- Hold for 10 to 15 seconds.
保持 10 至 15 秒。
- Return to starting position.
返回開始位置。



Image from 圖片來源: <https://www.verywellhealth.com/stretching-exercises-for-your-back-2696357>

- Repeat 5 times.
重複 5 次。
- Perform the stretching twice daily
每天做兩次伸展運動。

Stretching Side of the Back

伸展背部

- Sit on a chair with the hand raise up on the same side of the painful back.
坐在椅上，將患背痛那邊的手舉起。
- For example the back pain is on the left side.
例如背痛在左邊。
- Turn the upper part of the body slowly sideway to the right, until you feel a slight pull in your left side of your waist.
慢慢將身體上部向右側垂，直至你感覺到左腰背有輕柔拉扯感覺。
- Maintain the posture for 10 to 15 seconds.
保持姿勢 10 至 15 秒。
- Repeat the above movements 5 times.
重複上述動作 5 次。



Image from 圖片來源:

https://www.healthlinkbc.ca/sites/default/libraries/healthwise/media/medical/hw/h9991891_001.jpg

14. Pain due to Osteoporosis

骨質疏鬆症引起的疼痛

Osteoporosis is a progressive condition with low bone density that leads to more fragile bones as you get older.

骨質疏鬆症是一種漸進性，骨密度變低的疾病，隨著年齡的增長會導致骨骼更加脆弱。

Fragile bones are more likely to break easily.

脆弱的骨頭更容易斷裂。

Bones in your wrist, hip and spine are particularly vulnerable.

手腕、臀部和脊柱的骨骼尤其容易受傷。

Moreover, osteoporosis has no symptoms.


然而，骨質疏鬆症沒有癥狀。

The affected person cannot feel their bones getting weaker.

受影響的人不會感覺到骨頭越來越弱。

This means that osteoporosis usually goes undetected until you break a bone.

這意味著骨質疏鬆症通常直到骨裂時才會被發現。

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When a bone in the spine collapses, it is called vertebral compression fracture.

脊柱中的骨頭斷裂時，稱為脊椎壓迫性骨折。

Older people have a higher risk of vertebral compression fracture.

老年人有較高罹患脊椎壓迫性骨折的風險。

It frequently causes severe pain and disability.

它經常引起嚴重的疼痛和殘疾。

Prevention is always better than cure.

預防總比治療好。

Therefore, early detection of osteoporosis followed by early intervention is necessary.

因此，必須及早檢測骨質疏鬆症並進行早期干預。

Early administration of bone health medication or supplement is essential to delay the rate of osteoporosis.

盡早使用骨骼康健藥物或補充劑對延緩骨質疏鬆症的發生至關重要。

From a traditional Chinese medicine perspective, taking some herbal formula such as liu wei di huang wan to strengthen kidney function, or taking rich mineral Chinese medicines such as long gu, abalone shell, oyster may help improve the bone density in older people.

從中醫學的角度來看，服用一些草藥配方如六味地黃丸增強腎臟功能，或服用含豐富礦物質中草藥，如龍骨、石決明、牡蠣，可幫助改善長者的骨質密度。

Apart from medications, a lot of studies have proved that adequate weight bearing activities and intake of vitamin D are essential for maintaining bone density.

除藥物治療外，大量研究證明，足夠的負重活動和維生素 D 的攝入對於維持骨質密度是不可缺少的。

During weight-bearing exercises, bone adapts to the impact of weight and the pull of muscle by building more bone cells.

在負重運動中，骨骼通過製造更多骨骼細胞來適應體重和肌肉拉力的影響。

Consequently, the bone becomes stronger and denser.

因此，骨骼變得更強壯，更稠密。

It can reduce the risk of conditions such as osteoporosis and fracture.

它可以降低患骨質疏鬆症和骨折的風險。

In case the vertebral compression fracture is accompanied with experience of back pain, wearing a soft back corset periodically may provide better back support.

