Head Headache:

Source: <https://my.clevelandclinic.org/health/diseases/9639-headaches>

A headache is a pain in your head or face that’s often described as a pressure that’s throbbing, constant, sharp or dull. Headaches are a very common condition that most people will experience many times during their lives.

If you have any of these headache symptoms, get medical care right away:

* A sudden, new and severe headache.
* Headache with a fever, shortness of breath, stiff neck or rash.
* Headaches that occur after a head injury or accident.
* Paralysis.
* Seizures.

Treatment:

One of the most crucial aspects of treating primary headaches is figuring out your triggers.

Treatment includes:

* Stress management.
* Biofeedback.
* Medications.
* Treating the underlying medical condition/cause.

Prevention:

The key to preventing headaches is figuring out what triggers them. Once you determine your triggers, you can avoid or minimize them.

信息来源： <https://baike.baidu.com/item/%E5%A4%B4%E7%97%9B/340011?fromtitle=%E5%A4%B4%E7%96%BC&fromid=3732362&fr=aladdin>

头痛（headache） 是临床常见的症状，通常将局限于头颅上半部，包括眉弓、耳轮上缘和枕外隆突连线以上部位的疼痛统称头痛。头痛病因繁多，神经痛、颅内感染、颅内占位病变、脑血管疾病、颅外头面部疾病、以及全身疾病如急性感染、中毒等均可导致头痛。

头痛治疗包括药物治疗和非药物[物理治疗](https://baike.baidu.com/item/%E7%89%A9%E7%90%86%E6%B2%BB%E7%96%97/8806355?fromModule=lemma_inlink)两部分。治疗原则包括对症处理和原发病治疗两方面。原发性头痛急性发作和病因不能立即纠正的继发性头痛可给予止痛等对症治疗以终止或减轻头痛症状，同时亦可针对头痛伴随症状如[眩晕](https://baike.baidu.com/item/%E7%9C%A9%E6%99%95/1203975?fromModule=lemma_inlink)、呕吐等予以适当的对症治疗。对于病因明确的继发性头痛应尽早去除病因，如颅内感染应抗感染治疗，颅内高压者宜脱水降颅压，[颅内肿瘤](https://baike.baidu.com/item/%E9%A2%85%E5%86%85%E8%82%BF%E7%98%A4/2930385?fromModule=lemma_inlink)需手术切除等。

头痛的防治应减少可能引发头痛的一切病因，包括避免头、颈部的软组织损伤、感染、避免接触及摄入刺激性食物、避免情绪波动等，同时还应及时诊断及治疗继发头痛的原发性疾病。镇静药、抗[癫痫](https://baike.baidu.com/item/%E7%99%AB%E7%97%AB/1613?fromModule=lemma_inlink)药以及三环类抗抑郁药物对于预防[偏头痛](https://baike.baidu.com/item/%E5%81%8F%E5%A4%B4%E7%97%9B/245542?fromModule=lemma_inlink)、[紧张性头痛](https://baike.baidu.com/item/%E7%B4%A7%E5%BC%A0%E6%80%A7%E5%A4%B4%E7%97%9B/8599424?fromModule=lemma_inlink)等原发性头痛发作有一定效果。

Head dizziness:

Source：<https://my.clevelandclinic.org/health/symptoms/6422-dizziness>

Dizziness is disorientation in space, lightheadedness, or a sense of unsteadiness. It affects your sense of balance and can increase your risk of falling.

When you’re dizzy, you may feel:

* Faint.
* Lightheaded.
* Nauseous.
* Unsteady.
* Woozy.

Treatment for dizziness varies widely depending on the cause. Your healthcare provider may refer you to an audiologist for vestibular and balance assessment to help determine the cause and next steps in management.

