



# 颈项痛之源

# 定位



- 上界即头部的下界，为下颌底、下颌角、乳突尖、上项线和枕外隆凸的连线；下界为颈静脉切迹、胸锁关节、锁骨上缘和肩峰至第七颈椎棘突的连线，以此线与胸部、上肢分界。



# 分区



• 以斜方肌前缘为界，前为固有颈部，后为项区

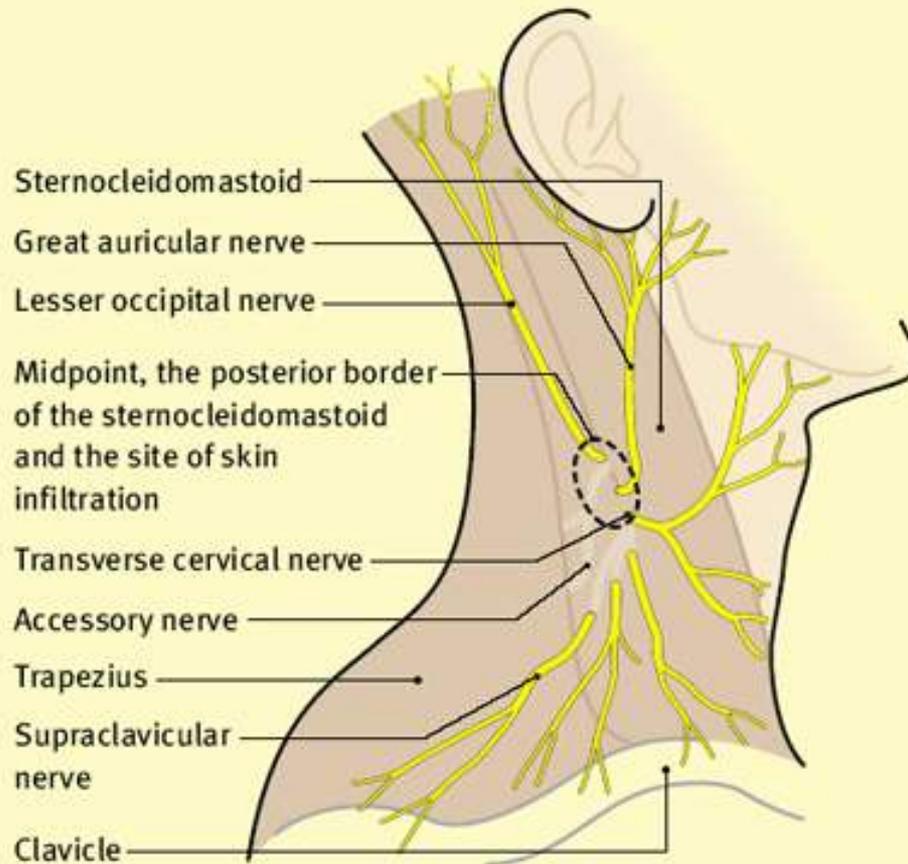
• 颈部以胸锁乳突肌前后缘为界分为三区

- 颈前区
- 胸锁乳突肌区
- 颈外侧区

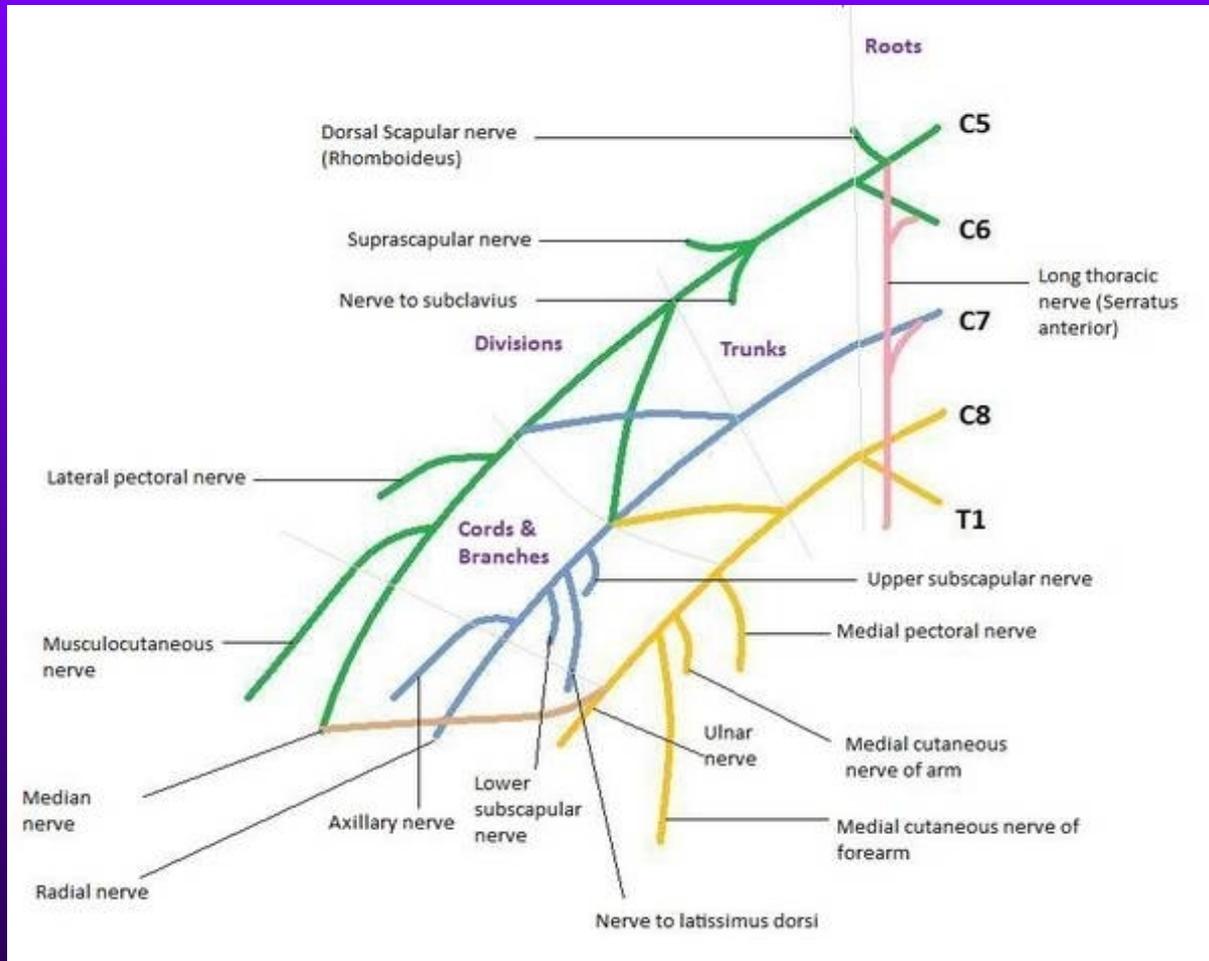


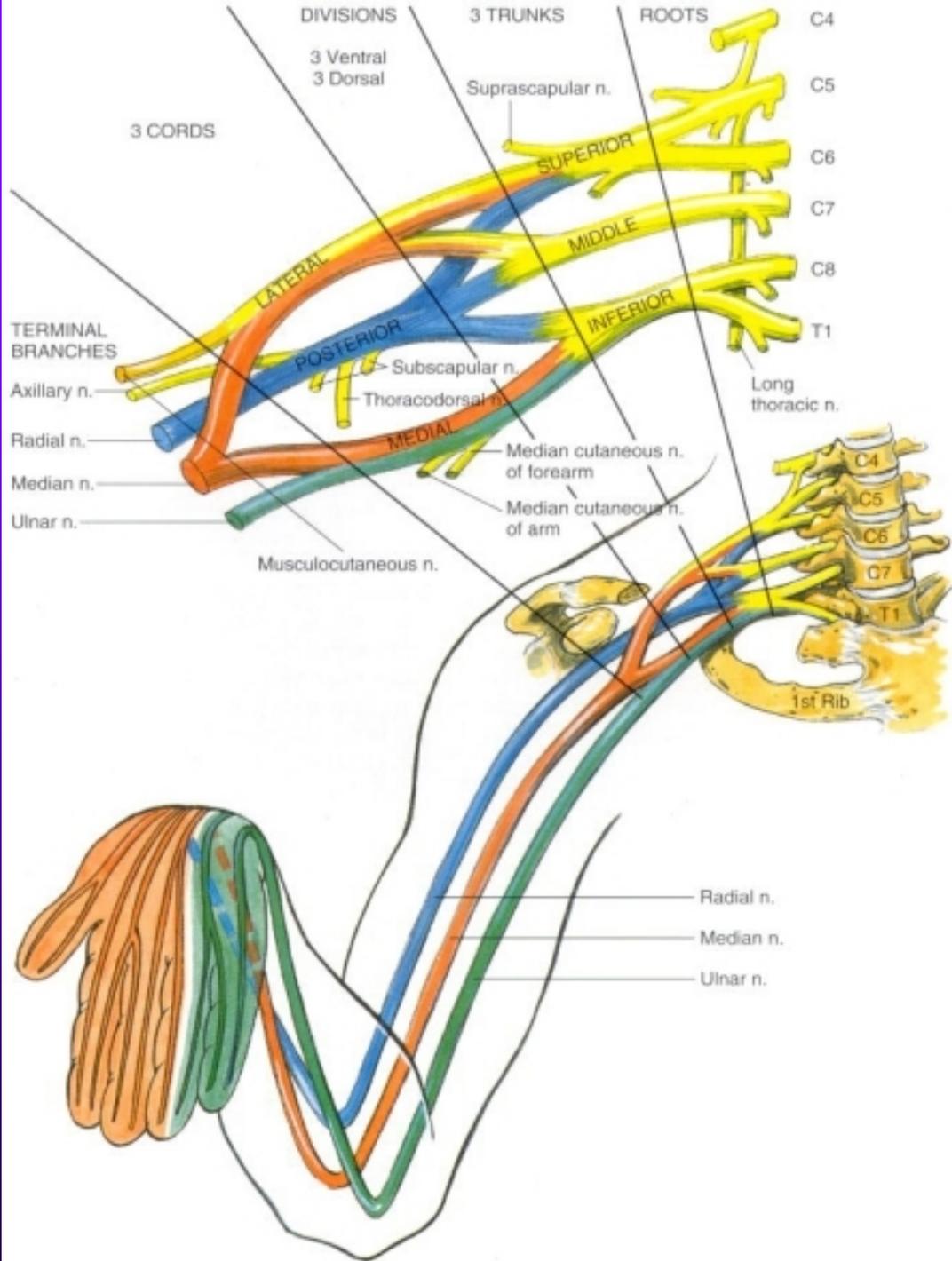