如果有脊椎壓迫性骨折的患者感覺背痛，定期穿著軟身的緊身背衣可提供更好的背部支撐。

However, wearing back corset continuously is not recommended because it may induce back core muscle wasting which in turn will further decrease the back stability.

但是，不建議連續穿著緊身背衣，因它可能導致背部核心肌肉流失，從而降低背部穩定性。


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Image from 圖片來源:

<http://www.newoptionssports.com/images/D/VALC10%20front.png>

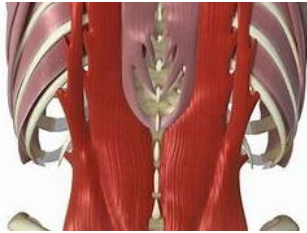


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[https://ftmb.tqn.com/eIMHVNpHURsrmCInp2RoCaP8DAM=/400x250/filters:no_upscale\(\):max_bytes\(150000\):strip_icc\(\)/muscles-of-the-back-77766692-57732a5d3df78cb62c0d8c31.jpg](https://ftmb.tqn.com/eIMHVNpHURsrmCInp2RoCaP8DAM=/400x250/filters:no_upscale():max_bytes(150000):strip_icc()/muscles-of-the-back-77766692-57732a5d3df78cb62c0d8c31.jpg)

The simple back core muscles strengthening includes semi back arching exercise.

簡單的背部核心肌肉強化包括半後拱運動。

Strength of the core muscles of the back is also important to provide stability to the back.

背部核心肌肉的力量對於提供背部穩定性也很重要。

Core muscles exercise strengthens the muscles of the pelvis, lower back, hips and abdomen to work in harmony.

核心肌肉運動可增強盆骨，下背部，臀部和腹部的肌肉協調地工作。

This leads to better balance and performance in daily activities.

這樣可以在日常活動中獲得更好的平衡和表現。



Image from 圖片來源:

https://www.drugs.com/mca/images/image_popup/MY00477_IM03889_pr7_exercise_corethu.jpg

Back Core Muscle Exercise with Pelvis Tilting

盆骨傾斜的背部核心肌肉運動

Start with sitting upright and hold for 5 seconds at position A.

坐直如圖 A 保持 5 秒

Then slump the back until feeling gentle stretch at the back at position B and hold for 5 seconds.

然後背部傾斜直至感覺背部有輕柔拉扯感覺，如圖 B 保持 5 秒。

Repeat and perform for 5 minutes, twice daily.

重複做 5 分鐘，每天 2 次。

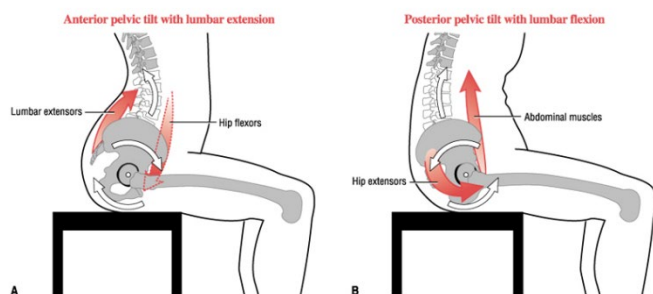


Image from 圖片來源:

<https://kairiilison.com/wp-content/uploads/2016/08/anterior-posterior-pelvic-tilt.png>

15.1 Self- Management of Pain due to Tendinitis

肌腱炎疼痛自我緩解法

Among painful tendinitis conditions, trigger finger and plantar fasciitis are commonly seen in older adults.

疼痛肌腱炎的疾患中，在長者中最常見是彈弓指及足底筋膜炎。

When the onset of pain is new and presented with increase in local temperature, self-application of ice pack may help.

在疼痛早期發作時連同局部溫度升高，冰敷可能會有幫助。

If the pain persists after 48hr with local temperature subsiding, local application of hot pack may help relieve the tendon stiffness.

如疼痛持續超過 48 小時，而局部溫度減退，用熱敷有助於舒緩肌腱僵硬。

When the condition becomes chronic, apart from heat treatment, stretching exercise is very important to avoid tendon stiffness and shortening.