信息来源：<https://baike.baidu.com/item/%E5%A4%B4%E6%99%95?fromModule=lemma_search-box>

头晕（dizziness）是一种常见的脑部功能性障碍，也是临床常见的症状之一。为头昏、头胀、头重脚轻、脑内摇晃、眼花等的感觉。头晕可由多种原因引起，最常见于发热性疾病、高血压病、脑动脉硬化、颅脑外伤综合征、神经症等。此外，还见于贫血、心律失常、心力衰竭、低血压、药物中毒、尿毒症、哮喘等。抑郁症早期也常有头晕。

对头晕的患者，应详细了解病史和作全面的体格检查，必要时应做听力检查、前庭功能检查、眼底检查，并适当选做脑脊液检查、头颅或颈椎X射性摄影、心电图、脑电图及颅脑CT扫描等以查出病因。然后从病因着手，配合物理、饮食、中医中药综合治疗。

Head Bump (lumps on head):

Source：<https://khealth.com/learn/headache/bump-on-head/>

A bump is any size of lump, protrusion, puffiness, or localized swelling either under or on top of the skin of your head. With a bump on your head, you may experience swelling, puffiness, and/or pain or tenderness in one specific spot.

The way you treat bumps on your head, forehead, and surrounding areas depends greatly on their location, severity, underlying cause. Treatments for minor head bumps mainly work to reduce the pain, inflammation, or irritation involved with the bump or its surrounding area. If your head bump is moderate or severe, treatments may include

* **Surgical removal**
* **Prescription medications**
* **Continued treatment as appropriate for tumors**

Not all bumps on the head require a doctor’s attention. Often the swelling, pain, or redness on or around the head will clear up on its own within a few days to a few weeks.

If you experience any of the following symptoms coupled with a head bump—particularly right after the incident that caused the lump—it’s important to see a doctor immediately:

* Loss of consciousness
* Abnormal lethargy
* Seizure
* Confusion, or disorientation
* Speech, hearing, or vision impairment
* Weakness or numbness
* Discharge coming from ears or nose
* Difference in size of pupils
* Repeated vomiting
* Severe headache

信息来源：<https://m.baidu.com/bh/m/detail/ar_17096339633543981537>

头上有肿块可能有以下几个原因，比如*脂肪瘤*、*皮脂腺囊肿*、疖痈等，这种情况建议及时治疗并做出明确的诊断。

1.脂肪瘤：患者头皮上可以摸到清晰和柔软的肿块，一般可能是由异常的遗传和脂肪代谢引起的。

2.皮脂腺囊肿：可能是由皮脂腺排泄管阻塞引起的。一般出现在富含皮脂腺的脸上。囊肿呈椭圆形，大部分内容物呈灰白色凝固形状。挤压后，有一种粉末状物质溢出。

3.疖痈：它可能是由金黄色葡萄球菌感染引起的。病人的结节发红、肿胀、发热和疼痛，有触痛感。

如果出现上述症状，建议去医院就诊明确病因对症处理。如果是脂肪瘤形成的包，质地比较软，边界清楚，如果需要切除，在局麻下行手术切除就可以了；皮脂腺囊肿的包质地比较硬，内部为豆腐渣样物质，能够继发细菌感染，出现疼痛；疖痈可以外用*红霉素软膏*等。

Head loss of consciousness

Source：<https://drwilderman.com/neurological-disorders/loss-of-consciousness/>

Loss of consciousness refers to a state in which an individual lacks normal awareness of self and the surrounding environment. The patient is not responsive and will not react to any activity or stimulation. Brief unconsciousness is often stimulated by dehydration, low blood sugar, or low blood pressure. However, it may indicate a serious condition such as major illness that is more difficult to resolve. Although losing consciousness is not usually related to life-threatening health problems, immediate medical attention is required. The treatment of unconsciousness depends on the underlying cause. In order to prevent loss of consciousness, individuals should avoid situations where their blood pressure can become too low, avoid standing immobile for an extended period of time, and stay hydrated. Other precautions may be appropriate depending on their medical history.