# 神经解剖——颈丛

## Cervical plexus block



# 神经解剖——臂丛





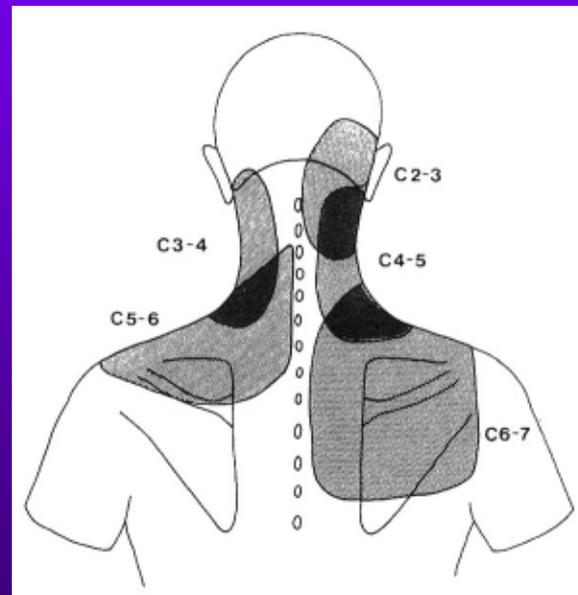
# 功能

- 连接功能
- 通道功能
- 活动功能



# 颈项痛相关的比邻结构

- 枕部
- 肩背部
- 上肢



# 颈项痛的病因

- 劳损
  - 长期伏案工作
- 外伤
- 退行性改变



# 颈项痛的病因

- 软组织
- 骨关节
- 椎间盘
- 神经痛
- .....

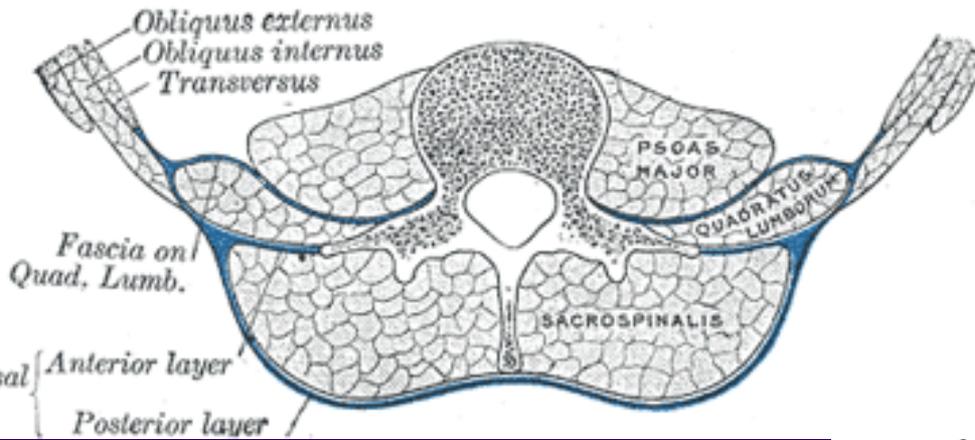
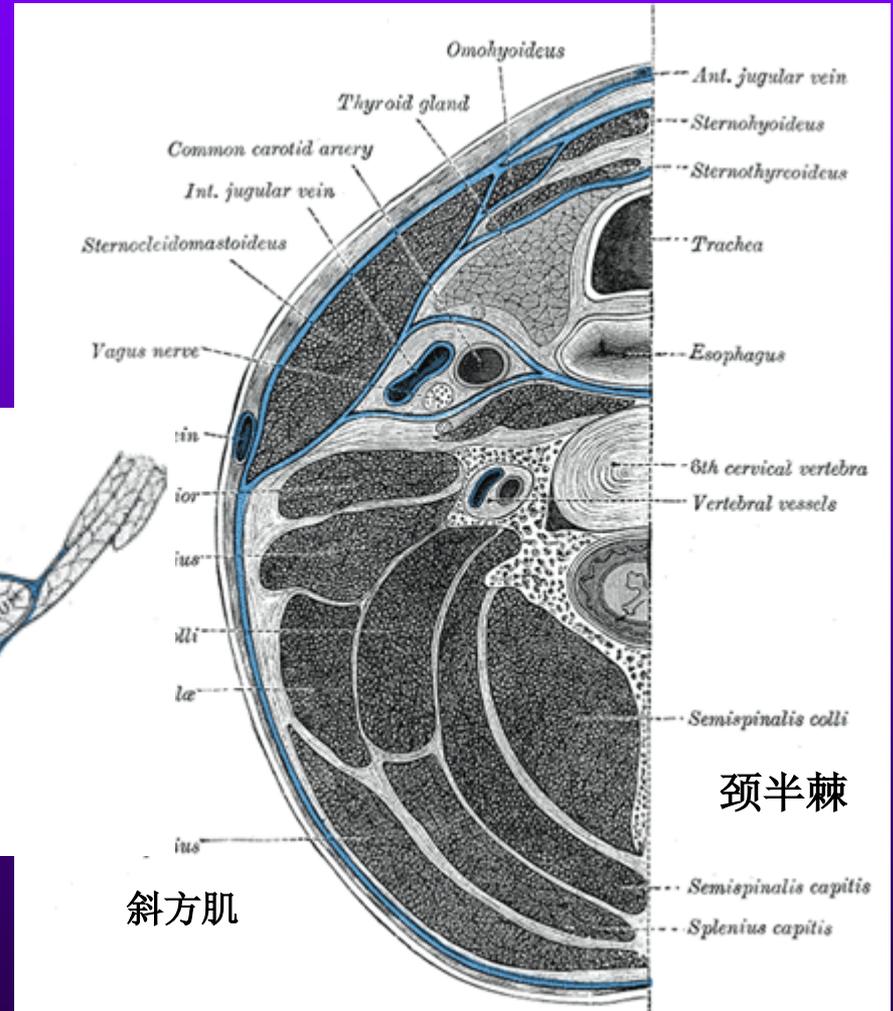


