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## 五十肩

幾年前一個早上，不知道為甚麼，睡醒後右肩痠痛，臂膀也提不起來。中午和一班老友飯聚，他們看到我愁眉苦臉地捶著肩膀，便笑著問：「老弟，你今年幾歲了？」我才恍然大悟，是「五十肩」。

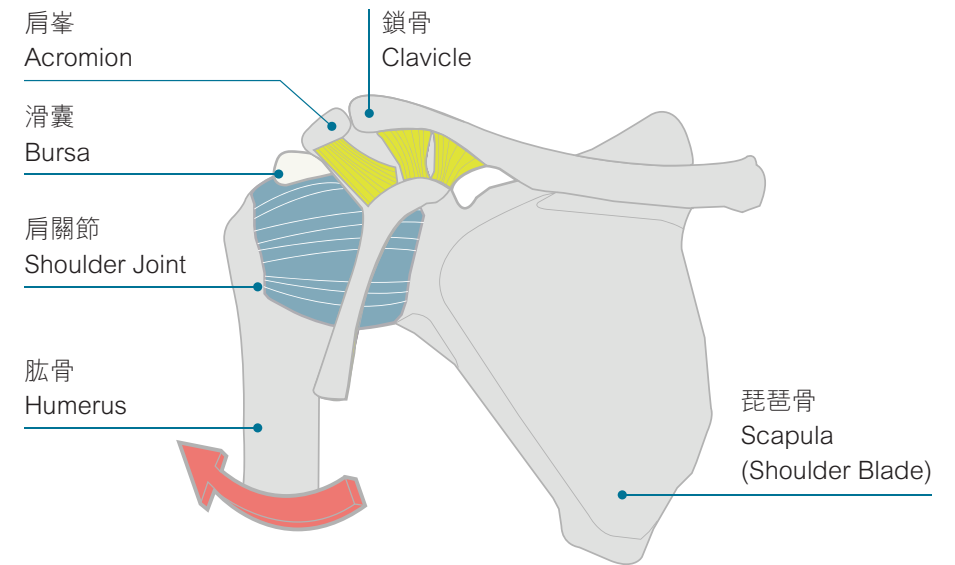
五十肩，又名「肩周炎」或「凍結肩」（frozen shoulder），病發多在 50 歲左右，故名。大部分患者，病因不明。糖尿病患者、類風濕關節炎患者的風險較高，外傷或因故要固定肩膀（例如乳房切除術後）也會引起肩周炎。

我們的肩關節，由肩胛骨（即「琵琶骨」）和肱骨組成。肩胛骨周邊有幾塊主宰臂膀活動的肌肉，組成一塊像衣袖的肌腱把肩胛骨和肱骨連接起來。琵琶骨另有一塊翼狀的結構叫肩峯，像騎樓一樣蓋肩袖。肩峯和肩袖之間有個滑囊（bursa），內有少量黏液提供潤滑作用。

一旦肩袖內的肌腱受傷、勞損、發炎，這滑囊也會被波及，引起疼痛。肩峯和肩袖之間的空隙窄小，滑囊發炎時，組織出現水腫，便會影響肩關節的活動。五十肩的患者，臂膀提不起來，梳頭和穿衣服的時候引起劇痛，就是發炎的組織卡在肩峯和肩關節之間的緣故。

我當時用止痛貼、敷跌打膏藥、做運動和物理治療都不見效；吃消炎藥也只能暫時止痛。求教於骨科同事，忠告是：「不必擔心，耐心等待自然會不藥而癒，只是以後肩膀的活動會稍差一點。」果然，六個月後肩膀就不再痛了；現在把雙手伸到背後測試一下，右手的活動範圍少了兩吋。

搗手這動作看似簡單，卻能令肩關節全方位地活動，鍛鍊周邊多組肌肉，是保持上肢靈活的好幫手。



## Frozen Shoulder

One morning a few years ago, I woke up with a sore shoulder and I could not lift my right arm. At lunch, one of my friends saw me grimace as I hammered my shoulder. He asked me, 'How old are you now?' Then it dawned on me that I was suffering from frozen shoulder.

In Chinese, frozen shoulder is called 'fifty shoulder', as it typically affects those around the age of 50. For most, no definite cause can be found, although those with diabetes and rheumatoid arthritis are at a higher risk. Trauma and conditions that require immobilisation of the shoulder, can also cause frozen shoulder.