意识丧失

信息来源：<https://www.baike.com/wikiid/4160423599219009863>

意识丧失是最为严重的意识障碍。患者无自发运动，对任何刺激都不产生反应，许多反射如吞咽、防御，甚至瞳孔对光反应均消失，并可引出病理性足蹠反射。运动，感觉，反射和自主神经功能障碍，给予任何刺激（如语言、声音、光线、疼痛等）均不能将患者唤醒，但生命体征如呼吸、脉搏、心跳、血压和体温尚可存在。昏迷是病情危重的信号，是常见危重急症，病死率高。

* 治疗引起意识丧失的原发病。
* 1.意识丧失的最初处理 常规措施有：①保持呼吸道通畅，氧疗，必要时气管插管或切开行人工呼吸。②维持循环功能，尽早开放静脉，建立输液通路（1～3个）。有休克应迅速扩充血容量，使用血管活性药物，尽快使收缩压稳定在100mmHg左右；有心律失常者应予以纠正，有心肌收缩力减弱者应给予强心剂；心脏停搏者应立即行心肺复苏。③纳洛酮促醒。
* 2.病因治疗：针对病因采取及时果断措施是抢救成功的关键。若昏迷病因已明确，则应迅速给予有效病因治疗。
* 3.对症支持疗法：包括控制脑水肿、降低颅内压，维持水电解质平衡，镇静止痛，防治各种并发症。

Hand fractured wrist:

Source：<https://www.mayoclinic.org/diseases-conditions/broken-wrist/symptoms-causes/syc-20353169>

A broken wrist is a break or crack in one or more of the bones of your wrist.

A broken wrist might cause these signs and symptoms:

* Severe pain that might worsen when gripping or squeezing or moving your hand or wrist
* Swelling
* Tenderness
* Bruising
* Obvious deformity, such as a bent wrist

It's important to treat a broken wrist as soon as possible. Otherwise, the bones might not heal in proper alignment, which might affect your ability to do everyday activities. Early treatment will also help minimize pain and stiffness.

It's impossible to prevent the unforeseen events that often cause a broken wrist. But **Building bone strength, Preventing falls and Using protective gear for athletic activities**

might offer some protection.

信息来源：<https://baike.baidu.com/item/%E6%89%8B%E8%85%95%E9%AA%A8%E6%8A%98/2926352?fr=aladdin>

手腕骨折在日常生活中较为常见，受伤者中以老年人居多，大部分患者是因为跌倒后手掌着地所致。手腕骨折治疗方法有保守治疗和手术治疗两种。保守治疗主要采取手法复位、小夹板或石膏托外固定。虽然保守治疗可以做到早期的关节功能锻炼，但由于保守治疗有[骨折固定](https://baike.baidu.com/item/%E9%AA%A8%E6%8A%98%E5%9B%BA%E5%AE%9A?fromModule=lemma_inlink)不牢固之虑，骨折可能发生再移位，而导致治疗的失败。手术治疗主要是采取手术切开复位，并行钢板等内固定。手术切开复位可以做坚强的内固定。

Hand severed finger:

Source：<https://www.healthline.com/health/severed-finger>

A severed finger can mean that all or part of a finger is amputated or cut off from the hand. A finger may be completely or only partially severed.

If you have a severed finger you must get emergency medical treatment immediately. An injured or severed finger can lead to problems with your hand function. Your doctor or surgeon will look at the amputated finger or fingers carefully with a microscope to find out if it can be reattached. Partially severed fingertips or fingers are more likely to be reattached. Full-length fingers severed at their base may be more difficult to reattach. If your finger can’t be reattached, you’ll still need surgery to repair your wound.

信息来源：<https://www.haodf.com/citiao/jibing-duanzhi/jieshao.html>

断指是手指的急性离断性损伤，离断指体失去血运或严重缺血。除了血管损伤，断指通常还合并骨关节损伤和神经及肌腱的离断，是十分严重的手部外伤。

病人受伤后转运越快越好，争取在 6-8 小时内能进行断指再植手术。

Hand sprained finger:

Source ：<https://my.clevelandclinic.org/health/diseases/21794-sprained-finger>

A sprained finger involves torn or stretched soft tissues, such as a ligament, in your finger. These soft tissues connect bones to other bones and supports your joints.

Finger sprains are common. They tend to be caused by sports injuries or trauma.