# 颈项部软组织源性痛



# 病因

- 肌肉
- 筋膜



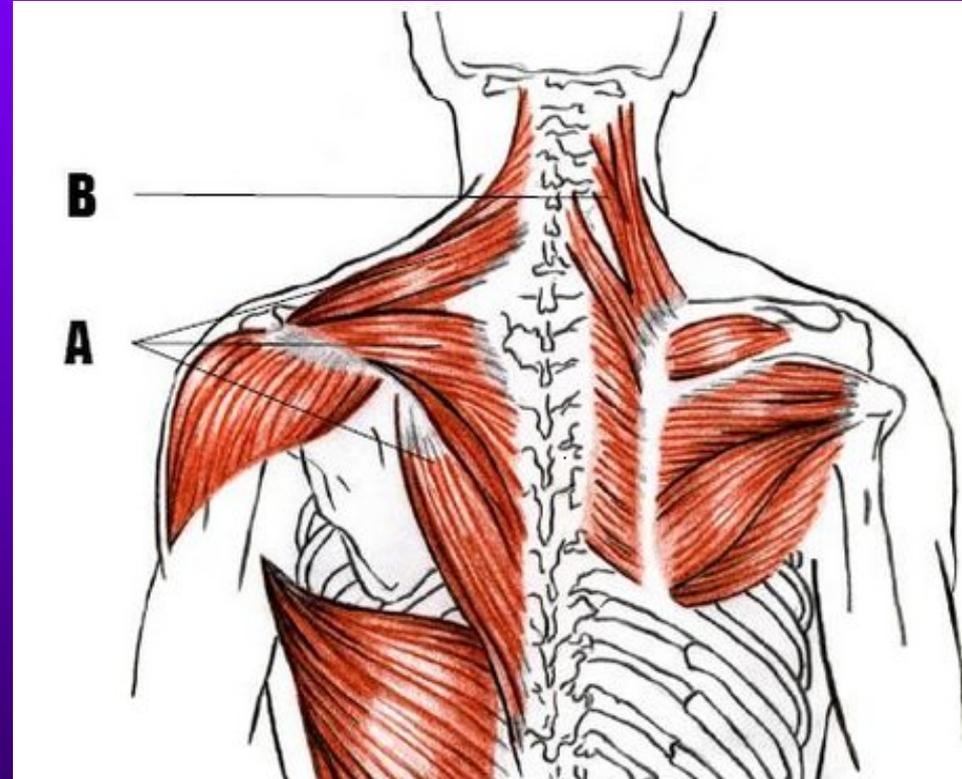
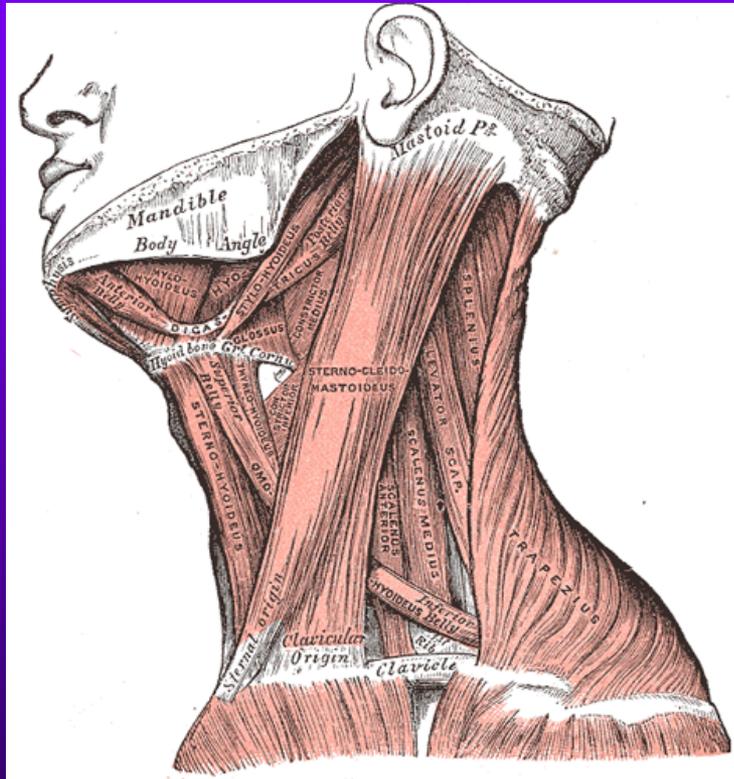


# 颈项部肌肉解剖

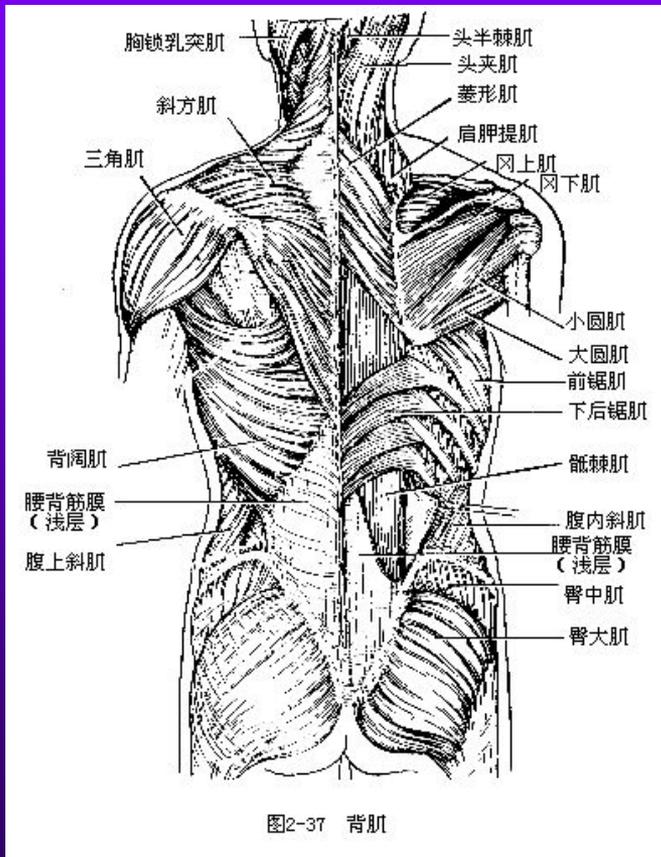
- 浅表肌肉(皮肤)
  - 颈阔肌——面神经支配
- 侧面
  - 胸锁乳突肌——副神经、 $C_2$ 、 $C_3$ 前支
  - 斜方肌——副神经、 $C_2 \sim C_5$



# 斜方肌



# 常见的颈项部软组织痛

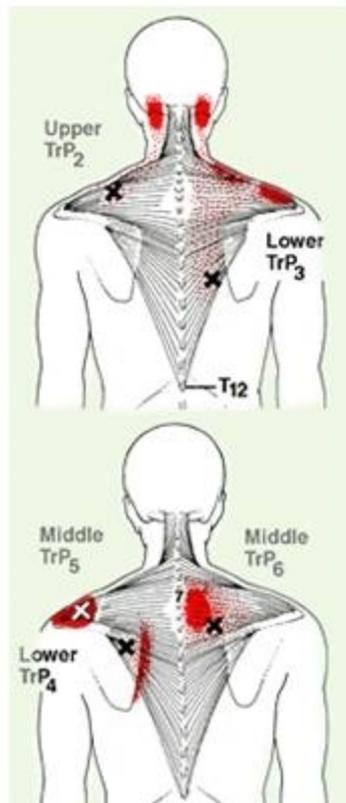


- 肌筋膜炎
- 斜方肌等劳损
  - 主要症状是两边肩颈出现酸、胀、疼



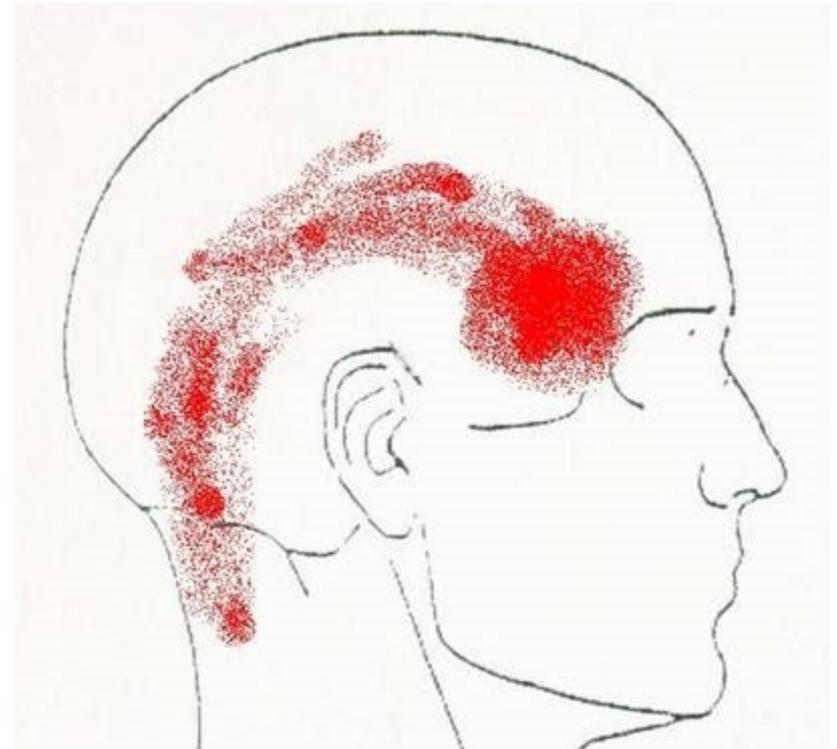
# Trapezius Pain Referral Pattern

## Trapezius muscle



Trapezius muscle: broad flat triangular muscle. X denotes muscle banding(triggerpoints)

## Trapezius Referred pain pattern



Red markings illustrate trapezius referred pain pattern.

