

Mock Conversation - Musculoskeletal Pain 肌肉骨骼痛

Doctor:

Good morning, how are you feeling today?

早上好，今天感觉怎么样？

Patient:

Good morning, Doctor. I'm not feeling so well. I've been having a lot of pain in my **neck**¹ and **back**² lately, and sometimes it **radiates**³ down to my legs.

早上好，医生。我感觉不太好。最近我的**脖子**¹和**背**²部一直很痛，有时还会**辐射**³到我的腿部

Doctor:

I'm sorry to hear that. When did it start?

您的痛是什么时候开始的呢？

Patient:

It started a few months ago, but it's been getting worse recently. At first, it was just some **stiffness**¹ in the morning, but now it's **constant**², and sometimes it even wakes me up at night.

几个月前就开始了，但最近越来越严重。起初只是早上有些**僵硬**¹，但现在**一直持续**²，有时甚至在晚上疼得无法入睡。

Doctor:

I see. Can you describe the pain for me? Is it a **sharp pain**¹, a **dull ache**², or something else?

您能为我描述一下您的痛吗？是**剧烈**¹的疼痛、**钝痛**²还是其他什么？

Patient:

It's mostly a **dull ache**¹ in my back and neck, but sometimes it **feels sharp**², especially when I move a certain way. The pain in my legs feels like a **tingling or numbness**³, especially when I walk or stand for too long.

主要是背部和颈部**隐隐作痛**¹，但有时会感觉很**尖锐**²，尤其是当我以某种方式移动时。我的腿感觉**刺痛或麻木**³，特别是当我走路或站立太久时。

Doctor:

Does anything seem to make the pain better or worse?

有什么东西似乎能让疼痛变得更好或更严重吗？

Patient:

Resting seems to help a little, and I've been using a heating pad on my back, which is relieving. But walking or standing for more than a few minutes makes it worse, and even sitting for too long can be **uncomfortable**¹.

休息似乎有一点帮助，我一直在背上用加热垫，感觉很好。但步行或站立超过几分钟会使情况变得更糟，甚至坐得太久也会感到不舒服¹。

Doctor:

Have you tried any **medications**¹ or **treatments**² for the pain?

您是否尝试过任何**药物**¹或**治疗方**²法来缓解疼痛吗？

Patient:

I've been taking some over-the-counter pain relievers like **ibuprofen**¹, and they help a bit, but not enough. I also tried some physical **therapy exercises**² I found online, but I'm not sure if I'm doing them correctly, and they seem to not have helped much.

我一直在服用一些非处方止痛药，例如**布洛芬**¹，它们有一点帮助，但还不够。我还尝试了一些在网上找到的**物理治疗练习**²，但我不确定我做得是否正确，而且似乎没有多大帮助。

Doctor:

It's good that you're trying to manage the pain. I'm going to perform a **physical examination**¹ to check your **range of motion**², **reflexes**³, and see if I can pinpoint the source of the pain. Is that alright with you?

您正在努力控制疼痛，这很好。我将进行**身体检查**¹，检查你的**运动范围**²、**反射能力**²，看看是否能查明疼痛的根源。你觉得可以吗？

Patient:

Yes, that's fine.

没事，可以。

(The doctor performs the physical examination.)(医生进行身体检查)

Doctor:

Based on your **symptoms**¹ and the examination, it sounds like you might be dealing with some **degenerative**² changes in your spine, possibly **spinal stenosis**³ or a **herniated disc**⁴. The **tingling and numbness**⁵ in your legs suggest that a **nerve**⁶ might be involved.

根据您的**症状**¹和身体检查，听起来您可能正在处理脊柱的一些**退行性变化**²，可能是**椎管狭窄**³或**椎间盘**⁴突出。腿部的**刺痛和麻木**⁵表明**神经**⁶可能受到影响。

Patient:

That sounds serious. What can I do about it?

听起来很严重。接下来我能做什么呢？

Doctor:

There are several approaches we can take. First, I recommend a more **structured physical therapy program**¹ with a professional who can guide you through exercises that can strengthen your back and neck muscles and improve your flexibility. This can help **alleviate**² some of the pressure on your spine.

我们可以采取多种方法。首先，我推荐一个更有条理的**物理治疗计划**¹，由专业人士指导您进行锻炼，增强您的背部和颈部肌肉并提高您的灵活性。这可以帮助**减轻**²脊柱的一些压力。

Patient:

That sounds good. What else can I do?

那很好。我还可以做些什么？

Doctor:

We can consider prescribing stronger **pain medications**¹ or **muscle relaxants**² to help manage the pain more effectively. Additionally, we can discuss lifestyle modifications, such as improving your posture, using **ergonomic furniture**³, and possibly enforcing a stricter diet to control body weight if needed.

我们可以考虑开更强效的**止痛药**¹或**肌肉松弛剂**²来帮助更有效地控制疼痛。此外，我们可以讨论生活方式的改变，例如改善姿势、使用**符合人体工学的家具**³，以及在需要时可能实施更严格的饮食以控制体重。

Patient:

And if those don't work?

如果这些不起作用呢？

Doctor:

If these conservative treatments are not effective we might need to explore more advanced options, like seeing a **physiotherapist**¹ for further evaluation or considering surgical options if necessary. But let's start with the **less invasive**¹ approaches first and see how you respond.

如果这些保守治疗无效，我们可能需要探索更高级的选择，例如去看**物理治疗师**¹进行进一步评估或在必要时考虑手术选择。但让我们先从**侵入性较小**²的方法开始，看看您的反应如何。

Patient:

Thank you, Doctor. I'll try the physical therapy and follow your other recommendations.

谢谢医生。我会尝试物理疗法并尝试您的其他建议。

Doctor:

You're welcome. We'll schedule a **follow-up appointment**¹ in a few weeks to see how you're doing. In the meantime, if the pain becomes unbearable or you notice any new symptoms, please contact me immediately.

不客气。我们将在几周内安排一次**后续预约**¹，以了解您的情况。同时，如果疼痛变得难以忍受或您发现任何新症状，请立即与我联系。

Patient:

I will, Doctor. Thank you for your help.

我会的，医生。感谢您的帮助。

Doctor:

Take care, we'll work together to get you feeling better.

保重，我们将共同努力让您感觉好一些。