You can often treat a mild sprain at home. [**Nonsteroidal anti-inflammatory drugs**](https://my.clevelandclinic.org/health/drugs/11086-non-steroidal-anti-inflammatory-medicines-nsaids) can help relieve pain. You can also use RICE therapy (Rest, Ice, Compression, Elevation). If your symptoms don’t improve within 24 to 48 hours of your injury, see your healthcare provider. Treatment for a sprained finger depends on the severity of the sprain. Treatments may include: **Buddy taping/support**, **Splinting** and **Surgery.**

信息来源：<https://baike.baidu.com/item/%E6%89%8B%E6%8C%87%E6%89%AD%E4%BC%A4/22038014>

手指扭伤（fingers sprain）后会引起肌腱韧带等软组织损伤，从而造成疼痛、关节变粗、弯曲疼痛。韧带伤后容易导致关节不稳定，关节软骨非正常摩擦，有可能发展成创伤性关节炎。伤后应及时就医，减少活动量，以静养休息为主。可口服消肿止痛、活血化淤药物，以及外用膏药等缓解症状。

Hand dislocated finger:

Source：<https://www.buoyhealth.com/learn/dislocated-finger>

A dislocated finger is the result of one of the bones in the finger being pulled apart or sideways out of alignment. Finger dislocations usually occur when the finger is bent too far backward. A dislocated finger is usually painful, swollen, red, visibly crooked, may be numb or tingling, and may be difficult to move.

You should go immediately to an urgent care or emergency room, where a physician can "reduce" - put the finger back into place - safely. Simple dislocations typically require just buddy tape to a nearby finger. Complicated fractures (need an x-ray) would need immobilization with a splint.

信息来源：<https://m.youlai.cn/ask/81B94CMFFaS.html>

手指脱臼也叫手指的关节脱位，往往是外伤导致的，应该尽早进行复位，尽早进行消肿处理，可以先自己尝试，沿着手指方向牵引手指的远端，如果出现弹响复位，手指恢复活动就说脱臼已经复位，如果不能复位，要对局部进行冷敷，可以用冰袋外敷，减轻肿胀，因为肿胀严重之后，再进行手指复位会比较困难。尽早到医院拍片检查，有时是单纯的关节脱位，有时还会合并有骨折块。少见的情况下还会出现关节囊卡在关节之间导致复位困难，确定损伤情况之后可以在医生的治疗下进行复位。

Shoulder dislocated:

Source：<https://www.hopkinsmedicine.org/health/conditions-and-diseases/shoulder-dislocation>

Dislocation of your shoulder means your upper arm bone (humerus) has come out of your shoulder joint. A dislocated shoulder is very painful.

Treatment may include:

* Moving the head of your upper arm bone back into your shoulder joint, usually with an anesthetic
* Immobilizing your shoulder with a sling after reduction
* Rehabilitation
* Surgery, if nonsurgical measures do not restore stability

Maintaining muscle strength and flexibility can help prevent shoulder dislocations.

信息来源：<https://m.baidu.com/bh/m/detail/ar_4163274729726138213>

*肩关节脱位*俗称*脱臼*，是一种在运动中相当常见的损伤。经常见于摔倒时，人本能地将手臂举起并外展来保护身体，外展时手臂受到冲击很容易发生肩关节脱位。

受伤后应及时就医，关节复位越早，恢复的时间就越短，并发症就越少。

Shoulder sprained:

Source：<https://www.nationwidechildrens.org/conditions/shoulder-sprain>

A shoulder sprain is a stretching or tearing of the Acromioclavicular (AC) ligament. You should see a medical professional,

* if rest, ice, and compression are not improving the condition.
* if you are unsure about the severity of the condition.
* if there is an obvious deformity or bump at the AC joint.

信息来源：<https://m.baidu.com/bh/m/detail/qr_16399478964486063303>

轻微外力所致肩部扭伤，无骨折脱位，服用止痛药，局部贴膏药，一周后即可恢复。对于涉及骨折或脱位的肩扭伤，应根据伤情的严重程度采取相应的治疗方法。无移位的骨折应保守治疗，移位明显的骨折应手术治疗。*肩关节脱位*需要紧急复位和固定。有明显肩锁关节脱位的患者需要在一定时间内进行手术治疗。

Shoulder broken bones:

Source：<https://www.merckmanuals.com/home/quick-facts-injuries-and-poisoning/fractures/broken-shoulder>

A broken shoulder is a break near the top of your upper arm bone, close to your shoulder joint.