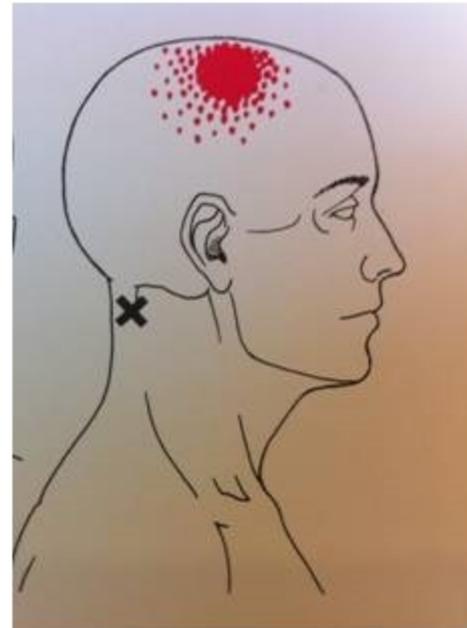
# Splenius Capitis Referred Pain Pattern

## Splenius Capitis Muscle



Splenius capitis muscle:  
originates from lower cervical  
spine and attaches onto  
occiput. X marks trigger point

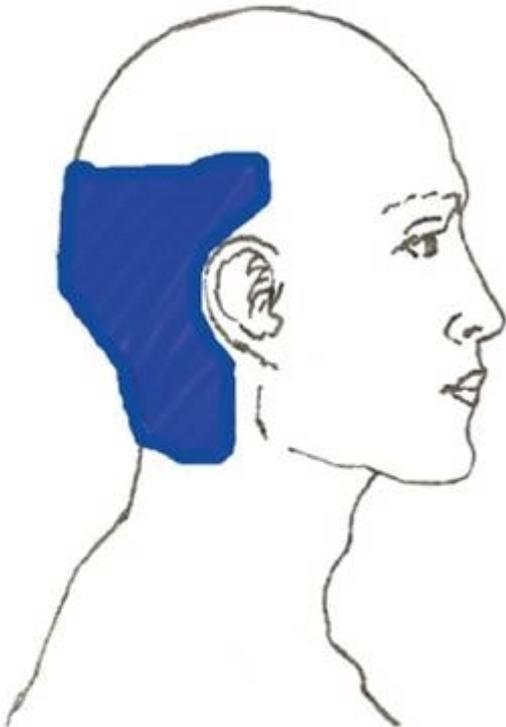
## Referred Pain Pattern



Red marks illustrate  
splenius capitis referred  
pain pattern.

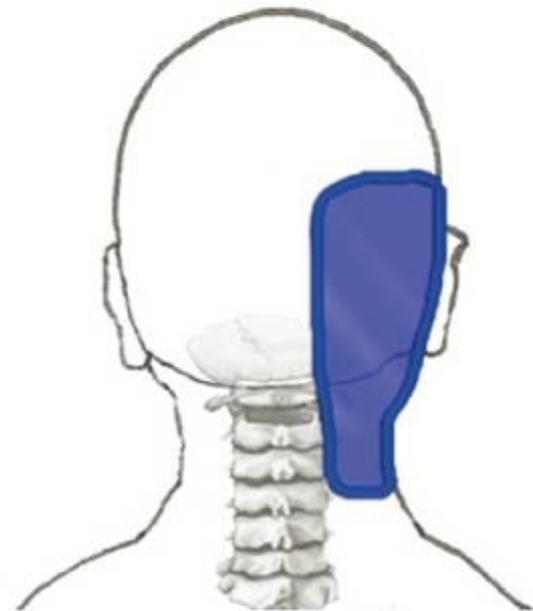
# C0-C1 Referral Pain

## View from Side



Dreyfuss P, Michaelsen M, Fletcher D. Atlanto-Occipital and Lateral Atlanto-Axial Joint Pain patterns. *Spine*. 1994. 19;1125-1131

## View from back (Posterior)



Dreyfuss P, Michaelsen M, Fletcher D. Atlanto-Occipital and Lateral Atlanto-Axial Joint Pain patterns. *Spine*. 1994. 19;1125-1131

