

Iimpawu zeGgxalaba eliMkhenkce

Igxalaba elinomkhenkce libangela intlungu kunye nokuqina okukhula ngokuthe ngcembe. Iimpawu eziqhelekileyo ziquka:

- Iintlungu egxalabeni - zidla ngokuba zibi kakhulu ebusuku naxa ulele ngela cala. Malunga ne-30% yabantu baziva iintlungu kumagxa omabini.
- Ukuqina - ubunzima bokuphakamisa ingalo yakho ngaphezu kwentloko yakho okanye ukufikelela emva kwakho.
- Intshukumo elinganiselweyo-zombini ukuzishukumisa kwaye xa omnye umntu ezama ukuhambisa ingalo yakho.
- Ubunzima kwimisebenzi yemihla ngemihla - ukunxiba, ukudibanisa iinwele, ukufikelela kwiishelufu.

Amanqanaba eGxaxa eliMkhenkceziwayo

Igxalaba elinomkhenkce lihamba ngokwamanqanaba amathathu. Ukuzazi kuya kukunceda uqonde omawukulindele:

- Inqanaba lokukhenkceza – Iintlungu ziyakhula kwaye ziba mandundu kancinane; ukuqina kuyaqala.
- Inqanaba lomkhenkce - Iintlungu zingancipha, kodwa igxalaba liqinile kakhulu; intshukumo yeyona ilinganiselweyo. Inokuhlala iinyanga ezi-3-9.
- Inqanaba lokunyibilika – Iintlungu ziyadamba kwaye intshukumo ibuya ngokuthe ngcembe kwiinyanga.

Ukuchacha kunokuthatha iminyaka eyi-1-3, kodwa uninzi lwabantu luphinda lufumane umsebenzi olungileyo okanye opheleleyo wamagxa.

Vries

Umkhenkce

Ukuqhaqha

Xa ufuna uncedo

Tyelela ugqirha okanye iphysiotherapist ukuba:

- Iintlungu zinzima okanye ziba nzima nangona ukhathalelo lwasekhaya.
- Awukwazi ukuhambisa igxalaba lakho ngokwaneleyo ukwenza imisebenzi yemihla ngemihla.
- Iintlungu zasebusuku zihlala ziphazamisa ukulala kwakho.
- Ihlombe lakho lihlala liqinile ngaphezu kweenyanga ezi-2-3 ngaphandle kokuphucula.
- Unezinye iimeko zonyango (ezifana nesifo sikashukela okanye isifo se-thyroid) kwaye uphuhlise ukuqina kwamagxa.

Imibuzo ebuzwa qho

BUZA

Ngaba iyafana nesifo samathambo?

Ngaba iya kubuya?

Ngaba iya kubuya?

IMPENDULO

Hayi. Igxalaba elingumkhenkce lichaphazela i-capsule edibeneyo, kungekhona amathambo okanye i-

Ngokuqhelekileyo ayikho kwigxalaba elinye. Ngamanye amaxesha inokuchaphazela elinye igxalaba.

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Igxalaba elinomkhenkce lixhaphakile kwaye liyanyangeka. Ngomonde, ukuziqhelanisa, kunye nenkathalo efanelekileyo, uya kuphucula. Unganikezeli – ukuchacha kuthatha ixesha, kodwa awuwedwa.

Iimbekiselo

- I-American Academy of Orthopedic Surgeons (AAOS). Igxalaba eliQinisekileyo (Adhesive Capsulitis). OrthoInfo, 2022.
- Ikliniki yaseMayo. Igxalaba Eliqinisekileyo – Iimpawu kunye nezizathu. 2023.
- Ikliniki yaseCleveland. Igxalaba eliQinisekileyo (Adhesive Capsulitis). 2023.
- Umbutho Wamathambo waseMzantsi Afrika – Amawebhu olwazi lweZigulane.
- I-International Diabetes Federation. I-Diabetes Atlas, uHlelo lwe-10. 2021.



NGOKUDIBENEYO NGOKUCHASENE NAMAGXA AQINILEYO

Ingaba unalo igxalaba elinomkhenkce?

