



一夜北风寒，几场大雪至，使北京的冬天更有冬味儿，但也使大部分上年纪的老年人感觉关节特别是膝关节发凉，甚或出现疼痛症状，影响日常生活。寒冷刺激不仅会带来身体的不适，还会诱发、加重某些疾病的症状，关节炎就是其中一个非常常见的例子。很多膝关节炎患者会出现关节酸痛，遇冷加剧的现象。就此，记者采访了首都医科大学附属北京康复医院骨科一康复中心主任杨华清。

# 凛冽寒风至 且行且珍 膝

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本期专家

首都医科大学附属北京康复医院骨科一康复中心主任 杨华清

## 关节易在冬季出毛病

冬天关节容易出现不适症状，主要有如下几方面原因：

寒冷刺激会造成血管痉挛，使血流缓慢，供血量减少；血流缓慢，关节的代谢产物和炎症因子容易淤滞在关节周围，进而导致关节的症状加重。

寒冷刺激容易造成关节周围肌肉收缩力量的下降、关节周围韧带的弹性下降，肌肉和韧带对关节运动时的保护作用和稳定作用下降，出现原有症状的加重和关节功能的障碍。

关节里的神经处于特别敏感的状态，对温度、气压、湿度都特别敏感，且寒冷也会对关节组织有刺激，会使原本的关节炎症状加重，关节长时间受凉和巨大温差也会导致关节疼痛。

在中医理论中，认为关节炎是多为风寒湿之邪或单独乘虚入侵人体筋骨关节，闭阻经络，导致气血运行不畅，使肌肉、筋骨、关节发生疼痛、酸楚、屈伸不利症状。

## 冬天如何保护膝关节？

**关节避免寒冷刺激**  
在寒冷的时候首先应注意添加衣物，冬季要经常收听天气预报，根据天气变化及时添加衣物，注意保暖、防寒湿。

关节不好的患者平时可以做做热敷，每次热敷15分钟左右即可，避免烫伤。

冬天可以佩戴保暖护膝，但不要佩戴弹性较差、包裹过紧的护膝。过紧的护膝容易加重血液循环障碍，甚至出现小腿以下部位的肿胀。注意平时不要一直依赖护膝，容易出现关节周围肌肉和韧带的废用，关节稳定性降低，加重关节症状。

**适度做好关节康复锻炼**  
前面提到寒冷刺激会导致关

节周围肌肉收缩力量的下降，需要加强功能训练，增强肌肉力量。具体以膝关节为例，常见的训练方法：

**股四头肌等长收缩训练：**取坐位或仰卧位，做股四头肌等长收缩训练，双腿伸直，膝关节和脚尖垂直向上，膝盖后方尽可能贴近地面；

**直腿抬高训练：**平躺在床上，把腿伸直，让大腿上的肌肉收紧、绷直；

**靠墙静蹲训练：**可强化髌部膝部肌力，稳定膝关节。具体方法，后背紧靠在墙上，双脚打开与髌同宽，膝盖和脚尖指向正前方，膝盖向前不能超过脚尖；屈膝屈髌90度。这些动作注意要循序渐进，年龄大的人需要在家人陪护下锻炼，如方便最好在专业人员指导下进行。

**养成良好的生活习惯**  
多吃富含蛋白质、钙质的食物，如奶及奶制品、豆及豆制品、鱼虾、海带等，既能补充蛋白质、钙质，防止骨质疏松，又能营养软骨及关节，也可以帮助减轻关节炎的症状。

每日温水泡脚，注意温度适宜，谨防烫伤；注意劳逸结合，情绪愉悦，保证充足的休息和睡眠时间，如果关节疼痛症状持续不缓解，应及时到医院就诊。

## 温馨提示 避免不良运动方式伤关节

生命在于运动，关节也不喜欢成天不动。然而过度运动或不良的运动方式会对关节造成严重损伤。为了关节更健康些，请保持良好作息，做好适度运动。

膝关节是负重关节，过度的反复高强度负重会增加关节软骨的磨损，特别是髌股关节的磨损，从而出现关节炎的症状。生活中常见爬楼、爬山、蹲跪等动作都会增加关节压力，要尽量避免。

在冬季，适当活动可保持肌肉的力量和协调能力，天气寒冷关节、韧带容易僵硬，参加运动前一定要热身，做好充分的准备活动，注意动与静的合理安排，不宜过度劳累，避免运动损伤的发生。

如需健身，请在专业人士的指导下进行，避免损伤关节。



## 生活资讯

一波又一波的冷空气来袭，气温骤降。面对突如其来的降温，暖水袋、电热器、电热毯这些“保暖神器”也重出江湖……但是取暖的同时，也要小心低温烫伤！

## “保暖神器”竟成“烫人神器”

# 低温烫伤抹牙膏管用吗？

### 何为低温烫伤？

低温烫伤，是指皮肤长时间接触高于体温的低热物体而造成的烫伤。接触70℃的热源持续一分钟，皮肤可能就会被烫伤；而当皮肤接触44℃的热源持续6小时，也会造成烫伤，这种烫伤就叫做“低温烫伤”。低温烫伤的温度一般在44-51℃，皮肤损伤程度与温度、接触时间成正比。

### 烫伤后正确的急救方法

记住五个关键字：冲、脱、泡、盖、送

**冲——**立即脱离热源，用流动的冷水冲洗创面，降低创面温度，减轻高温进一步渗透所造成的组织损伤加重。冲的时间越早越好。

**脱——**冲洗后，再小心除去衣物，必要时可以用剪刀剪开衣服，并保留粘住的部分，尽量避免将水泡弄破。千万不要强行剥去衣物。

**泡——**对于疼痛明显者可持续浸泡在冷水中10-30分钟。此时，主要作用是缓解疼痛。

**盖——**使用干净、无菌的纱布或棉质的布类覆盖于伤口，并加以固定。对于面部烫伤者，宜采用坐姿或半卧位姿势，将清洁无菌的布在口、鼻、眼、耳等部位剪洞后盖在面部。

**送——**送医就诊，寻求医生的救助。I度烫伤（烫伤的皮肤发红、不起水泡，

表面干燥，2-3天后烫伤皮肤颜色逐渐消退，皮肤脱屑，三五天即可痊愈，一般不留疤痕）可在家处理。II度以上的烫伤（经冷却治疗一定时间后，仍疼痛难受且患处长起水泡）应送医院处理。

### 这些民间偏方不可信

**抹红药水 无法看烫伤程度**

烧烫伤后医生先要根据皮肤的颜色和质地，来判断烧烫伤的深度和面积，以确定下一步治疗方案。如果使用红药水、紫药水会将烫伤部位染色，医生难以判断烧烫伤程度。

**贴创可贴 可能会加深创伤**

创可贴是用来处理小创口外伤，如果用于烧烫伤创口，使用过程中会把受损表皮或刚生长的新鲜组织撕裂，加深创伤。同时烧烫伤后周围组织会出现肿胀，创可贴粘太紧会造成血液运行不畅，出现更严重损伤。

**抹牙膏 容易造成感染**

敷在伤口上面的牙膏没有经过严格的药用杀菌，很不卫生，有可能还有利于细菌的生长，其他一些不对症的药膏也会对伤口起到副作用，反而使创面更容易受到感染。

到了医院后，不但会影响医生对烫伤程度的诊断，在清洗过程中，也会给伤者增加不必要的痛苦。

(刘宁)



**健康在线**  
协办  
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