# 病因

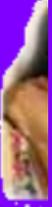
- 原因
  - 强迫体位或损伤所致
- 发病机制
  - 少量肌纤维撕裂



# 诊断

- 症状
  - 颈肩酸、胀、痛
- 颈椎X线平片一般无异常





# 治疗

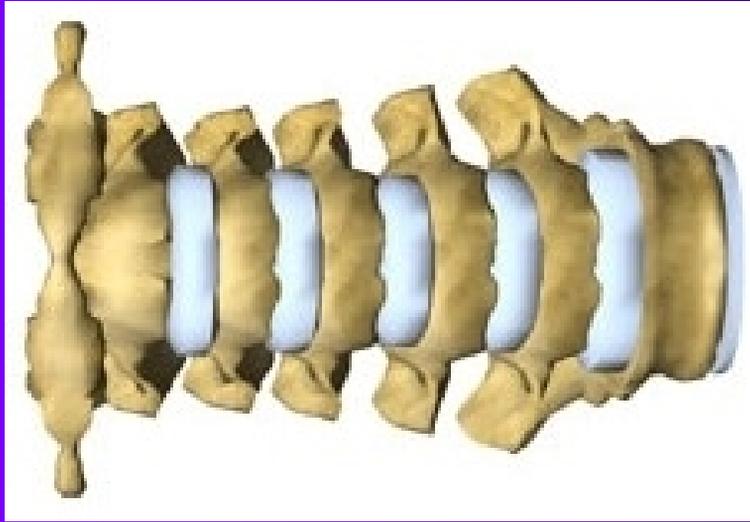
- 及时纠正不良的工作姿势，
- 局部热敷、理疗、
- 预后



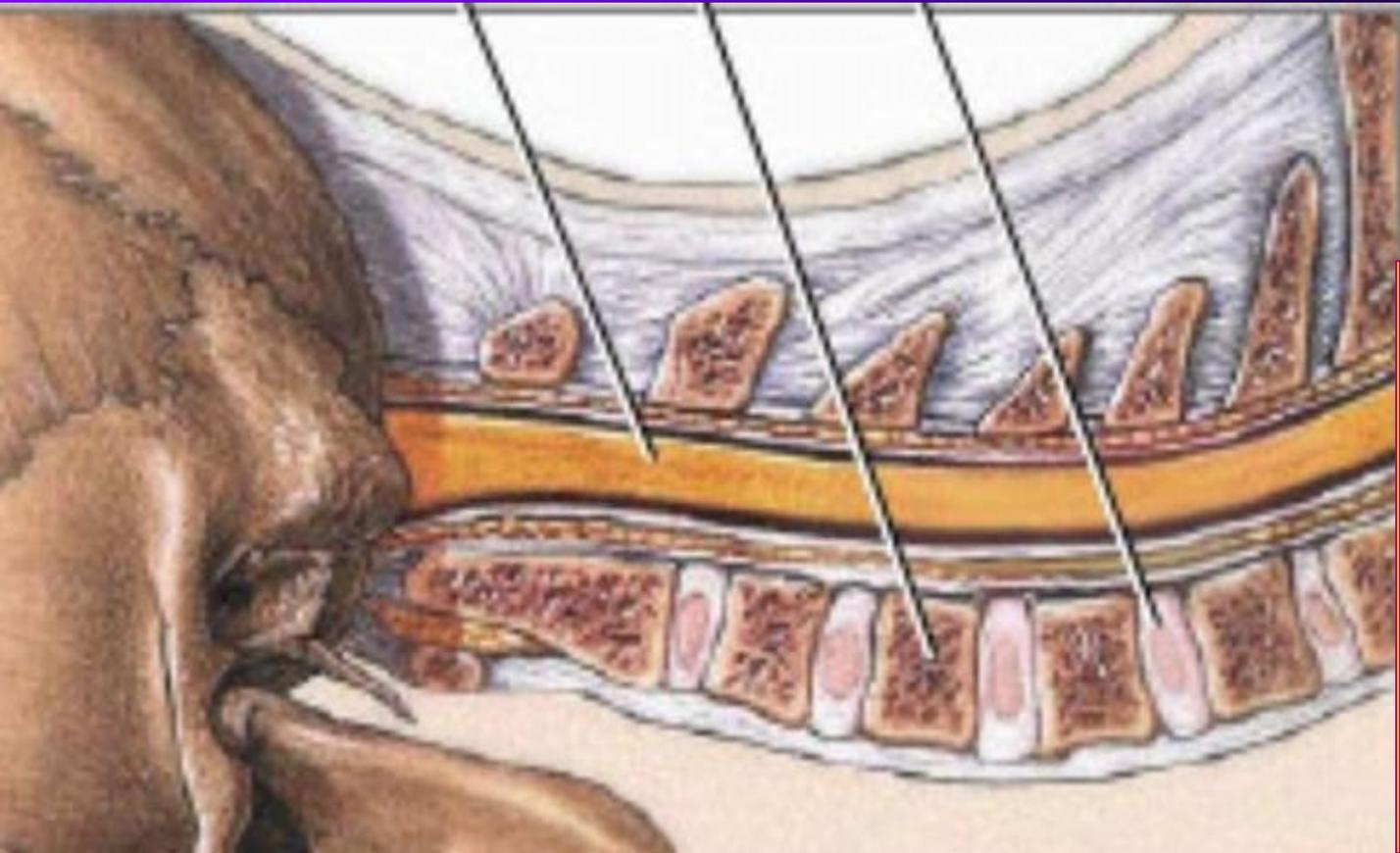


# 骨关节源性痛

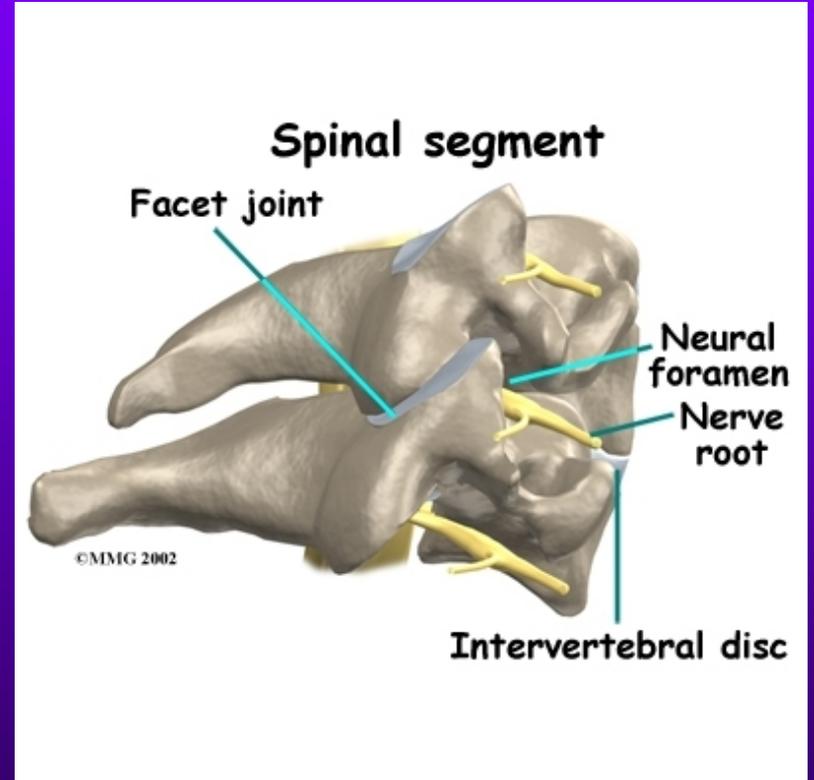
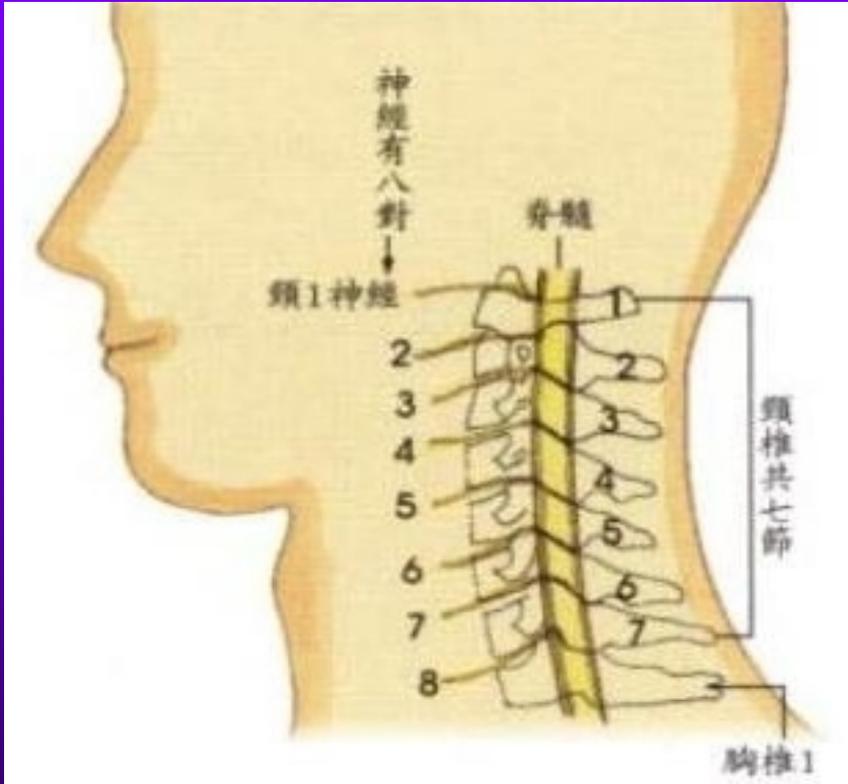




# 颈椎的解剖

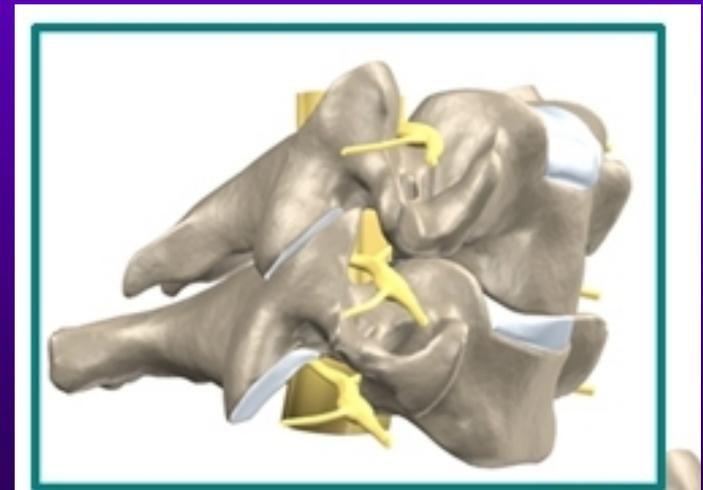
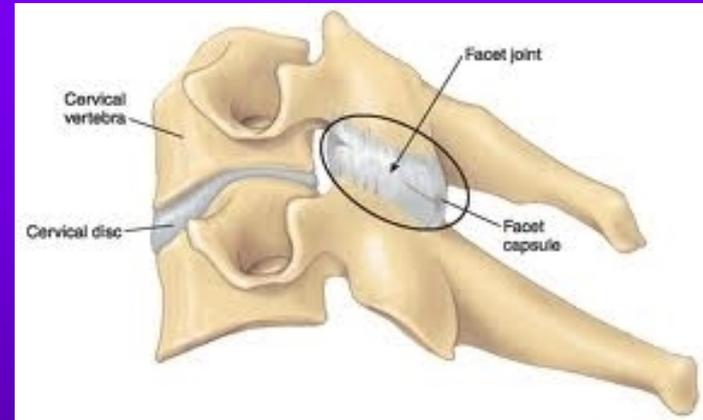


