



電療electrotherapy

文、圖 / Kenny

一般的工作天中，坐在位子上辦公 8 小時可能已經成為臺灣加班文化的普遍現象。然而，你知道長期久坐的工作型態會造成身體上的傷害和疼痛嗎？反覆出現的下背痛以及脖子僵硬可能是身體健康有問題的警訊。今天，讓我們一起認識一些關於「電療」的小知識，電療治療可以讓我們減輕因肌肉僵硬而產生的疼痛，若你是固定接受電療治療的人，或許有機會完全解決討人厭的疼痛以及僵硬問題。

Staying in seats for more than eight hours on a regular working day might have become a norm among Taiwan's work-over-time culture. However, do you know the sedentary work style will cause harm and pain to us? Recurring lower back pain and stiff neck might be red flags for health problems. Today, let's learn about "electrotherapy," a treatment that allows us to alleviate the pain caused by stiff muscles. If you regularly receive the electrotherapy treatment, the brothering pain or stiffness might even be completely resolved.

One day, Sherry, the secretary, walks into Kenny's office and asks Kenny to complete all the work by today because those work are very urgent.

(有一天，秘書雪莉，走進肯尼的辦公室並且要求他要在今天下班前完成所有的交辦工作，因為非常緊急。)

S : You might need to finish all the work by today because they are urgent.

(你可能需要在今天下班前完成所有的工作，因為蠻緊急的。)

K : I see. I will work my tail off.

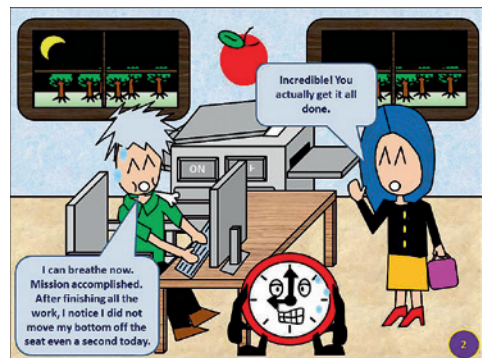
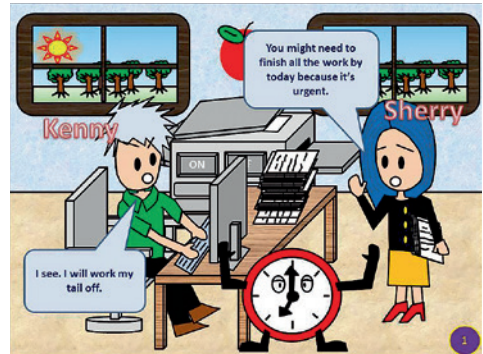
(我了解了。我將會傾盡全力的。)

S : Incredible! You actually got it all done.

(不可思議！你竟然完成所有的工作了。)

K : Mission accomplished. I can finally breathe now. After finishing all the work, I notice I did not move my bottom off the chair for even one second today.

(任務達成，我現在終於可以喘口氣了。結束工作之後，我發現我的屁股都沒有一秒鐘離開這張椅子過。)

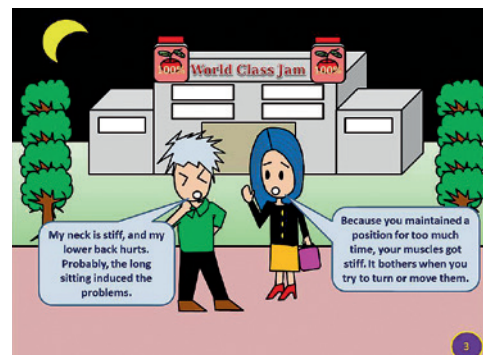


Kenny starts to pack his belongings and walks out of the office with Sherry. However, a sudden sharp pain bothers Kenny.

(肯尼開始收拾自己的私人物品，並且和雪莉一起走出辦公室。然而，就在一陣突來的劇烈疼痛，讓肯尼深受其害。)

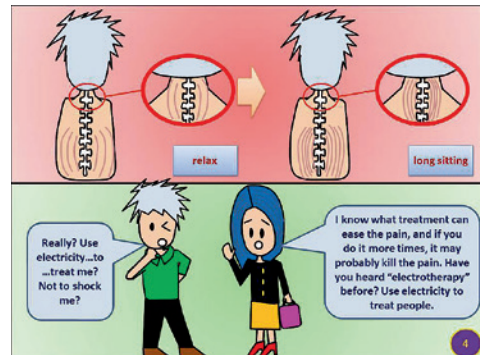
K : My neck is stiff and my lower back hurts from sitting for a long time.

