



# Educational Resources in International Languages

背部检查

*Translated from English to Chinese by:*

**Ms Wenping Wang**

MA (Translation Studies)

University of Cardiff

1. 介绍自己并获准检查
2. 让患者直立进行检查

#### 从后背来检查

- 肌肉萎缩
  - 不对称
  - 脊柱侧凸
  - 肿胀
  - 疤痕
  - 不正常的皮肤褶皱，毛发分布异常以及皮肤色素沉着
- o 这些症状表明是脊柱裂

#### 从侧面来进行检查

- 腰椎损失或者颈椎前凸
- 严重的胸椎后凸或者颈椎前凸

#### 从前面来进行检查

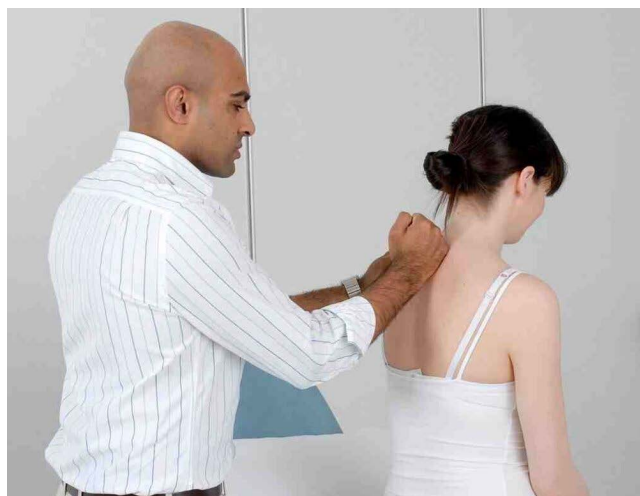
- 骨盆对齐
- 胸壁畸形

如果发现脊柱侧弯，要求病人：

- a) 坐下以避免代偿性脊柱侧弯，比如缩短腿
- b) 向前弯曲以避免姿势性脊柱侧弯，这种症状在青春期少女身上较为常见，并且会自行消退。只有这样结构性脊柱侧弯才能得以诊断出。

