



Educational Resources in International Languages

肩关节检查

Translated from English to Chinese by:

Ms Wenping Wang

MA (Translation Studies)

University of Cardiff

肩关节检查

肩关节实际上是一个复杂关节，由三个主要关节组成：包括肩锁关节、胸锁关节和盂肱关节。它也是由肩袖肌群组成来保持完整性，即：冈上肌、肩胛下肌、冈下肌和小圆肌。三角肌和肱二头肌在肩关节中起着与肩胛骨和锁骨一样的关键作用。观察，触摸，移动所有的关节，同时比较两侧的肩关节活动有无差异。征求患者的同意。向患者告知并解释接下来的诊疗方法和步骤。

望诊：

进行以下肩关节常规检查是非常重要的，从正面，侧方，背面观察：

- 有无伤疤
- 有无非正常凹陷
- 有无红斑
- 关节和肌肉不对称
- 异常姿势

触诊：

从不同角度触摸胸锁关节，锁骨，喙突，肩锁关节以及盂肱关节。

触摸肩胛骨脊柱，肩胛骨边缘以及周边肌肉。

触诊患者，查看是否有压痛感，感受体表温度，以及不规则部位，比如骨折。

动诊：

观察肩关节的活动情况是检查中最重要的部分，因为它可以评估以下功能：

通常来说，在进行肩关节的动诊时，最好由患者在不借助外力的帮助下完成检查者的各项指令。

首先，前屈—上举后伸检查。请患者大拇指朝上，从前面一边向上移动手臂，越过头顶，然后向下移到后背。

其次，外展—上举检查。请患者抬起手臂，从体侧一边越过头部，然后直接在胸前移动胳膊来进行内收检查。

内旋检查。如图所示，请患者把胳膊放在背后，拇指向上。

最后，进行外旋检查。请患者把手臂放在脑后，然后向后推动胳膊肘。

在这里，主体有一个正常范围内的主动运动，如果没有，则需进行被动范围内的检查。

正常范围运动：

- 前屈—上举 —180度
- 水平后伸 —50度
- 外展—上举 —180度
- 内收—45度
- 外旋—90度
- 内旋—90度

特殊检查：

针对肩关节有一些特殊检查

针对翼状肩胛骨的合适的检查方法是请患者用双手手掌按压墙壁。

如果胸长神经损伤，可以看出肩胛骨从背后突出。

请患者依次用手触摸对侧肩膀来测试肩锁关节的完整性。

如果旋转肌群有缺陷，则需要需要进行阻力运动测试。

虽然有大量的测试，但需了解并记住每个旋转肌群的至少一种检测方法：

- 0度外展抗阻试验来检查冈上肌。
- 冈下肌的完整性是由肩外旋抗阻运动来进行测试。患者应该把胳膊固定在靠近体侧的90度，检查者则应用手来支撑患者的胳膊，另一位检查者向患者施加压力，阻止前臂推出。
- 内旋抗阻测试用来检查肩胛下肌。戈伯背后举起检查（Goebers lift off test）是另一种检查方法。

90度弯曲前臂抗阻旋后用来测试肱二头肌长头腱。

最后，通过轻触测试来评估三角肌侧部是否有麻木感。如果麻木感存在，这可能是肩关节前脱臼引起的腋下神经受损的信号。



DOCTORS ACADEMY

BETTER EDUCATION. BETTER HEALTH.

Doctors Academy is a UK-based International Non-Profit Organisation comprising of doctors, dentists and scientists that undertakes a diverse range of educational activities globally. The aim of the Academy is to disseminate information and exchange medical knowledge between professionals from diverse backgrounds working in a variety of healthcare settings. This is achieved by the provision of a number of attendance courses, publishing house, online resources and international events/ competitions.

Courses (a selection):

Undergraduate:

- Final Year Medicine and Surgical Revision Courses
- Training the Clinical Anatomy Trainer
- Clinical Anatomy as Applied to Trauma and Emergency Medicine
- Surgical Anatomy of Important Operative Procedures
- Future Surgeons: Key Skills (RCSEd delivered)
- Structured Introduction to Surgical Skills

Postgraduate:

- MRCS Part A
- MRCEM Part A
- MRCS Part B OSCE
- DOHNS: Intensive Revision & OSCE
- Intercollegiate Basic Surgical Skills (RCSEd delivered)
- MRCP PACES Part 2
- FRCS (General Surgery) Exit Exam
- Cadaveric Ultrasound-Guided Musculoskeletal Intervention Course
- Ultrasound-Assisted Botulinum Toxin Injection for Neuromuscular Disorders
- Live Advanced Laparoscopic Colorectal Course



Forthcoming key events:

- **International Medical Summer School**
Manchester, 31st July to 4th August 2017
- **International Academic and Research Conference**
Manchester, 5th August 2017
- **World University Anatomy Challenge**
Manchester, 4th August 2017

Publications



publications.doctorsacademy.org

World Journal of Medical Education & Research



Peer-reviewed academic journal
with ISSN.

- No fee to view, read and download articles
- No subscription charges
- No submission fees
- No manuscript processing fee
- No publishing fee
- No cost to read, write or publish!

wjmer.co.uk

Online Revision Resources

DoctorExams consists of 1000s of questions with detailed explanations in MCQ, EMQ, SBA and SAQ formats. Questions are written by the Doctors Academy group of experienced clinicians and clinical academics, with mock exams and feedback on performance included to aid a candidate's focused revision of topics. Based on past exams, these questions are carefully crafted to suit the requirements of undergraduate students & postgraduate trainees undertaking relevant speciality exams.

Resources for:

- Medical Students
- Dental Students
- International Entrance Exams
- MRCS Exams
- General Surgery Exams
- Plastic Surgery Exams
- DOHNS Exams

www.doctorexams.co.uk

www.doctorsacademy.org