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Transforming our Passion into Perfection

The Role and the Advantage of Chinese Medicine in the Rehabilitation of Swimming Related Injuries

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Swimming and Health



- Invigorate qi/blood circulation
- Enhance lung capacity
- Improve muscle, tendon and joint elasticity
- Relax nervous system/reduce stress
- Sharpen the mental acuity

Swimming
exercise



Physical and
mental health



However ...

- Repetitive swimming movements for a long time may cause injuries to the muscles and joints.



- ~ 40% to 60% of professional or semi-professional swimmers have shoulder pain.

Low back pain is another problem professional swimmers often suffering from.



The swimming-related injuries can be treated and rehabbed using Chinese medicine treatment methods for speedy recovery.





Various therapeutic methods can be applied to treat swimming-related injuries and conditions -

1. External application of heated Chinese medicine (中藥熱敷), sometimes accompanied with ultra-red irradiation



中藥熱敷

(Treatment with heated CM)

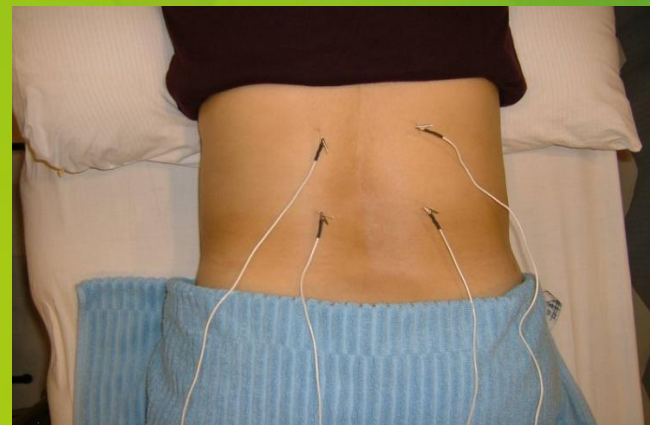


神燈治療儀 (Magic lamp)

2. Traditional acupuncture & moxibustion techniques



【手陽明大腸經循行圖】



3. Massage and tuina therapy

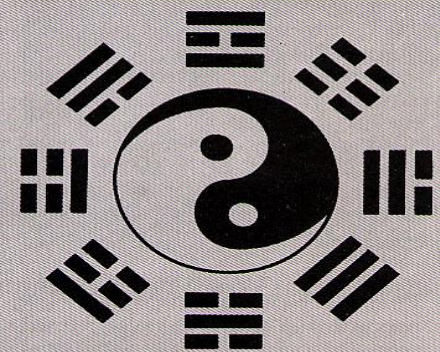


4. Cupping therapy



陰

極大



陽

Chinese medical treatments are quick in action, effective with few side effects, and are worthy of promotion for sport rehab.



▲脈診寸關尺及其相應臟腑之部位。

Moreover ...



Chinese medicine can be used to maintain or strengthen bodily functions of swimming athletes.

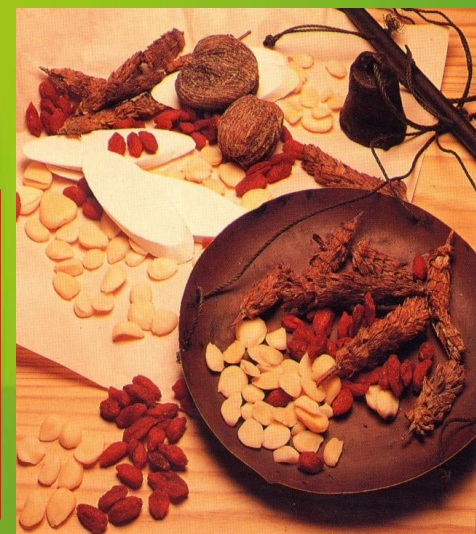
Based on different body constitutions, strength of training programme and reaction to the training programme and the symptoms manifested, different treatment regimen can be designed

