胫腓疲劳性骨膜炎

- 一、概念

  长期反复应力作用，使骨膜发生慢性损伤性炎症。多见于初参训练的新手.

二、原因

1、训练方法不当

A局部负荷过重

B技术错误

2、场地过硬等

二、发病机理

1肌肉牵拉学说。

2应力学说

Figure: Mary Schill

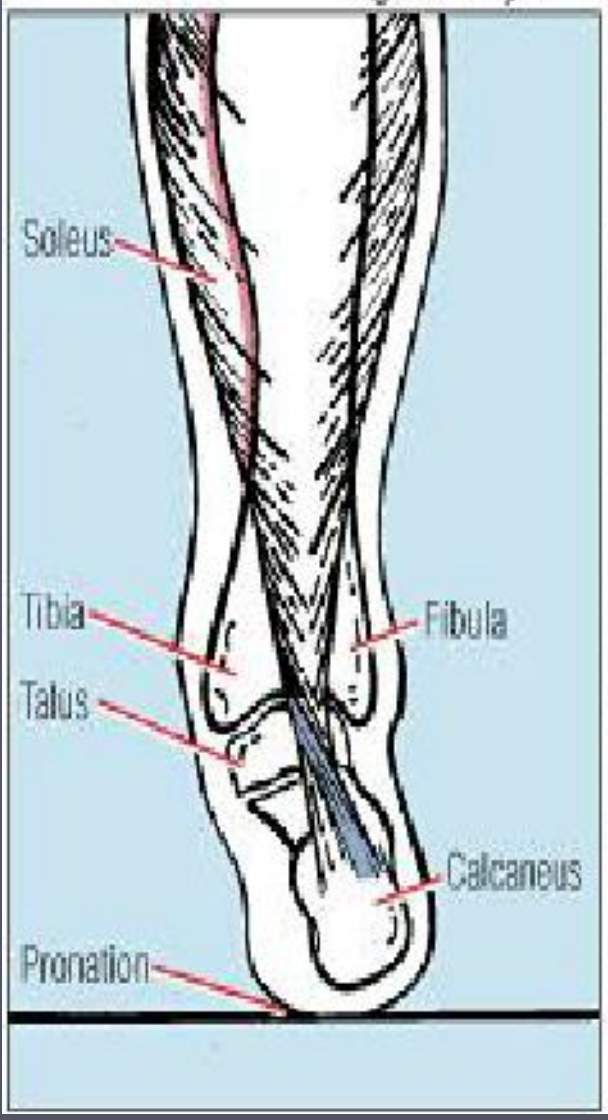


FIGURE 1. Excessive pronation of the subtalar joint during gait stretches the soleus fibers originating from the medial margin of the tibia (in pink), causing increased stress at the fascial origin (in purple). Forces created by this fascial pull are transmitted to underlying bone via Sharpey's fibers, inciting a remodeling sequence that may be adaptive or—in the case of tibial stress injuries—maladaptive.

三、征象

1、多渐发病，无明显外伤史

2、局部疼痛。多为钝痛或牵拉痛。胫腓骨骨膜炎可有后蹬痛

3、局部灼热（皮肤发红）、肿胀（患处指压可有凹陷）

4、压痛

5、X线

四、处理

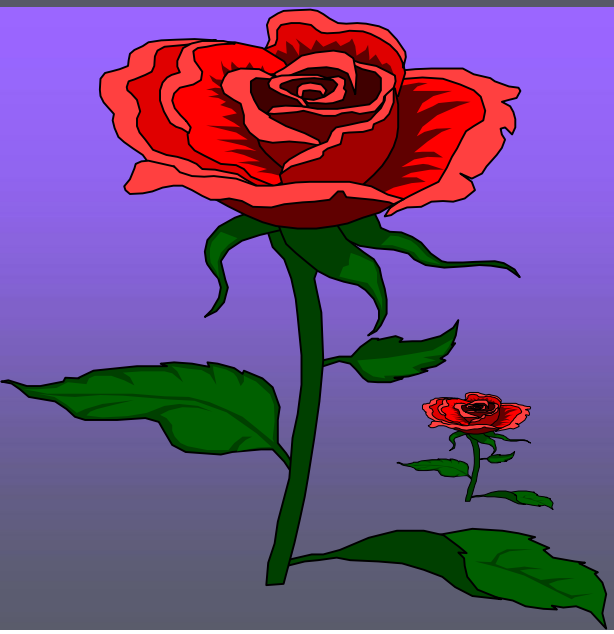
1、早期或轻症者：局部弹性绷带包扎，减量训练，经2-3周可自行消失

2、重症者：减量，局部热敷配合按摩、理疗

3、无效者宜考虑有无骨折

Homework

- 如何预防骨膜炎的发生？



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