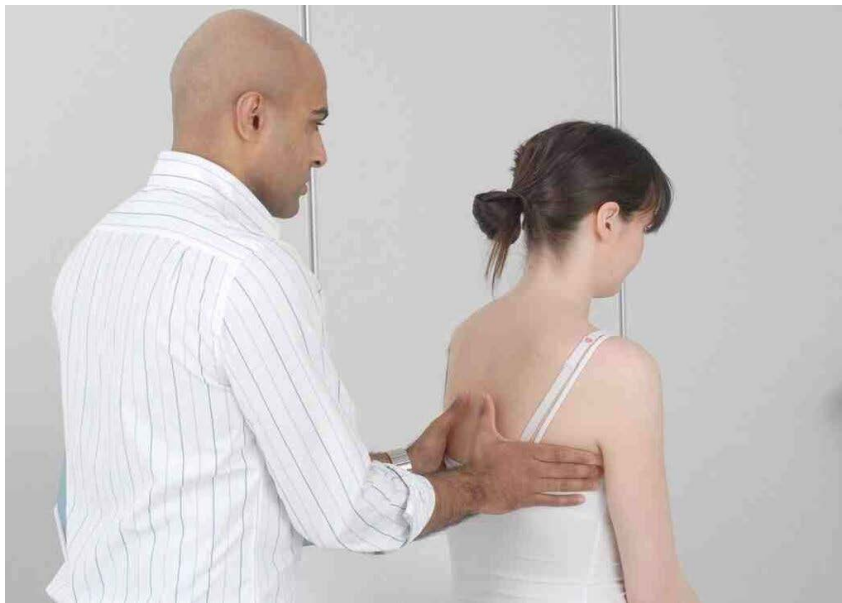
#### 3. 触摸

- a) 从上至下触摸整个脊椎及骶髂关节部位
- b) 触摸椎旁肌，检查患者是否有压痛感
- c) 用拳头轻轻叩击从颈部到骶髂关节的部位



用拳头的尺侧缘轻轻叩击从颈部到骶髂关节部位

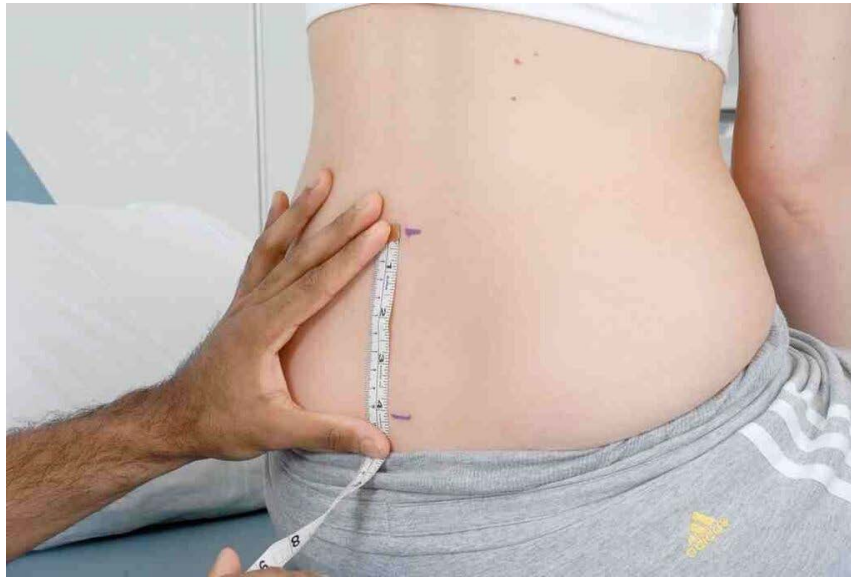
- 腰椎压痛感是椎间盘突出的常见现象
  - 腰部肌肉触痛是自发性的或继发于椎间盘突出
  - 在腰椎某一节中出现椎体滑脱
4. 移动
    - a) 病人站立
      1. 检查胸部扩张（参考图：2.2）。（扩张距离应该至少是5厘米）



检查胸部扩张（应该至少是5厘米）

2. 腰部活动
  - 弯曲并进行施罗德氏（Schrober）试验
  - 扩展
  - 侧弯

施罗德氏试验（Schrober's 试验）一：在两个腰窝之间的中点位置标记一个点，沿着腰窝的中线，在这个点正上面10厘米的位置标记另一个点（参考图2.3）。



施勒德氏试验 (Schrober' s 试验) : 两点之间相距10厘米

当向前弯曲时，这两个点之间距离的增加应该在8-10厘米之间  
总限制（小于3厘米）被确诊为强直性脊柱炎。



施勒德氏实验 (Schrober' s 试验) : 病人弯曲脊柱 (向前弯曲)



