



汉英对照

# 中医骨伤科治疗手法图解 (第二版)

主编 韦贵康 石印玉

Chinese-English Edition

## Illustrated Therapeutic Manipulations

in TCM Orthopedics and Traumatology

(2nd Edition)

上海科学技术出版社

SHANGHAI SCIENTIFIC & TECHNICAL PUBLISHERS

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主编 韦贵康 石印玉  
Chief editors Wei Guikang  
Shi Yinyu

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and Traumatology  
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全书汉英对照,且配有手法步骤图,清楚、直观地反映了中医骨伤科各种手法要点。全书分四章,第一章总论全面地介绍了各种手法及手法的注意事项和禁忌证,第二章骨折介绍了各型骨折的诊断和整复手法要点,第三章脱位介绍了各种关节脱位的诊断和整复手法要点,第四章筋伤介绍了上肢、下肢及颞颌部与躯干部的各型筋伤的诊断及整治要点。可供临床骨伤科医师参考。

This book is written both in English and Chinese, also there are lots of pictures which reflect the main points of Manipulations used in TCM Orthopedics and Traumatology clearly and visually. Chapter one is general introduction, mainly including basic manipulations as well as precautions and contraindications of the manipulations. Chapter two is mainly about the main points of diagnosis and manipulation of all kinds of bone fractures. Chapter three is dislocations with the introduction of the related diagnosis and manipulation. Chapter four is injuries of the soft tissues which is about the diagnosis and manipulation of soft tissue injury of the upper extremity, the lower extremity, the temporomandibular joint and trunk. This book can be used as a reference book for the clinical doctors.

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内 容 提 要

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為中醫骨傷科治療手法圖解  
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韦贵康,男,1939年生,1964年河南平乐正骨学院毕业。曾任广西中医学院第二附属医院院长、广西中医学院院长,现任广西中医学院骨伤科研究所所长,教授,主任医师,博士生导师。社会职务有:广西科协副主席,世界中医骨伤科联合会常务副主席,中国中医骨伤科学会副理事长,广西国际手法医学协会理事长等。

长期从事中医骨伤科教学、医疗、科研工作。专业基础扎实,能掌握中、西医两套临床技能,擅长脊柱损伤性疾病与脊柱相关疾病诊治,以手法治疗著称。先后获得省部级以上科技成果4项,国家专利3项,撰写《手法治疗颈椎性血压异常研究》、《中医为主治疗外伤重危症16例》等论文60篇,作为主编或副主编编著有《脊柱相关疾病》、《中医筋伤学》、《中国手法诊治大全》等著作16部。1991年获国务院政府特殊津贴。

曾应邀到新加坡、澳大利亚、俄罗斯、德国、美国、日本和中国香港等国家与地区讲学。由他发起创办与领导的广西国际手法医学协会,多次成功地组织国际性学术会议,在国际上有一定的影响。

Wei Guikang, male, born in October, 1939, graduated from Pingle College of Orthopedics & Traumatology, Henan Province in 1964. He was the former director of No. 2 affiliated hospital of Guangxi College of Traditional Chinese Medicine (TCM) and former president of Guangxi College of TCM. Presently, he is a professor, chief physician, Ph. D. tutor and head of Orthopedics & Traumatology Research Institute of Guangxi College of TCM. His social positions are as follows: vice-

### Vita of Wei Guikang

chairman of Guangxi Association of Science & Technology, vice-chairman of World Federation of TCM Orthopedics & Traumatology, deputy director of China Association of TCM Orthopedics & Traumatology and board chairman of Guangxi International Association of Manipulation Medicine.

Having been engaged in teaching, medical treatment and research work for considerable years, professor Wei is specialized in the diagnosis and treatment of spine injury and the diseases related to the spine and has a good reputation for chiropractic and manipulation treatment. He has been awarded 4 provincial and state achievements in scientific research and taken out 3 national patents. 60 papers were written by him including "Study on treating abnormal blood pressure due to cervical spondylopathy with manipulations". "Critical traumatic patients treated mainly by TCM: a report of 16 cases". As a chief editor or vice-chief editor, he compiled 16 works, among which were *The Diseases Related to the Spine*, *Soft Tissue Injury of TCM*, *Collection of Manipulation Medicine in China* and so on. Since 1991, he enjoys the privilege of state allowance.

Invited by overseas institutes, he lectured in many countries and areas such as Singapore, Australia, Russia, Germany, America, Japan and Hongkong of China. Guangxi International Association of Manipulation Medicine sponsored by him has successfully held four international academic conferences and acquired a certain reputation in the world.

上海市中医药研究院骨伤科研究所所长,中国中医药学会骨伤科分会副会长兼秘书长,上海中医药学会常务理事、伤科分会主任委员,上海市名中医,博士生导师。

1942 年出生,1964 年上海中医学院毕业后到附属曙光医院骨伤科从事医疗、科研和教学工作。运用中医特长治疗骨关节损伤外,近年从事中医药防治骨关节病、骨质疏松症等骨与关节疾病的研究,先后赴美国、日本和中国香港等地讲学,主持国家“九五”攻关、国家自然科学基金等资助的科研项目 8 项,获国家中医药管理局、上海市科委等科技成果奖励 6 项次,编撰《石筱山、石幼山治伤经验及验方选》、《实用中医骨伤科临床手册》,并参编 10 余种骨伤科专著。

Head of Orthopedics & Traumatology Research Institute of Shanghai Academy of Traditional Chinese Medicine (TCM), deputy director and secretary general of Orthopedics & Traumatology Branch of China Association of TCM, director of Shanghai Association of TCM, head of Traumatology Branch of Shanghai Association of TCM, famous doctor in Shanghai and Ph. D. tutor.