Our shoulder joint is made up of two bones: the scapula (shoulder blade) and the humerus (upper arm bone). The scapula has a wing-like structure called the acromion that covers the shoulder joint like a roof. Several muscles that control the movements of the shoulder fuse to form a cuff (rotator cuff) that connects the scapula to the humerus. In-between the acromion and the rotator cuff is a bursa, which contains a small amount of fluid to provide lubrication.

If the tendons within the rotator cuff are injured, torn or inflamed, the bursa would be involved, causing pain. There is very little space between the rotator cuff and the acromion. Once the bursa is inflamed, the tissues become swollen and movements of the shoulder are affected. Patients with frozen shoulder have difficulty lifting their arms, and experience exquisite pain when combing their hair or putting on a shirt, because inflamed tissues are trapped between the bony acromion and the rotator cuff.

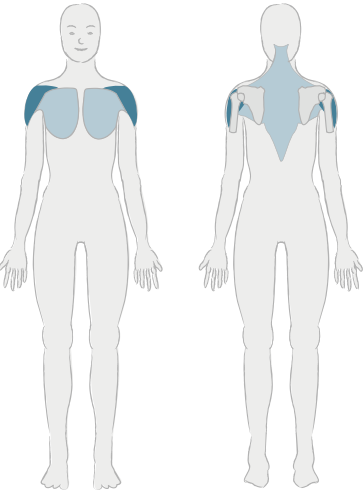
I tried various plasters, exercises and physiotherapy, all to no avail. Painkillers provided only temporary relief. I sought help from one of my orthopedic colleagues. His advice was, 'Don't worry, it will go away on its own accord. Just be aware that the range of movement of the shoulder would be slightly affected in the future.' Sure enough, after six months, the pain was gone, but as I reach behind my back, the right arm is short by 2 inches.

Arm swings may seem simple at first glance. When done properly, with full attention to details, the exercise puts the shoulder joint through its full range of movements and tones up many muscle groups around the shoulder. It is an excellent aid in maintaining the mobility of the upper limbs.

擗手 Arm Swings



\* 重複次數僅供參考，請按個人的體能調整。開始時可較保守，然後逐漸增加。  
 \* Number of repeats is a rough guide only, please adjust to your own fitness level. Start conservatively and increase as you progress.



**效用：**防治五十肩。  
**鍛鍊：**肩袖韌帶的靈活性；胸大肌、斜方肌、三角肌和肩袖肌。  
**師父的話：**儘量打大圈。

**Benefits:** Prevent frozen shoulder.  
**Body Parts Trained:** Mobilises the joint and ligaments around the rotator cuff. Trains the pectoralis major, trapezius, deltoids and rotator cuff muscles.  
**Sifu Tips:** Draw as big a circle as possible.

## 八段錦的呼吸

八段錦是氣功的一種。氣功講求「吐納」，吐舊納新，其實就是現代人說的呼吸。八段錦每一個動作都要和呼吸相配合，不配合呼吸，就不是氣功，不是八段錦了。

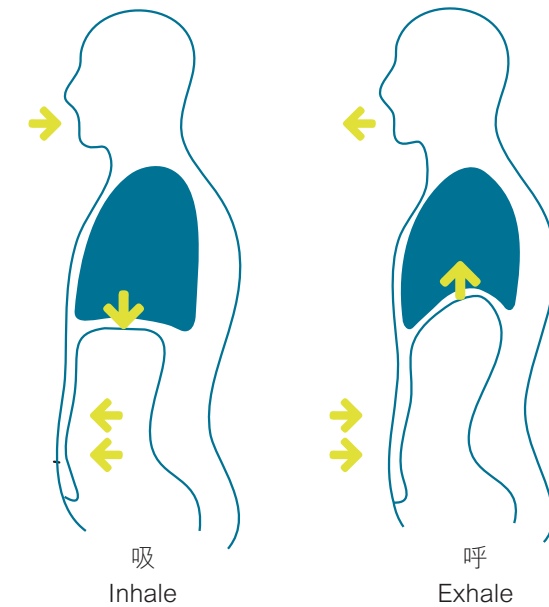
基本的原則，是身體上升時吸氣，身體下降時呼氣；肢體伸展用勁時吸氣，肢體放鬆時呼氣。

八段錦要求呼吸要慢，要深。急促而短的喘氣，空氣大部分只是在口腔、咽喉和氣管出入移動，未能深入肺部。深呼吸才能使肺葉擴張，讓氧分能到達肺泡，達到「吐舊納新」的效果。