# 颈椎的神经支配

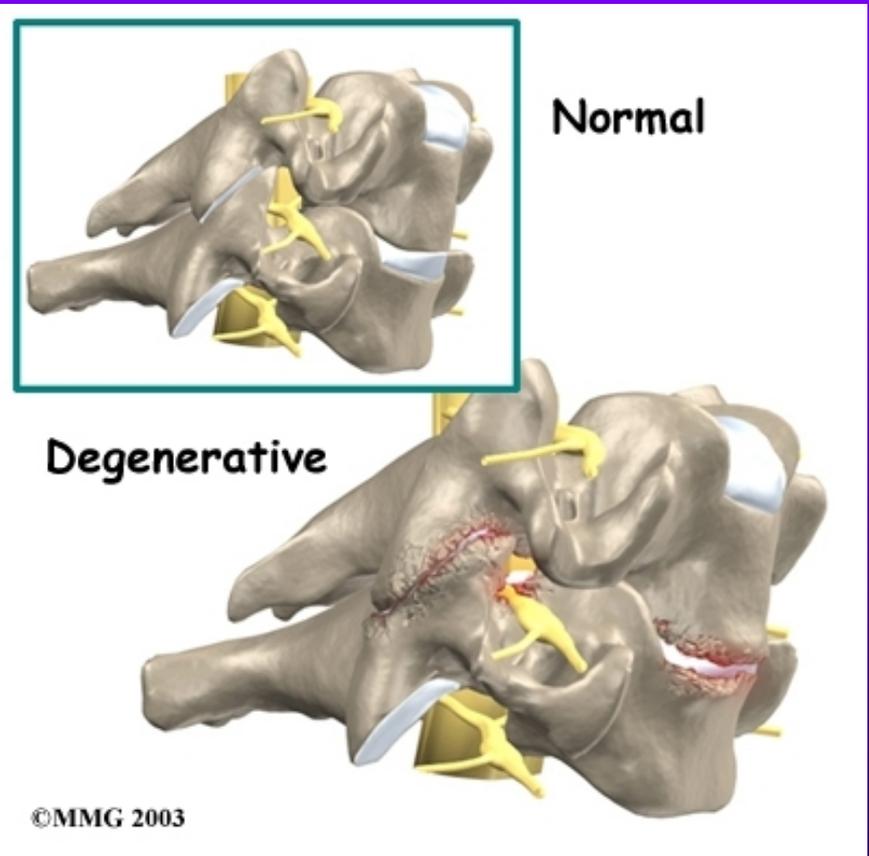
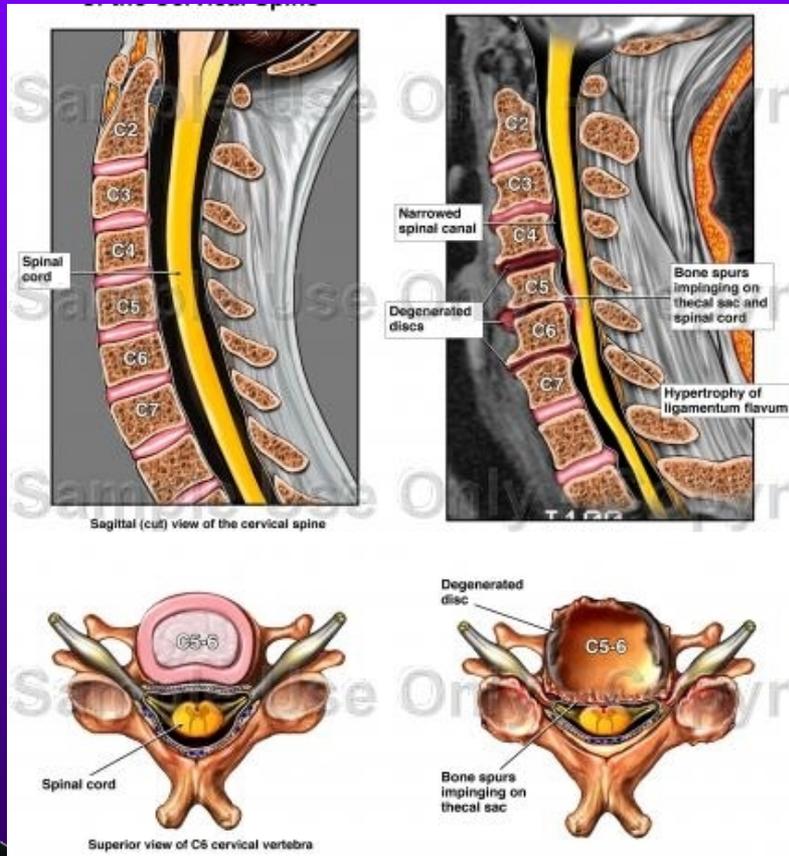


# 小关节源性背痛的产生机理

- 病因
  - 小关节功能紊乱
  - 小关节退行性变
- 小关节神经支配
  - 脊神经背支内侧支的关节支
  - 脊神经背支内侧支还支配背部棘旁肌肉(深部牵涉痛)

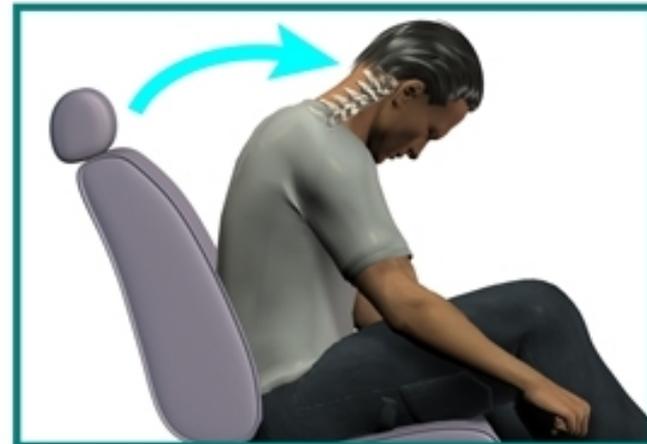


# 颈椎退行性改变



# 病因——外伤

## Rear-impact collision



Excessive stress placed on cervical spine

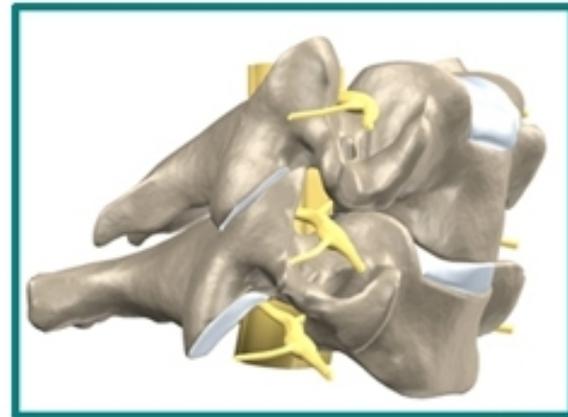
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# 病因——劳损