當病情轉為慢性時，除了熱敷外，伸展運動對避免肌腱僵硬和縮短非常重要。

Trigger finger

彈弓指

It is also known as stenosing tenosynovitis that most frequently occurs in older women.

又名狹窄性腱鞘炎，最常發生於年長婦女。

Each finger and the thumb have flexor tendons that enable the fingers to curl and grip objects.

每隻手指和拇指都有屈肌腱，使手指能捲曲和抓握物件。

The tendons are held in place by tendon sheaths.

肌腱通過腱鞘固定在適當的位置。

When these tendon sheaths become inflamed, they can limit the space available for the tendon to slide through.

當這些肌腱鞘發炎時，它們會限制肌腱滑動的可用空間。

As a result, the involved finger is unable to straighten temporarily.

結果，受影響的手指暫時無法伸直。

Sometimes by straightening the finger passively it may result in a painful click.

有時拉直手指可能會導致痛苦的咔嗒聲。

Finger Flexors Stretch

伸展手指屈肌

- With palm facing downward, grasp underside of the fingers with other hand and straighten elbow.
手掌朝下，另一隻手握住手指下方，拉直肘部。
- Pull finger and wrist upward and back toward forearm gently.
向上拉動手指和手腕，然後向前臂輕輕拉動。
- Hold stretch for at least 10 seconds and up to 15 seconds.
保持伸展最少 10 秒，最多 15 秒。
- Repeat with 3 to 5 times. Repeat with the opposite arm if necessary.
重複 3 至 5 次。需要時，用另一隻手臂重複。
- Perform the stretching twice daily especially in the morning.
每天做兩次伸展運動，尤其是在早上。



Image from 圖片來源:

<https://www.myfrugalfitness.com/2011/04/frugal-workout-for-those-w-rheumatoid.html>

15.2 Plantar fasciitis

足底筋膜炎

Plantar fasciitis is the inflammation of the thick soft tissue band at the bottom of the foot causing pain in the heel.

足底筋膜炎是腳底厚軟組織帶的炎症，因而導致足底腳跟疼痛。

It is a common medical condition found in old and obese adults.

這是長者和肥胖成年人常見的健康情況。

The plantar fascia supports the muscles and arch of the foot.

足底筋膜炎是支撐腳的肌肉和足弓。

If it is over stretched for a long time, it can get tiny tears on its surface.

如果長時間過度拉伸，它會在其表面留下細少的撕裂。

This can bring on inflammation and pain.

以至引起發炎如疼痛。

Pain is usually worse when taking the first steps in the morning or after sitting for a long time.

在早上或久坐後，當踏出第一步時通常會感到特別痛。

It tends to feel better with activity but worsens again after spending a long time on the affected foot.

活動會使患者感覺好些，但長時間使用患腳，情況又會惡化。



Image from 圖片來源:

<http://2.bp.blogspot.com/->

[n1bUwzdRJ9A/Uhp_zKQoByI/AAAAAAAAA54/US9Q1_KgIN4/s1600/plantar+fascia+2.jpg](http://2.bp.blogspot.com/-n1bUwzdRJ9A/Uhp_zKQoByI/AAAAAAAAA54/US9Q1_KgIN4/s1600/plantar+fascia+2.jpg)

Calf and Toes Flexors Stretch

伸展小腿和腳趾屈肌

- Place both hands on a wall or the chair.
雙手放在牆上或椅上。
- Step the affected foot behind oneself.
將患腳踩在自己身體背後。
- Keep back heel on the floor and point toes straight ahead.
保持腳跟在地板上，腳尖指向前方。
- Bend the other knee toward the wall, keeping the back leg straight.
另一隻膝蓋屈曲向牆，保持後腿伸直。
- Lean toward the wall until feeling a gentle stretch in the calf.
向牆壁傾斜，直到小腿感到輕微拉扯感。
- Remember not to lean so far that one feels pain.
切記不要太傾斜，以免感到疼痛。