呼吸時要用到的肌肉，主要是於肋骨之間的肋間肌及橫膈膜。肋間肌主理挺胸，使胸腔容積增加，是為胸式呼吸。橫膈膜是分隔胸腔和腹腔的一塊薄薄的拱形肌肉。收縮時拱形變平，也增加胸腔的容積，是所謂腹式呼吸。協助呼吸的，還有頸部的肌肉（所謂「輔助呼吸肌肉」，accessory muscles of respiration）；以八段錦第一式「雙手托天理三焦」，雙手高舉，頭望天，儘吸一口氣時就動用了這一組肌肉。

氣功吐納重視腹式呼吸。橫膈膜的動作能使腹內的器官活動，促進胃腸的蠕動。腹式呼吸又有順逆之分。平常吸氣時，腹部肌肉放鬆，肚皮是凸向外的，是為順式。逆式呼吸是我們嗅花香時所採用的動作，吸氣時腹肌收緊，肚皮凹陷，並帶有提肛的動作（見 144 頁）。最好的例子是第八式「背後七顛百病消」，踮腳時吸氣就是用這個方法。

龍師父說：「呼吸貴乎自然。初學時太刻意反而不美。熟練動作後，再留意呼吸的協調及節奏，就可以得到八段錦的神髓了！」



## Breathing and Baduanjin

Baduanjin is one kind of Qigong. Qigong literally means 'air work' and puts emphasis on 'getting rid of the old and receiving the new'; in other words inspiration and expiration. In Baduanjin, each movement needs to be synchronised with breathing. Without synchronising the moves with inspiration and expiration, it is not Qigong and not Baduanjin.

The basic idea is to breathe in when the body rises and breathe out when the body descends; breathe in when the limbs are extending and breathe out when the limbs are relaxing.

Baduanjin requires that breathing should be slow and deep. During shallow and rapid breathing (as in panting), most of the air just moves in our mouth, throat

and air passages without reaching deep into the lungs. Only deep breathing can expand the lungs fully to bring oxygen deep into the alveoli of our lungs, where oxygen exchange occurs, achieving the concept of 'getting rid of the old and receiving the new'.

The main muscles used in breathing are the intercostal muscles between the ribs and the diaphragm. The intercostal muscles act to make the chest expand and increase the volume of the chest. This is thoracic respiration. The diaphragm is a thin dome-shaped muscle separating the chest and the abdomen. When the diaphragm contracts, the dome becomes flat increasing the volume of the chest. This is diaphragmatic (or abdominal) breathing. The muscles of the neck (accessory muscles of respiration) also assist in breathing. In the first exercise of Baduanjin, 'Lift the Heavens', when the hands are raised and you are looking up, taking in the last bit of air uses these muscles.

Qigong stresses abdominal breathing. Diaphragmatic movement during abdominal breathing moves the organs within the abdomen, and can encourage movements of the stomach and intestines. There are two types of abdominal breathing. When we take a breath normally, the abdominal muscles relax and the belly expands outward — this is normal abdominal breathing. When we smell a flower, the abdominal muscles contract, the belly moves inward, and the anus raises involuntarily (see page 145). This is called reverse abdominal breathing. In the eighth exercise, when we stand on tiptoes, this mode of breathing is used.

Grandmaster Lung says, 'Breathing has to be natural. Don't worry too much about breathing at the beginning. Become familiar with the moves first, then pay attention to synchronisation and rhythm of the breathing. You will then truly enjoy Baduanjin.'

## 深呼吸能減壓

腎上腺素是我們身體的應急劑。當我們受驚、憤怒或吃痛的時候，我們的交感神經系統（sympathetic nervous system）就會傳出命令，在神經末梢及腎上腺釋出腎上腺素，令心跳加速、血壓上升、胃腸的血流減少、肌肉的血流增加、血的凝固增強，好讓身體準備搏鬥或逃跑。這就是所謂 'fight, fight or flight reaction'（驚嚇、打鬥或逃跑反應）。

腎上腺素可作藥物用途，是急救時提升血壓的最好幫手。我曾經吃海鮮後過敏休克，在急診室接受了半毫升腎上腺素皮下注射，風疹馬上退了，血壓也馬上回升，可是那一下一下像大鐵鎚擊著胸口的心跳著實難受。那時才明白醫學院老師所說心臟病發病人感受的「厄運將臨感覺」（feeling of impending doom）。

和交感神經系統相抗衡的是副交感神經系統（parasympathetic nervous system）。若果說交感神經令身體進入作戰狀態，那麼副交感神經就是和平時代休養生息的系統，主宰著進食、消化、休息、繁殖等功能。副交感神經的末梢分泌乙醯膽鹼（acetylcholine，簡稱 ACh），有減慢心跳的作用。