Born in 1942, professor Shi graduated from Shanghai College of TCM in 1964. Since then, he has been engaged in the clinical, research and teaching work in Shuguang Affiliated Hospital. Besides treating osteoarticular injury with TCM, he has been undertaken the research on the prevention and treatment of osteoarthritis and osteoporosis in recent years. Invited by overseas institutes, he lectured in America, Japan,

Vita of Shi Yinyu

Hongkong of China etc. He has taken charge of eight research projects financed by the National Natural Science Foundation and China Ninth Five-Year Plan. So far, he has been awarded six times by the State Administration Bureau of TCM and the Scientific and Technological Committee of Shanghai. Two books were written and edited by him, *Shi Xiaoshan and Shi Youshan's Treating Experience and Their Experienced Herbal Formula and Clinical Handbook on Orthopedics & Traumatology of TCM*. In addition, he has participated in editing more than ten kinds of monograph on Orthopedics and Traumatology.

Head of Orthopedics & Traumatology Research Institute, Shanghai Academy of Traditional Chinese Medicine (TCM), deputy director and sector-general of Orthopedic & Traumatology Branch of China Association of TCM, director of Shanghai Association of TCM, head of Traumatology Branch of Shanghai Association of TCM, famous doctor in Shanghai and Ph.D. tutor.

Born in 1942, professor Shi graduated from Shanghai College of TCM in 1964. Since then, he has been engaged in the clinical research and teaching work in Shanghai's Renmin Hospital. Besides treating the traumatic injury with TCM, he has been undertaken the research on the prevention and treatment of osteoarthritis and osteoporosis in recent years. Several researches published in Chinese, Japanese, Korean, and English journals.

中医骨伤科是中医学的重要组成部分,骨伤疾病手法治疗是运用医者双手所施行的不同手法操作技巧来达到一定治疗目的的方法,是诸多骨伤疾病的首选方法。它的历史源远流长,积累了丰富经验,是骨伤科治疗的精华。近几十年来,由于本学科不断与现代解剖学、生理学、病理学、生物力学结合,手法医学得到很大发展,其科学化、规范化程度越来越高。为了更好地将有效治疗手法推广应用,我们编写了此书。此书主要参与单位是广西中医学院及其第一和第二附属医院、上海中医药大学附属曙光医院、河南洛阳正骨医院、云南省中医医院等。组织数十名专家、教授、学者,并邀请香港特别行政区与新加坡、马来西亚、澳大利亚一些同道参与。集编者数十年经验及参考有关资料编写成此书。

我们在编写过程中特别注意科学性、规范性,突出实用性。将治疗手法系统、规范、分解,做到重点突出,实用有效,便于学习。尽可能保持中医传统特色,又与现代科学相结合,采用图解表现形式,文字简练、图文并茂、形象直观、通俗易懂,并顺应国内外一些同道要求,采用汉英对照形式编写,以利于国外学者学习与应用交流。本书是骨伤科临床医师有益的工具书,也是本学科教学与科研有益的参考书。

每一门学科,总是在不断实践、总结和发展,限于作者水平有限,不足之处在所难免,望广大读者批评指正。

编者

2008年5月



### Preface

TCM Orthopedics and Traumatology is an important component of Traditional Chinese Medicine (TCM). Manipulation is one of the therapeutic methods that deals with the treatment of disease by manual techniques and is usually the first choice among many methods of treatment employed in TCM Orthopedics and Traumatology. With its long history and rich experience, the manipulative medicine is the essence of treatment in TCM Orthopedics and Traumatology. In recent decades, as combined with the modern science of Anatomy, Physiology, Pathology, Biomechanics, the manipulative medicine has developed greatly and its scientific standards are continually being improved. We wrote and edited this book for the purpose of spreading the worldwide application of the effective manipulations. The following primary university and hospitals such as Guangxi College of Traditional Chinese Medicine, No. 1 and No. 2 Affiliated Hospital of Guangxi College of Traditional Chinese Medicine, Shuguang Hospital of Shanghai University of Traditional Chinese Medicine, Luoyang Orthopedic-Traumatological Hospital of Henan Province, Affiliated Hospital of Yunnan Traditional Chinese Medical College assume the assistance in writing of this book. Dozens of professors and experts in mainland of China and many doctors of TCM Orthopedics and Traumatology from Hong Kong of China, Singapore, Malaysia and Australia are organized to assist the writing work. This book was written and edited according to the editors' considerable years of experience and the reference of related materials.

This book specially adheres to the systematic scientific and practical nature with the principle of succinct language, illustration with caption and standing out focal points, application with effectiveness and easy to learn. We tried our best to maintain the features of the traditional Chinese medicine and at the same time combined with modern science. To meet the demand of the doctors of TCM Orthopaedics and Traumatology both in China and abroad, we adopted the Chinese-English edition. This