For example -

chronic
fatigue,
lethargy and
thirst as a
result of
strenuous
swimming
programme

qi and yin
deficiency
of the body

**Pulse-Generating
Decoction**
(人參, 麥冬, 五味子等)



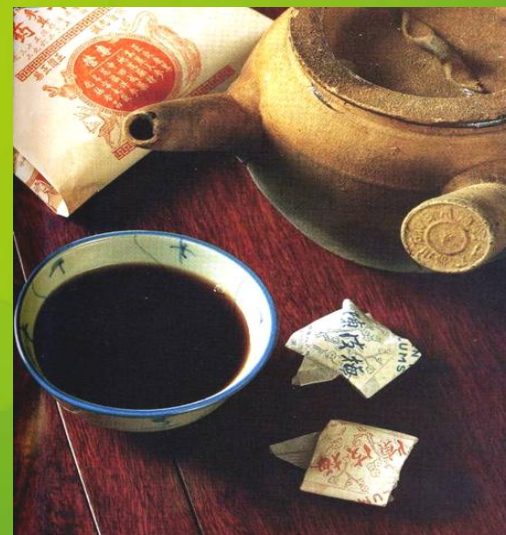
Jade Screen Formula
(北芪, 白朮, 防风)

Removing Wind Formula (当归 生地 防风 蝉蜕 知母 苦参 胡麻仁 荆芥 苍朮 牛蒡子 石膏 甘草 木通)

Urticaria and skin itchiness



Submersion in water



**Damage of
yang qi**

**Qi and blood
deficiency**



**swimming
athletes**



**Impairment
of defense
system and
susceptibility
of infection**



**Water: Yin and cold
in nature**

**These
impairments can
be corrected by
using qi-
tonifying, blood-
supplementing
and yang-
warming
Chinese herbal
medicines.**

Case example -



Mr. Luk, Male, 45 years old.

Occupation: Computer programmer.

Hobby: Swimming (mainly breast stroke).

Date of first consultation: 17 August 2012.

Chief complaint: Weakness and numbness in the left arm for one week.

Case history: The patient loves swimming and practises thrice a week, 2 to 3 hours for each session. For the past several days, after swimming sessions he felt a sense of weakness and numbness in the left arm which spread to the ring and small fingers. The symptoms persisted even upon good rest and he had to discontinue the swimming exercise. .

Physical examination: Slightly excessive cervical curve towards the front. Pressure pain was elicited in the spinal processes of C3-C7. The numbness was aggravated when tilting the head backwards. Other movements did not induce apparent abnormal signs.

MRI examination: Inter-vertebral disc herniation of C7-T1.

TCM diagnosis: Acute neck injury (Cervical intervertebral disc herniation).

Treatment regimen:

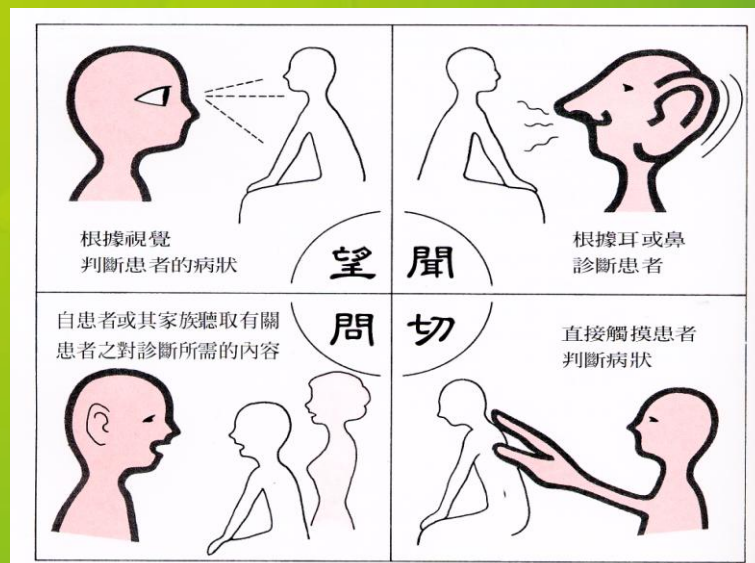
Tuina therapy: Manual manipulation on the neck and shoulder muscles for 20-30 min; One session every two days.

Acupuncture: Aishi point in the neck; Jianzhen (bilateral), Jianjing (bilateral), Jianyu (bilateral); Quchi (bilateral); Waiguan (bilateral) and Baxie (left). One session every two days.

Chinese herbal medicine: Cinnamon Twig Decoction with variation. One package a day for one month.

Treatment response: After one month treatment, the weakness and numbness in his left arm was significantly improved. The patient restarted his swimming training programme, with help from swimming coach to improve swimming techniques, and to prevent the recurrence of the symptoms.

To conclude, Chinese medicine can play an active role in maintaining the body function of swimmers and is worth exploring in future swimming-related rehab programme.



Thank you!
謝謝!

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