我們有辦法將交感神經主導的「火警鐘」叫停嗎？近年的研究發現，深呼吸可以增強副交感神經系統的活動，令 ACh 的分泌增加。大家都知道當「撈到爆」或感到焦慮的時候，深呼吸幾次就可以讓心境回復平靜。

在中樞神經系統內，ACh 和睡眠及記憶都有密切關係。氣功、太極拳和瑜珈等養生運動都講求吐納及丹田呼吸，良有以也。

## Deep Breathing to De-Stress

Adrenaline is our body's emergency potion. When we are scared, angry or in pain, our sympathetic nervous system issues the command for nerve endings and the adrenal gland to release adrenaline. Adrenaline speeds up our heart rate, raises our blood pressure, decreases the blood flow to the stomach and intestines, diverts the blood to our muscles, increases blood coagulation, and generally prepares the body to fight or to retreat. This is the so-called 'fright, fight or flight reaction'.

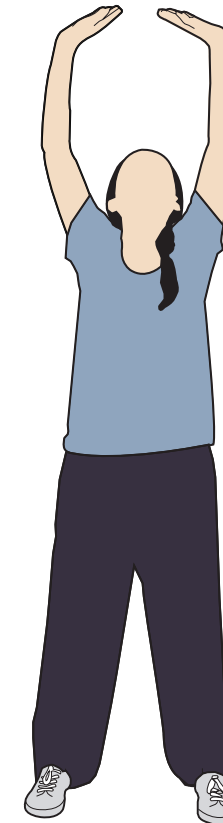
Adrenaline is a very useful drug in resuscitation. It is very good for raising the blood pressure of patients in shock. I had my personal experience with adrenaline when I developed a severe allergy and shock after eating seafood. Half a milliliter of subcutaneous adrenaline resulted in almost instantaneous regression of the hives, and my blood pressure recovered. My heart beating like a big hammer hitting my chest was very unpleasant. At that time, I understood what my medical teachers meant when they described what a heart attack patient would feel: the feeling of impending doom.

Counterbalancing the action of the sympathetic nervous system is the parasympathetic nervous system. If the sympathetic nervous system makes the body go into war mode, the parasympathetic nervous system is in charge of peacetime recuperating activities such as eating, digestion, rest and reproduction. Nerve endings of the parasympathetic nervous system secrete acetylcholine (ACh), which decrease the heart rate.

Is there a way to call a halt to the body's fire alarm, the sympathetic nervous system? Recent research shows that taking deep breaths can augment the activities of the parasympathetic nervous system and increase the secretion of ACh. Taking a few deep breaths is one of the best ways of controlling rage and anxiety.

ACh in the central nervous system has close links with sleep and memory. Health-promoting exercises such as Qigong, Tai Chi Quan and Yoga all emphasise deep and slow breathing, for very good reasons.