施勒德氏实验（Schrober's 试验）：此时两个标记点之间相差12.5厘米

b) 让病人坐下进行检查：

1. 检测颈部活动

- 弯曲
- 伸展
- 侧屈
- 扭转

2. 在做弯曲伸展运动时感到劈啪声，则请病人“慢慢点头”。这是颈椎骨关节炎的常见症状。

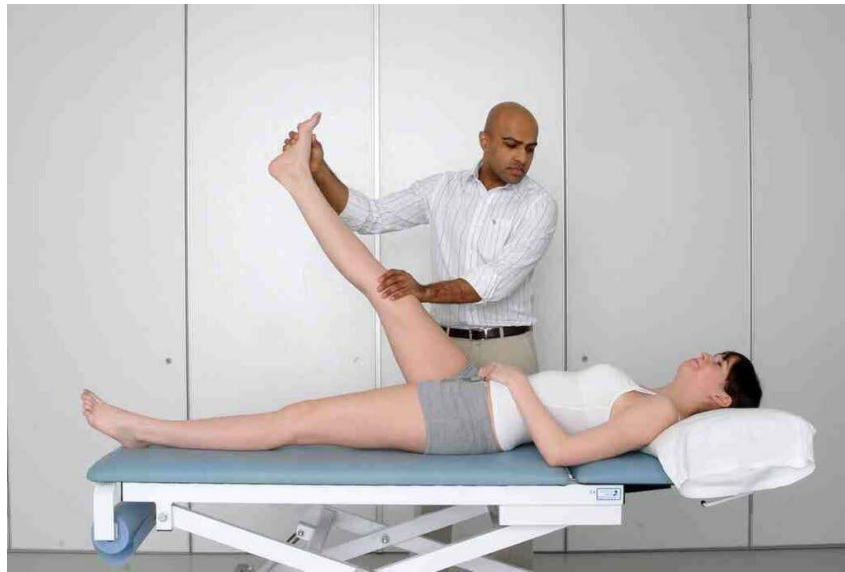
3. 检测胸部旋转

- 让病人坐在沙发上，以双臂交叉来固定骨盆

5. 特殊检查

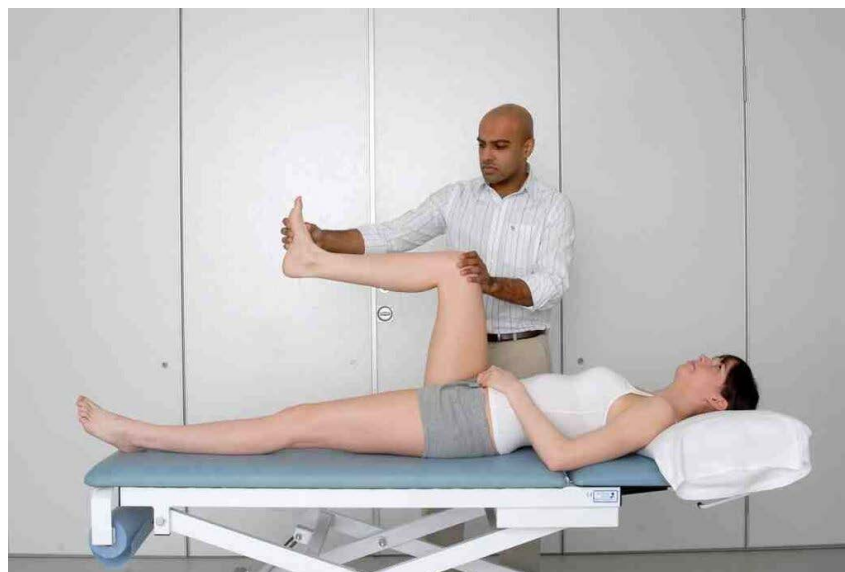
a) 病人采取仰卧位

- 一只腿伸直抬高，踝关节背屈（参考图2.6）
- o 在大腿、臀部和背部位置感到疼痛，表明为坐骨神经痛（L4或以下为阳性）



一只腿伸直抬高，同时背屈踝关节

- 拉塞格征检查 (Lasegue's test 又称“直腿抬高加强试验”)：足中立，膝盖弯曲 (参考图2.7)：
  - o 臀部可以进一步弯曲，避免疼痛，但如果之后膝盖再扩展，疼痛会重新出现。



示范拉塞格征检查：足中立，膝盖弯曲

b) 病人采取俯卧位

- 股神经拉伸测试
- o 伸展臀部（参考图2.8）



股神经拉伸测试：伸展臀部

- o 在大腿，臀部和背部感到疼痛，则表明L2-4神经根炎

6. 完成检查

对考官说你也很乐意对病人进行以下检查：

- 进行上下肢神经系统检查
- 检查下肢血管系统（排除因跛行引起的腿痛）
- 检查腹部（排除恶性肿瘤或主动脉瘤引起背痛这一因素）

7. 感谢病人的配合



# DOCTORS ACADEMY

BETTER EDUCATION. BETTER HEALTH.

Doctors Academy is an 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, 1<sup>st</sup> - 5<sup>th</sup> August 2016*
- **International Academic and Research Conference**  
*Manchester, 6<sup>th</sup> August 2016*
- **World University Anatomy Challenge**  
*Manchester, 5<sup>th</sup> August 2016*

## Publications



[publications.doctorsacademy.org](http://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](http://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](http://www.doctorexams.co.uk)

# [www.doctorsacademy.org](http://www.doctorsacademy.org)