Rim lesion

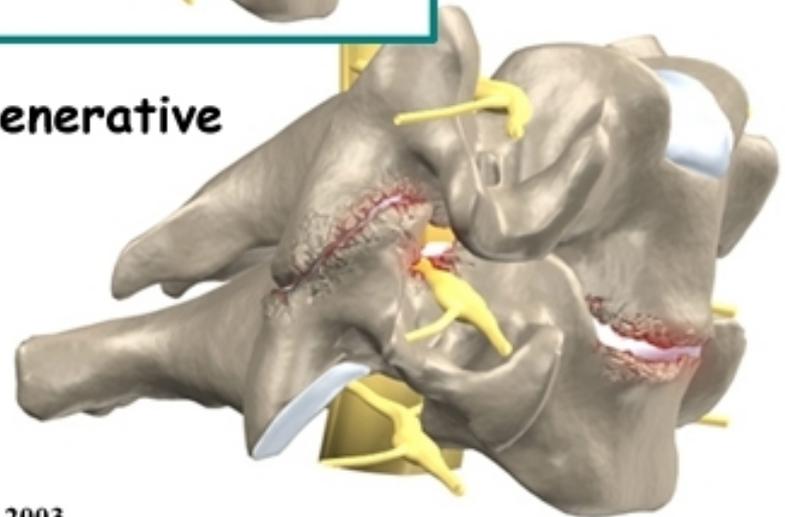


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Normal

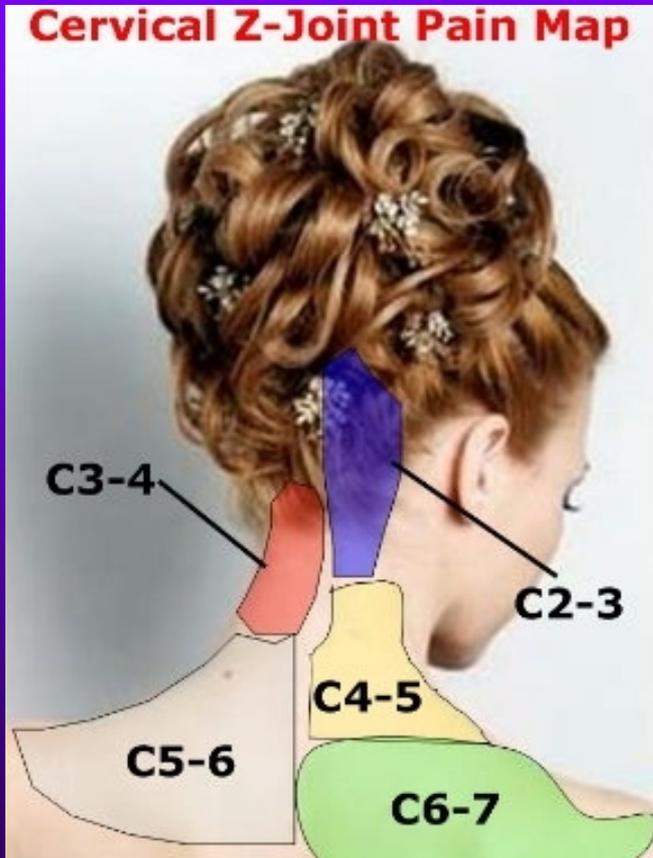
Degenerative



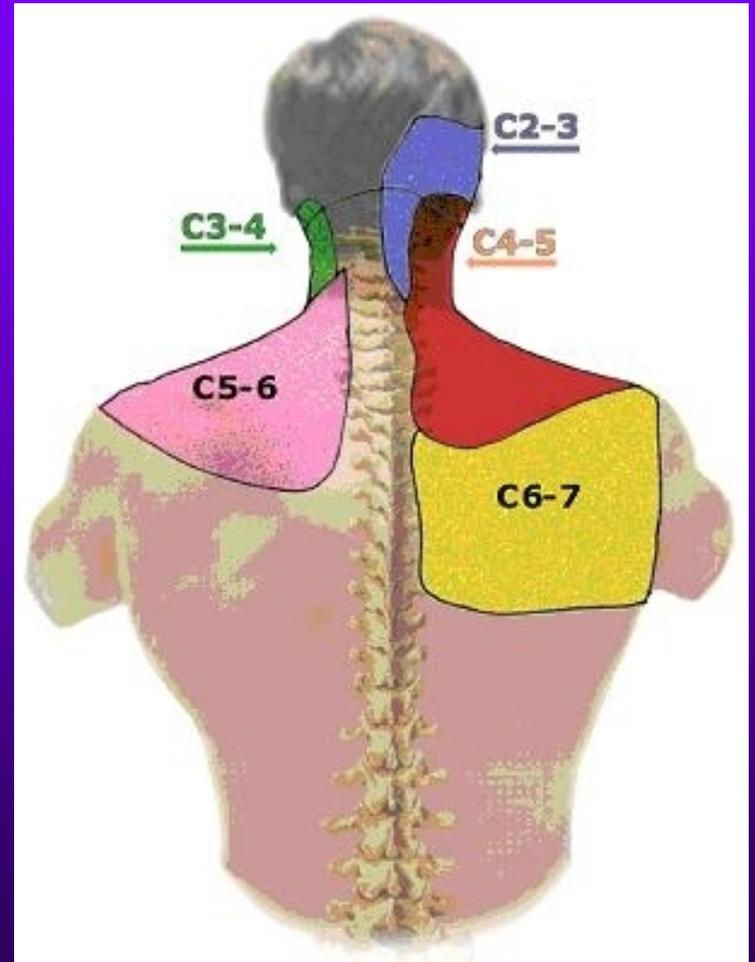
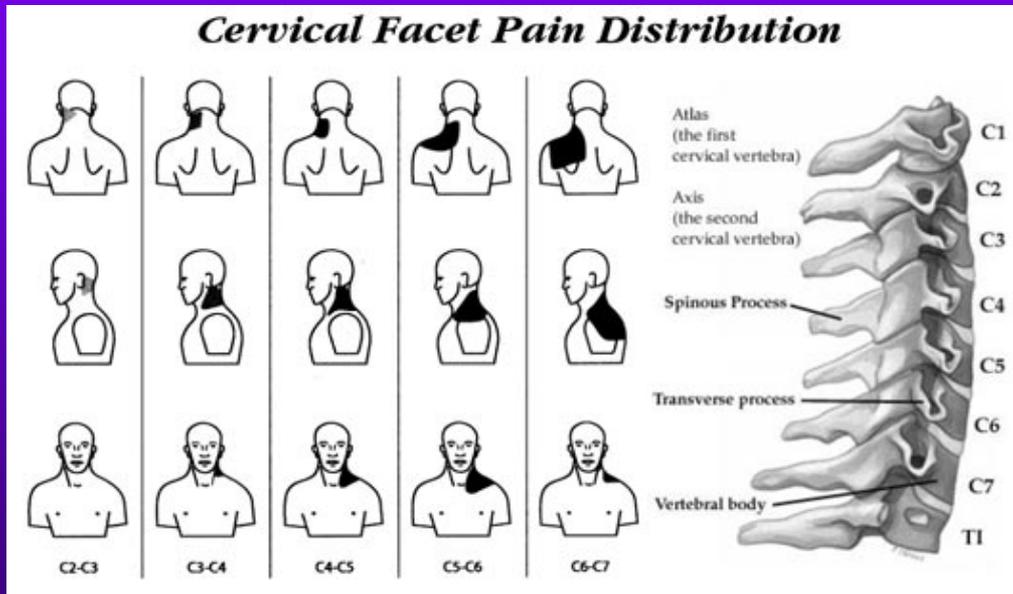
©MMG 2003