- Hold for at least 10 seconds and up to 15 seconds.
保持至少 10 至 15 秒。
- Repeat 5 times.
重複 5 次。
- Perform the stretching in the morning and after prolonged sitting.
在早上及久坐後進行伸展運動。

It is found that seniors who have flat feet and tight Achilles' tendons are prone to have heel pain.
研究發現，扁平足和跟腱緊繃的長者容易出現腳跟疼痛。

Therefore, apart from stretching exercise, put arch support inside the shoes may be necessary.
因此，除了伸展運動外，在鞋內放置拱形支撐墊可能是必要的。

Moreover, spend less time on the tasks requiring standing each day.
此外，減少每天要站立工作的時間。

Avoid wearing worn-out shoes with thin soles.
避免穿著薄底而破舊的鞋子。

16. Peripheral Vascular Disease

週邊血管疾病

Peripheral vascular disease is a blood circulation disorder that causes the blood vessels outside of your heart and brain to narrow, block, or spasm.

週邊血管疾病是一種血液循環障礙，導致心臟和大腦外的血管變窄、阻塞或痙攣

It can happen in the arteries or veins.

它可以發生在動脈或靜脈中。

Peripheral vascular disease typically causes pain and fatigue, often in your legs, and especially during weight bearing activities and exercise.

週邊血管疾病通常會導致疼痛和疲勞，通常是在腿部，尤其是在負重活動和運動期間。

The pain usually improves with rest.

疼痛一般會在休息後獲得改善。

The most common symptom of PVD is claudication.

週邊血管疾病的併發症之一是跛行。

Claudication is lower limb muscle pain when walking.

跛行是走路時下肢肌肉會出現疼痛。

The affected person may notice the pain when they are walking faster or for long distances.

當患者走得快或長距離時，會感覺疼痛。

It usually goes away after some rest.

疼痛會在休息一段時間後消退。

In severe cases, there would be coldness of four limbs, cyanosis, muscle wasting and even wound ulcer of the lower limbs.

嚴重的患者會有四肢冰冷、發紺、肌肉萎縮，甚至下肢傷口潰瘍。

Apart from doctor's prescriptions on improving blood flow and decrease pain, using massage therapy to improve the blood circulation of lower limbs can be considered as an adjunct therapy for pain relief.

除了醫生處方藥物改善血液流動和減輕疼痛外，使用按摩療法改善下肢的血液循環，也被認為是緩解疼痛的輔助療法。

Some Chinese herbs formula can help the blood flow. For example four-agents-decoction.

一些中藥方劑可幫助血液流動，例如桃紅四物湯。

The effect may be due to vasodilatation of capillaries.

其功效可能是將毛細血管擴張。

So, it would improve the micro circulation at the capillary level to bring more oxygenated blood to supply nutrients to living cells.

因此，它將改善毛細血管的微血液循環，從而帶來更多的含氧血液，為活細胞提供營養。



Image from 圖片來源:

http://www.spectrumhealthcare.net/img/content/products/lympho-press/petite-basic/products_s02.jpg

Use of massage therapy on calf and thigh can promote the blood flow to and from the toes.
在小腿和大腿上使用按摩療法可以促進往返腳趾的血液流動。

Nowadays, sequential compression therapy has been more popular used for older people.
現今，順序壓縮療法在長者中越來越流行。

It is a safe, effective, and noninvasive therapy that helps improve the lymph flow of the body.
這是一種安全，有效，無創性的療法，有助於改善身體的淋巴流動。

It is also used by medical professionals to prevent deep vein thrombosis in surgical patients.
它也被醫療專業人士用作防止外科患者的深靜脈血栓形成。

This therapy massages the legs from distal to proximal portion of the limbs to promote blood flow.

該療法從肢體的遠端到近端按摩肢體以促進血液流動。

Older adults with pale and cold digits are indicated for this simple electrical driven compression therapy.

