

背部或頸部受傷應注意事項

台端經醫師診斷，可返家靜養，唯返家後應注意事項：

1. 前 24 小時患處給予冷敷，24 小時後給予熱敷，但須小心以免燙傷。
2. 絕對臥床休息或做適度之復健運動，請遵照醫師指示。
3. 避免彎腰提重物、久坐久站，或任何增加疼痛的姿勢。
4. 需要時給予輕輕按摩患部，或頸圈固定頸部，以增進舒適。
5. 假如你覺得疼痛厲害、麻木、僵硬、請立刻回急診室診治。
6. 如無特殊情況，請於 2 天後至骨科或神經外科門診追蹤治療。

Reminders to Patients that have Back or Neck Injuries

After doctor's examination, patient may return home for rest; however, there are few things to notice after returning home:

1. Putting cold pack on injured part at the first 24 hours. Then putting hot pack on it after the first 24 hours, but being careful for getting burnt.
2. Having sufficient rest on bed or having appropriate amount of rehab exercises under doctor's instruction.
3. Avoiding lifting heavy goods, to stand or sit for too long, or any gestures that might cause more pains.
4. Having appropriate amount of gentle message on injured part, fixing neck with neck log for increasing sense of comfort.
5. If you feel seriously pain, numb, or stiff, please return emergency room for treatment.
6. If there is no other special condition, please return to Orthopedic Department or Neurosurgery Department for follow-up treatment after two days.