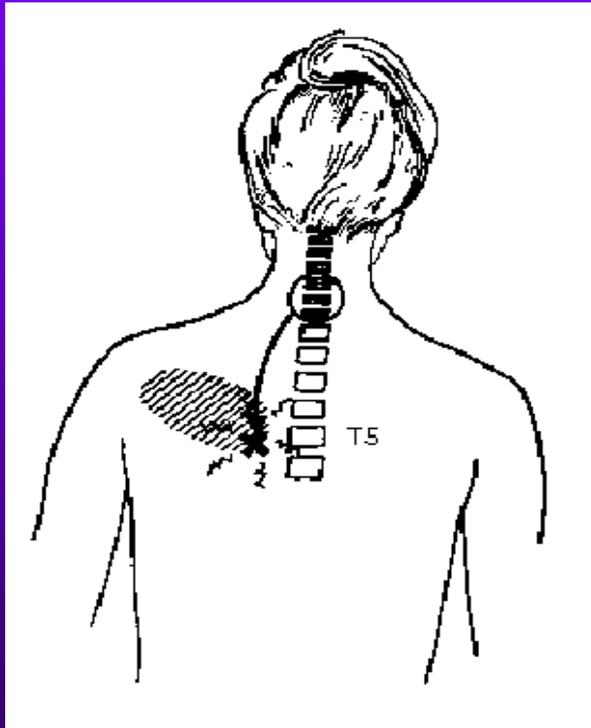
# 疼痛分布区域



# 疼痛分布区域



# 体检



# 特殊检查





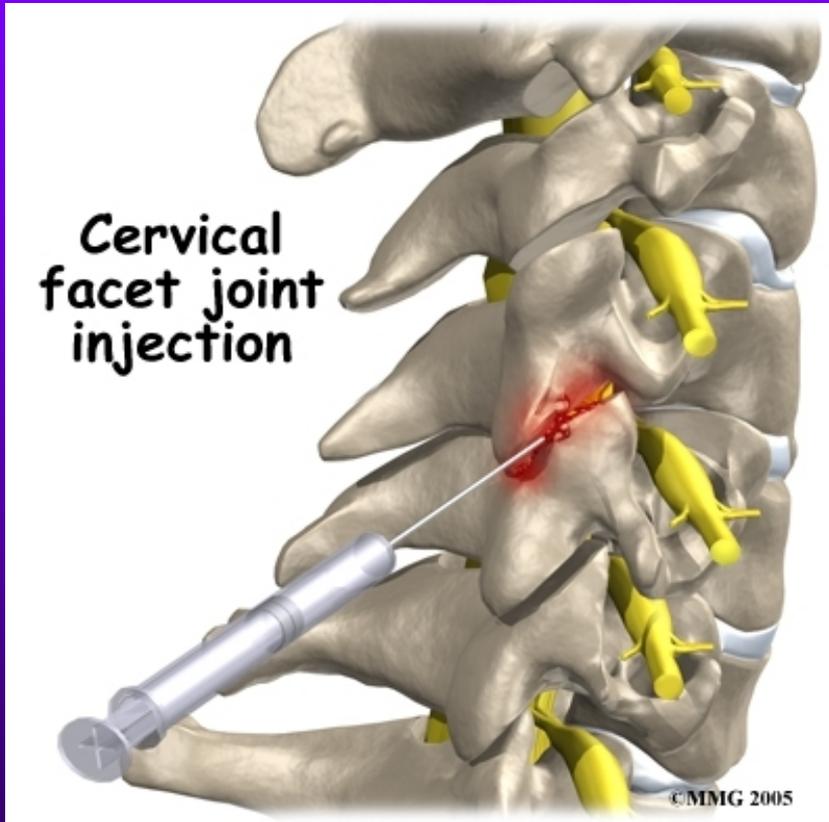
# 治 疗

- 一般治疗
  - 药物治疗
  - 物理治疗
- 阻滯治疗
- 介入治疗
  - Facet joint injection
  - MBB
  - RF



# 治疗

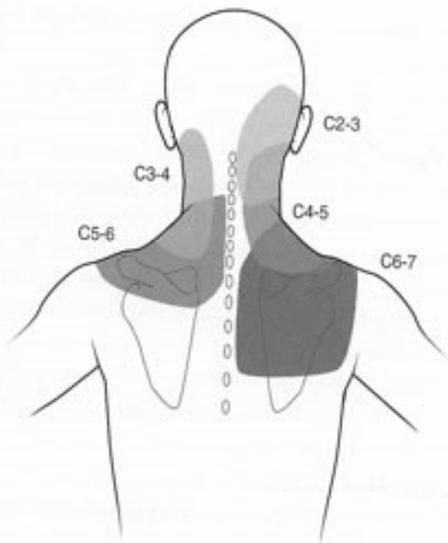
## 小关节注射



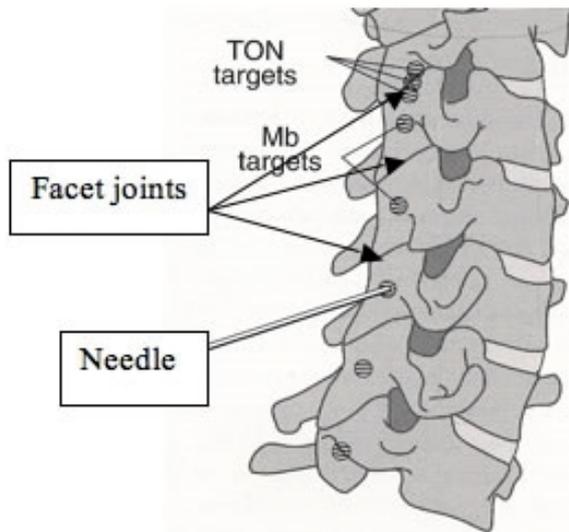


# 治疗

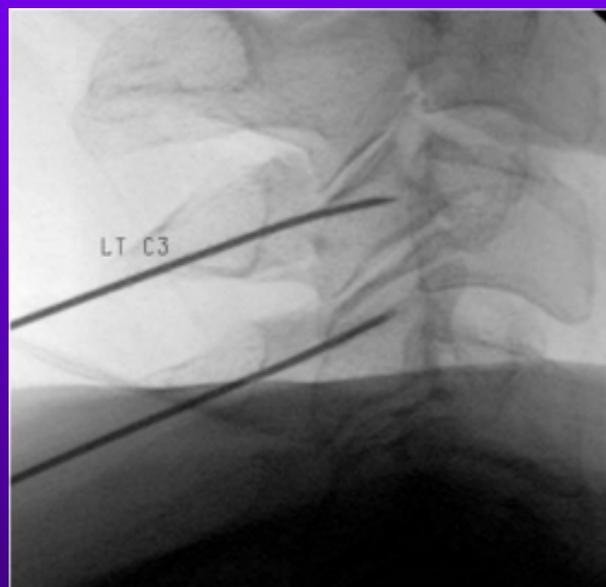
## 脊神经背支内侧支阻滞(MBB)



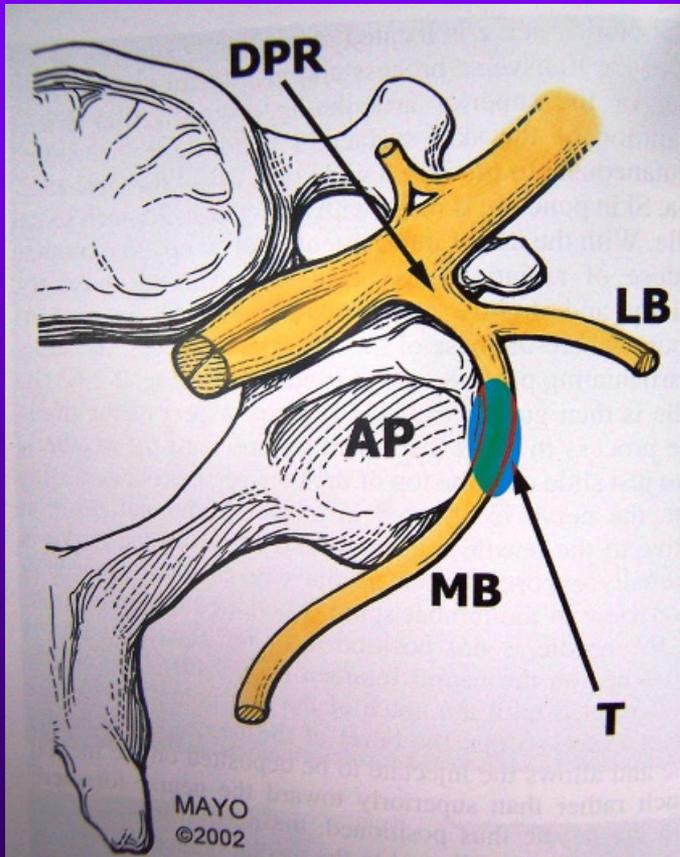
Distribution of headache, neck pain, and shoulder pain due to cervical facet joint disease



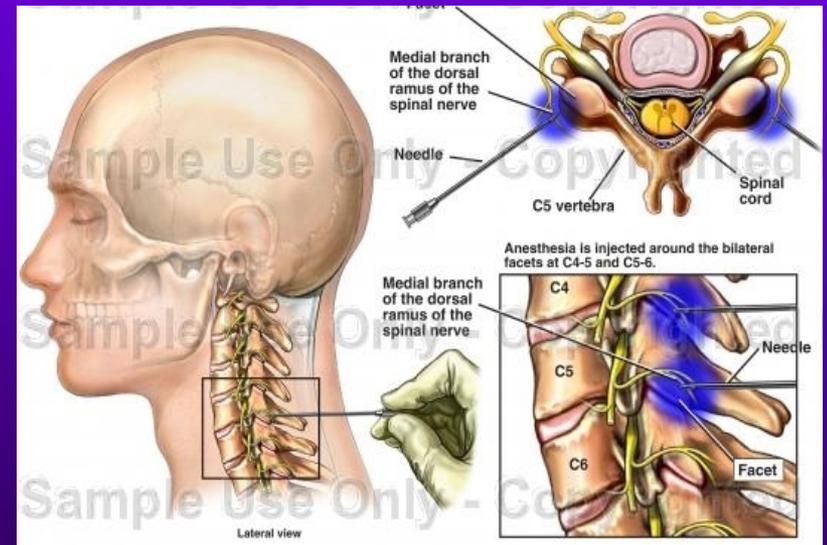
Diagnostic cervical medial branch (facet) block



# 治疗



脊神经背支内侧支射频损毁





# 颈椎椎间盘病变



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