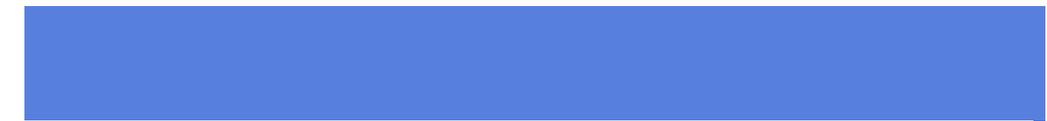


# 拿什么拯救“你”，我的肩！冻结肩科普篇

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2023-10-31原文





在日常生活中你是否出现过肩部怕冷、肩部疼痛、活动受限、不能完成“耸肩”、“梳头”、“穿衣”等运动，甚至肩部肌肉发生瘦削、萎缩等情况，感觉肩关节要被“冻住”了，这种情况一定要警惕“冻结肩”！



以前认为冻结肩是一种自限性疾病，病程12-36个月，会逐步自然“解冻”。但近期研究发现，相当一部分患者的冻结肩并不会自然好转，终生伴随症状。一部分患者尽管最终“解冻”，但是病程过长、症状过重，严重影响了患者的日常活动和生活质量。

**据 相 关 数 据 统 计 ， 女性比男性更容易得这个病。而且40岁以上的女性发病最多。有时候，曾经损伤过肩关节的人在日后会发生“冻结肩”。**



**那么该如何识别“冻结肩”呢？  
跟随我一起来揭开它的神秘面纱。**

（部分图文来源网络，如有侵权请联系删除，仅做公益科普，无任何商业用途）

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The banner features a teal background with a hand holding a smartphone displaying a red cross. Surrounding the phone are icons for a syringe, a pill, a first aid kit, a bottle, and a bandage. The text '健康咨询 一手掌握' is prominently displayed. Below it are two QR codes labeled '视频号' and '公众号'. The bottom left shows the hospital's logo and name '攀枝花市中心医院 panzihua central Hospital', and the bottom right contains the slogan '诚信 仁爱 敬业 创新'.

健康咨询  
一手掌握

视频号 公众号

攀枝花市中心医院  
panzihua central Hospital

诚信 仁爱 敬业 创新

精选留言

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