ISIKHOKELO ESILULA SOKUQONDA, UKULAWULA KUNYE NOKOYISA

Igxalaba elinomkhenkce (elikwabizwa ngokuba yi-adhesive capsulitis) yimeko apho igxalaba liba khona:

- Zibuhlungu (kaninzi zibuhlungu ebusuku)
- Kunzima kakhulu (kunzima ukuphakamisa okanye ukufikelela emva kwakho)
- Ukuchacha kancinane (kungathatha iminyaka eyi-1-3, kodwa ngokuqhelekileyo kuphucula unyango kunye nexesha)

Le ntlungu kunye nokunyakaza okuncitshisiweyo kubangelwa ukuvuvukala kunye nokutshatyalaliswa kweembrane ezikhuselayo ze-synovial ezijikeleze igxalaba.



Funda ngakumbi malunga negxalaba elinomkhenkce Skena ikhowudi ye-QR ukufumana ulwazi oluthembekileyo, oluqinisekisiweyo oluvela kwiKliniki yaseMayo.



FACULTY OF HEALTH SCIENCES

Eli phetshano liphuhlise ngaBafundi bezoNyanga base-UCT (iBanga lesi-5 leRheumatology) phantsi kwelayisensi yeCreative Commons.

W. Anjee, R. Peigou Wonkam

Kutheni le nto igxalaba elinomkhenkce likhula?

[2, 4, 5]

Igxalaba elinomkhenkce (i-adhesive capsulitis) yenzeka xa i-capsule ejikeleze igxalaba lakho ivuvukala, ijijye, kwaye iqine. Oku kwenza ijoyinti liqine kwaye libuhlungu ukuhamba.



Ukudumba

Ukuvuvukala ngaphakathi kwe-capsule kwenza igxalaba liqine.



Uxinzelelo lweCapsule

Ithishu ejikeleze ijoyinti iyancipha kwaye ilahlekelwe ukuqina.



Izinto zokuncamathela

Igxalaba elinomkhenkce lenzeka xa i-capsule edibeneyo ivuvukala, ijijye, kwaye yomelele, nto leyo eyenza intshukumo ibe buhlungu kwaye iphele.



Imiba yomngcipheko^[REF]

Abantu abathile kunokwenzeka ukuba baphuhlise igxalaba elinomkhenkce.

Kubalulekile ukwazi ezi zinto zomngcipheko kuba zinokunceda:

- Ziqaphele iimpawu kwangaphambili
- Funa unyango ngokukhawuleza
- Ukuthintela ukuqina emva kokulimala okanye utyando

Oku kunokukhokela izigulane zombini kunye namaqela ezempilo ukukhusela impilo yegxalaba.



Ubudala

Ixhaphake kakhulu phakathi kweminyaka engama-40-60 ubudala.



Ntandathu

Abasetyhini bachaphazeleka rhoqo.



Isifo seswekile

Ukuya kuthi ga kwi-20% yabantu abanesifo seswekile banokuphuhlisa igxalaba elinomkhenkce.



Ukwenzakala kwamagxa okanye utyando

Ixesha elide lokungahambi emva kokulimala okanye utyando lunokubangela ukuqina.



Ezinye iimeko zempilo

I-Stroke, isifo sika-Parkinson, isifo se-thyroid kunye nolunye utyando lwentliziyo / lwemiphunga lunokunyusa umngcipheko.

Iintsomi nezibakala^[REF]

IMITES

Igxalaba elinomkhenkce lithetha ukuba amathambo akho onakele.

IINYANISO

Bubuxoki! Amathambo kunye ne-cartilage ziqhelekile. I-capsule yingxaki.

Oku kwenzeka kubantu abadala KUPHELA.

Bubuxoki! Uninzi lweziganeko ziphakathi kweminyaka engama-40 kunye ne-60 ubudala, kodwa zingenzeke kwangaphambili.

Ukuphumla ngokupheleleyo kuya kuyinceda iphile.

Bubuxoki! Ukungashukumi kunokwenza ukuqina kubi ngakumbi. Ukunyakaza okuthambileyo kunokunceda.

Utyando lusoloko luyimfuneko

Bubuxoki! Uninzi lwabantu luyachacha ngokuhamba kwexesha, iphysiotherapy kunye namayeza.