這種簡單的電動壓縮療法適用於面色蒼白和手腳冰冷的長者。

17. Cancer Pain

癌症的疼痛

It should be reminded that having cancer does not always mean having pain.

我們應該注意患癌症並不一定意味著有疼痛。

Most cancer pain is due to the tumour pressing on bones, nerves or other organs in the body.

大多數癌症疼痛是由於腫瘤壓在人體的骨骼，神經或其他器官上。

Sometimes pain was induced by the cancer treatment as some chemotherapies cause numbness and tingling of the hands and feet.

有時癌症治療會引起疼痛，因為某些化學療法會導致手腳麻木和刺痛。

Likewise, radiotherapy can cause skin irritation inducing burning pain.

同樣，放射療法會引起皮膚刺激，及灼痛。

Nevertheless, family physician or specialist should always be consulted to check out the sources of pain.

但是，應該諮詢家庭或專科醫生以檢查疼痛的根源。

This can help to find the most appropriate modalities and the correct dosage to be used.

這可以幫助找到最合適的治療方式和使用正確的劑量。

For local and superficial pain, warmth or cold therapy can be used depending on the acuity of the condition.

對於局部和表面的疼痛，可根據病情的嚴重程度使用暖或冷敷療法。

Gentle massage or acupressure can also be used to stimulate the skin for desensitization of pain.

輕柔的按摩或穴位按摩可以刺激皮膚，減輕疼痛感。

These techniques change the blood flow to the area that is stimulated.

這些方式讓血液流向被刺激的區域。

This may help clearance of pain inducing metabolites and sometimes will get rid of pain or lessen pain during the stimulation and even for hours after it has been completed.


這有助於清除引起疼痛的代謝物，有時在刺激過程中甚至完成後數小時都可以消除或減輕疼痛。

However, a general principle is one should not massage or press directly on the treatment area getting radiation therapy.

然而一般原則是不應按摩或直接按壓接受放射治療的區域。

This applies same to heat or cold compress.

這同樣適用於熱或冷敷的應用。

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Sometimes, Transcutaneous Electrical Nerve Stimulation can be used to relieve musculo-skeletal pain or neurological pain.

有時經皮電神經刺激可用於緩解肌肉骨骼或神經系統性疼痛。

Many people think that Transcutaneous Electrical Nerve Stimulation are like painkillers which only temporarily relieves the pain but not treating the problem.

很多人認為經皮電神經刺激如同止痛藥般，治標不治本。

Yet from another perspective, due to untreated pain, many patients suffer joint stiffness, and even muscle atrophy.

但從另一個角度來看，很多患者因為痛楚而關節僵硬、甚至肌肉萎縮。

A little movement is already a bitter day to them.

動一動已令他們叫苦連天。

Yet, using Transcutaneous Electrical Nerve Stimulation can help relieve muscle tension caused by pain, avoid worsening the condition, and allow time to work on other treatment.

用經皮電神經刺激卻可幫助緩解痛楚帶來的肌肉緊張，避免情況惡化，以配合其他治本的治療方案。

There is no denying that medications can be helpful for older people with pain.

無可否認，藥物對有疼痛的長者會有幫助。

A problem only arises when they are presented as a person's only option.

只有當藥物作為個人的唯一選擇時，才會出現問題。

This is especially true in the seniors due to the fact that medications are much worse for them.

這對長者尤其真確，因為藥物對他們來說有時要糟糕得多。

Older adults tend to react differently to medication when compared to younger adults.

與年輕人相比，老年人對藥物的反應往往不同。

As people get older, their metabolisms slow down and their bodies become less efficient at excreting foreign substances.

隨著年齡的增長，他們的新陳代謝減慢，身體在排泄異物時效率會降低。

This causes many unforeseen problems and sensitivities to various medications by the seniors.

這導致許多不可預見的問題和長者對各種藥物所產生敏感的反應。

Hence, it is important to use non-pharmacological methods for their added benefits to any treatment plan for pain management.

因此，使用非藥物方法作為任何痛症治療計劃的添加效益是很重要的。