## 雙手托天理三焦 Lift the Heavens





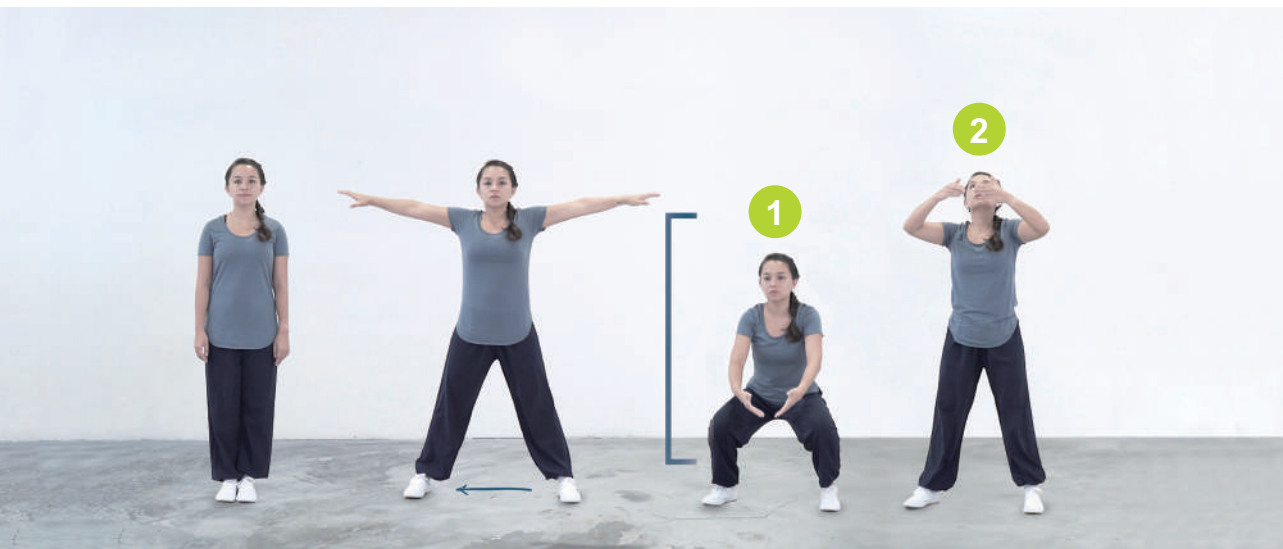
# 第一式：雙手托天理三焦

起式：立正，雙腳併立，把重心移向右腳。

向左跨步，雙手平伸成「肩擔式」，手略高於肩膊。

呼氣，身體沉下。指尖對指尖。

吸氣升起。當手達到面部水平時，反手托天。



Start: Stand upright, with both feet together. Shift your weight to the right.

Step to the left, assume the 'yoke carrying position', hands slightly above the shoulders.

Descend as you breathe out. Fingertip to fingertip.

Inhale to rise. When your hands reach the face, turn your palms up to push the heavens up.

為了方便模仿，我們將圖片的左右互調了，有如鏡中影像。  
 For your convenience, left and right sides are reversed in the diagrams.  
 Follow the moves as if looking at a mirror.

# #1 Lift the Heavens

到頂時儘吸一口氣，眼向上望。

托天八次。

收式：肩擔式，左腳內扣，轉移重心到右腳。

合併雙腳。



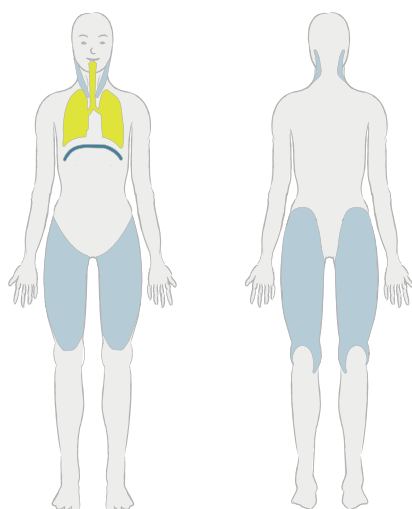
Look up. Take in an extra breath to your maximum lung capacity at the top.

Lift the heavens up eight times.

Finish: From the 'yoke carrying position', turn your left foot inward. Shift your weight to the right.

Return to centre.





**效用：**增強肺功能。

**鍛鍊：**橫膈膜、肋間肌、輔助呼吸的肌肉。

**呼吸：**吸氣上，呼氣落。

**Benefits:** Increases lung capacity.

**Body Parts Trained:** Diaphragm, intercostal muscles and accessory muscles of respiration.

**Breathing Pattern:** Breathe in as you go up. Breathe out as you come down.

### 師父的話 Sifu Tips



## 出汗

出汗，是我們身體散熱的辦法。當氣溫上升，或運動時肌肉產生熱力，位於下丘腦（hypothalamus）的體溫調節中心就會透過交感神經系統（sympathetic nervous system）發出指令，令皮膚的血管擴張及皮膚的汗腺分泌汗液。汗液揮發，就達到散熱的效果。狗沒有汗腺，便要依靠喘氣時舌頭、咽喉及呼吸道的水分蒸發來散熱，原理一樣。

做完劇烈運動後，人體的下丘腦及腦下垂體（pituitary gland）分泌內啡肽（endorphins，音譯安多酚）。內啡肽的結構和嗎啡類藥物相近，是自身產生的「快樂元素」，有鎮痛、紓緩壓力、抗抑鬱等效用。長跑運動員追求的愉悅感（runner's high）是來自內啡肽。龍師父堅持每天到海灘跑步、游泳、打功夫，數十年如一日，「能出一身汗，是人生中最幸福的事」正是他常常掛在口邊的一句話。

小女翠珊問我：「初學功夫時很少出汗，可是現在耍一套拳就大汗淋漓，是甚麼原故？」我說：「你初學功夫時只是模仿架式，不懂得運動。你現在明白了運動的方法。例如在『左右彎弓射大鵬』，拉弓時要使力繃緊肌肉，放箭時放鬆；一鬆一緊之間，肌肉的運動量增加了，發出的熱能更多，自然要多出汗來散熱了。」