Doctors treat a broken shoulder with:

* A sling, and sometimes also a swathe (a strap that holds the sling against your body)
* Exercises to keep your shoulder from becoming stiff
* Sometimes, surgery for bad fractures

信息来源：<https://m.baidu.com/bh/m/detail/qr_12309179040281449496>

<https://www.baidu.com/sf?openapi=1&dspName=iphone&from_sf=1&pd=wenda_kg&resource_id=5243&word=%E8%82%A9%E8%86%80%E9%AA%A8%E6%8A%98&dsp=iphone&title=%E8%82%A9%E8%86%80%E9%AA%A8%E6%8A%98&aptstamp=1668912263&top=%7B%22sfhs%22%3A11%7D&alr=1&fromSite=pc&total_res_num=1775&ms=1&frsrcid=5242&frorder=4&lid=15608335857210264881&pcEqid=d89bf2c400028d310000000663799487>

[肩膀骨折主要是锁骨骨折，肩胛骨骨折和肱骨近端骨折。](https://m.baidu.com/w=0_10_/t=iphone/l=1/tc?from=0&ssid=0&uid=0&bd_page_type=1&pu=usm%400%2Csz%40224_220%2Cta%40sf___29_107.0&baiduid=504569166923C6EC72A3801826E1E2D9&ref=www_iphone&lid=15608335857210264881&pd=wenda_kg&order=1&fm=alop&isAtom=1&is_baidu=0&clk_info=%7B%22applid%22%3A%2211085486570240339396%22%2C%22apptpl%22%3A%22normal%22%2C%22frsrcid%22%3A%225242%22%2C%22frorder%22%3A%224%22%2C%22srcid%22%3A%225243%22%2C%22tplname%22%3A%22med_qa_detail%22%7D&module=sf&wd=&eqid=99d78f4d5d89edc410000006637994f0&w_qd=IlPT2AEptyoA_ykxvgcpvQC6BUtViJm&bdver=2&tcplug=1&sec=25586&di=f57ee446d2064c48&bdenc=1&nsrc=o34BjaVBU0LDE8gL0XDj35eJWYDeq6j%2BqBSRcp1snJxHlZ%2BpNw5kiUfWPOaFWTfch2TOk%2BT2A7NEpSgEDjgpyfvExsfqZ1ow9nkQaV2mftYPfeYSU5wsuetqSWu11kuG)治疗方式主要包括保守治疗和手术治疗。如果骨折的程度比较轻微，或者位置比较好，可以先采取保守治疗，即将患肢悬吊，在此期间也可以采用一些非甾体类消炎镇痛药物和活血化瘀的药物，来促进骨折的愈合。但如果骨折错位比较严重，或者对将来的功能影响比较大时，就需要考虑手术治疗。

Shoulder muscle torn (muscle tear):

Source: <https://www.mayoclinic.org/diseases-conditions/muscle-strains/symptoms-causes/syc-20450507>

A muscle strain is an injury to a muscle or a tendon — the fibrous tissue that connects muscles to bones. Minor injuries may only overstretch a muscle or tendon, while more severe injuries may involve partial or complete tears in these tissues.

Mild strains can be treated at home. See a doctor if your symptoms worsen despite treatment — especially if your pain becomes intolerable, or you experience numbness or tingling.

Regular stretching and strengthening exercises for your sport, fitness or work activity, as part of an overall physical conditioning program, can help to minimize your risk of muscle strains. Try to be in shape to play your sport; don't play your sport to get in shape. If you have a physically demanding occupation, regular conditioning can help prevent injuries.

信息来源： <https://m.baidu.com/bh/m/detail/ar_3894696423072334591>

*肌肉撕裂*是指在强大外力作用下，将肌肉的肌纤维拉断造成的损伤，属于肌肉损伤里面比较严重的一种类型。肌肉撕裂以后一般采取保守治疗，在受伤的初期，24小时之内应以*冷敷*、制动为主。在24小时~48小时之后，可以采用*热敷*以及用活血化瘀的药促使血液循环，帮助肌纤维修复，能够很好的使肌肉撕裂康复。

另外，肌肉撕裂以后在饮食方面也应该做到不食辛辣刺激食物，食品主要以高蛋白、高维生素食品为主，比如瘦肉、牛奶、鸡蛋、蔬菜、水果等都有利于肌肉撕裂损伤以后的康复。