Ayikhe ibengcono.

Bubuxoki! Ihlala iphucuka kwiminyaka eyi-1-3. Ungalahli ithemba.

UKUHLALA NEGXALABA ELINOMKHENKCE KUNOKUDANISA KWAYE KUBUHLUNGU, KODWA KHUMBULA, UKUCHACHA KUNOKWENZEKA.

NGONCEDO KUNYE NONYANGO, QHAKAMSHELANA NEZIKO LEZEMPILO ELIKUFUTSHANE NAWA KWAYE UTHETHE NOGQIRHA WOSAPHO LWAKHO MALUNGA NOKUTHUNYELWA OKUNOKWENZEKA:

ISIBHEDLELE SASEGROOTE SCHUUR – IKLINIKI YERHEUMATOLOGY
UMNXEBA: 021 404 2131



NGOKUDIBENEYO NGOKUCHASENE NAMAGXA AQINILEYO

Iinketho zonyango^[2,9]

Uninzi lwabantu abanegxalaba elinomkhenkce bayachacha ngaphandle kotyando. Injongo ephambili yonyango kukulawula intlungu kunye nokubuyisela ukunyakaza. Ugqirha wakho okanye umgqirha womzimba uya kukukhokela.

Iimpawu zakwangoko okanye eziphantsi

Ngokuqhelekileyo ilawulwa ngaphandle kokuhlinzwa

- Ukuphelisa iintlungu: I-Paracetamol okanye iipilisi ezichasayo (umzekelo, ibuprofen) zinceda ukukhulula intlungu kunye nokudumba.
- Ubushushu okanye iipakethe zomkhenkce: Faka isicelo ngaphambi okanye emva kokuzivocavoca ukuze uzithuthuzele.
- IPhysiotherapy kunye nokuzivocavoca: Ukuzolula ngobumnene kunye nokuzilolonga kubaluleke kakhulu njengonyango. Ukwenza oku yonke imihla kunokukhawulezisa ukuchacha.

Iimpawu ezinzima okanye eziqhubekayo

Ngamanye amaxesha iinkqubo zonyango ziyimfuneko

- Iinaliti ze-Steroid: Amayeza okulwa nokudumba atofelwe kwilungu anokuphelisa iintlungu kunye nokuqina ukuze akhululeke okwexeshana.
- Izinyobisi ezingekho-steroidal ezichasayo (i-NSAID) - zinokumiselwa ukunceda ukunciphisa ukungonwabi.
- Izinketho eziphezulu (ezinqabileyo): Ukuba iimpawu aziphuculi emva kweenyanga ezininzi, iinkqubo ezifana nokukhwanisa phantsi kwe-anesthesia okanye utyando lwe-arthroscopic lunokuqwalasela.

★ Kubalulekile: Soloko uxoxa ngesicwangciso sakho sonyango kunye nomboneleli wakho wezempilo. Utyando luyimfuneko kuphela kwiimeko ezinqabileyo. Musa ukulibazisa ukufuna uncedo, njengoko oku kunokwandisa ukungakhululeki kwakho kwaye kulibazise ukuchacha kwakho.

Indlela yokuphila kunye neengebiso zokuZikhathalela

- Qhubeka uhamba (ngobumnene): Yenza i-stretch yakho yonke imihla, nokuba ukunyakaza kulinganiselwe.
- Sebenzisa ubushushu ngaphambi kokuzivocavoca: Ishawa eshushu okanye icompress efudumeleyo inceda ukukhulula umdibaniso.
- Phola emva koko: lipakethi ze-ice zinokunciphisa iintlungu emva komsebenzi.
- Musa ukukunyanzela: Ukolula kufuneka uzive uthambile, ungekho bukhali okanye unganyamezeleki.
- Lawula iintlungu: Thatha amayeza amiselweyo okanye acetyiswayo ukuze uhlale usebenza.
- Yiba nomonde: Ukuchacha kucotha (iinyanga ukuya kwiminyaka), kodwa abantu abaninzi baphinda bafumane uluhlu olupheleleyo lwentshukumo.

