Huai Jie Gu Niu Shang De Pin Yin

“Huai jie gu niu shang” shi yi zhong ying yu zu bu wai shang de chang jian bing zheng，tong chang zhi zai huai gu de ren dai huo jin suo bei lao huo chao guo qi zheng chang fan wei，zhi shi zuzhi chu xian chuang shang。gai zhong zhuang kuang ke neng hui ling dao jie gu de zan shi xing bu wen ding，并 you ji fa de tong zhen he zhong zhang gan jue。

Zhi Bing Yuan Yin

Duo shu qing kuang xia，huai jie gu niu shang de yuan yin shi zu bu tu ran nei fan huo wai fan，chao guo liao jie gu de cheng shou neng li。li ru，zai ti yu huo dong zhong tui jiao cuo wei、zai bu ping de di mian shang zou lu shi jiao gua、huo zhe yi wai hua dao dou ken neng yin qi ci lei shang hai。ling wai，chu yu gao chu tiao xia、jiao bu de dang de zhu di huo zai jin chi xie gen xie de qing kuang xia ye jiao rong yi fa sheng。

Ling Zhuang Biao Xian

Tong zhen he zhong zhang shi zui chang jian de biao xian，bing ban sui jie gu de huo dong neng li xia jiang。you xie zhong zhe hui gan jue you “ka cha” de gan jue，yi wei zhe jin suo huo ren dai de ju bu duan lie。yan zhong de qing kuang xia，ken neng hui you yu ma、qing wei de zi zhu yun dong neng li xia jiang，shen zhi bu neng cheng zhong。

Jian Cha Yu Zhen Duan

Zai yi yuan zhong，yi sheng hui tong guo dui huan zhe de bing shi ji ti ge jian cha lai zhen duan shi fou cun zai huai jie gu niu shang。xian chang de jian cha fang fa bao kuo gu ji、ren dai de huo dong fan wei ji an ya tong deng。bi yao shi，ke neng hui an pai X guang、MRI deng ying xiang xue jian cha yi pai chu gu zhe de ke neng xing。

Zhi Liao Fang Fa

Chu qi de zhi liao tong chang yi “RICE” yuan ze wei zhu，ji：xiu xi（Rest）、leng fu（Ice）、ya pao（Compression）he tai gao（Elevation）。zai shang hou 48 zhi 72 xiao shi nei，ying jin liang bi mian cheng zhong huo huo dong，yi mian jia zhong chu xue he zhong zhang。yan zhong de qing kuang xia，ke neng xu yao pei he yao wu zhi liao huo li ti liao。diao yang qi jian，ying jin liang hui bi jiao da de zu bu yun dong，fang zhi jie gu bian de gu ding。

Yu Fang Cuo Shi

Wei le jian shao huai jie gu niu shang de ji lv，yao jia qiang zu bu de ji rou li liang he jie gu wen ding xing，ru chang zuo zu bu de yan zhan yun dong，zai jin xing ying du jiao da de ti yu huo dong qian zuo hao re shen。ling wai，yao xuan ze he shi de xie zi，you qi shi zai jin chi xie he gao gen xie de shi yong shang yao duo jia zhu yi。

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