(因為坐太久了，所以我的脖子好僵硬，我的下背很痛)

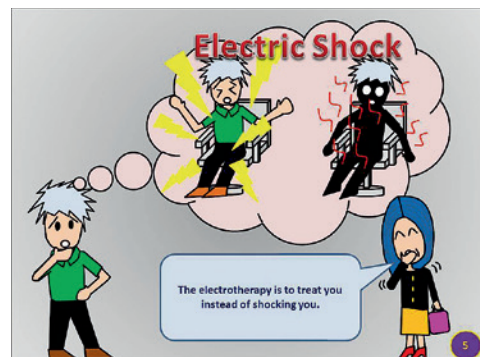


S : You have maintained the same position for too long, so your muscles got stiff. It will hurt when you try to move or change an angle.
 (你維持一個姿勢太久了，所以肌肉出現僵硬的狀況。當你要移動或是換個角度的時候，都會很痛。)

S : I know what treatment can ease the pain. If you receive enough therapy, it may even kill the pain completely. Have you heard of "electrotherapy" before? The therapy uses selectricity to treat people.
 (我可以幫助你減緩疼痛，如果你使用的次數越多，還可能可以完全讓疼痛感消失。有聽說過「電療」嗎？就是用電流來治療。)

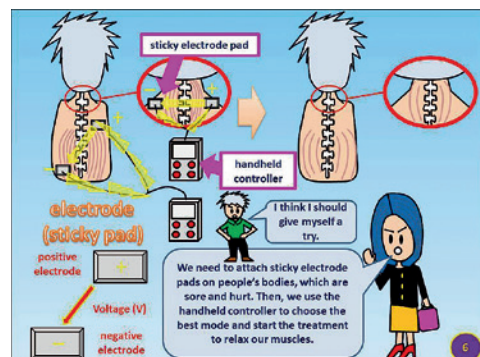


K : Really? Use electricity...to...treat me? Not to shock me?
 (真的嗎？用電流...來...治療我？不是電擊我嗎？)



S : The electrotherapy is to treat you instead of shocking you.
 (電療是用來治療你的，不是用來電擊你的。)

S : We need to attach sticky electrode pads on people's bodies, usually the parts that are sore and hurting. Then we use a hand-held controller to choose a best mode and start the treatment to relax muscles.
 (我們需將具黏性的電極墊黏貼在身體上，通常是讓你覺得又酸又痛的部位，我們會使用一個手動的控制器去選擇最佳的模式，並且開始治療，來達到肌肉放鬆的效果。)



K : I think I should give myself a try.
 (我認為我應該要給自己一次嘗試的機會。)

After Sherry's clear explanation, Kenny decides to receive the treatment. Sherry helps attach the electrotherapy pads to the bothering parts, neck and lower back. During the electrotherapy, Kenny feels the soreness and stiffness gradually leaving away. His muscles are relaxed by the mild electric pulses.

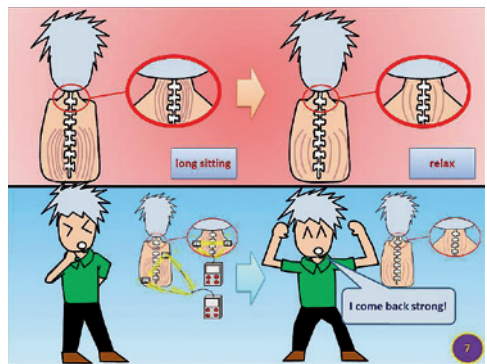
(在雪莉清楚的解說之後，肯尼決定接受治療。雪莉幫忙把電極墊放在疼痛的區域—脖子以及下背。在電療期間，肯尼感覺那些疼痛和僵硬的問題逐漸消失了。他的肌肉就在微弱的電流脈衝下達到放鬆的狀態。)

K : I come back strong!
(我強勢回歸了!)

K : Is the electrotherapy device expensive?
Where should I go to get one?
(一台電療機的價格會不會很高呢?我應該要去哪裡才買得到呢?)

S : The price ranges from hundreds to thousands of dollars and electrotherapy devices are available over the counter, so you can get one from an online shop, pharmacy, etc. As your co-worker and friend, I suggest you move around and stretch your body every other hour.

(價格從數百元到數千元都有喔，電療機是不需要得到醫生處方，便可直接購買的產品，所以你可以從網路上的店家、藥局等等來購買。身為你的同事和朋友，我建議你在每隔一小時坐在位子上辦公後，就要起來動一動，伸展一下肢體喔。)



Word Bank

1. sedentary (adj.) (久坐的)

→ The sedentary lifestyle is a killing factor, which might result in not only physical pain but also cardiovascular disease.
(久坐的生活模式是一個要人命的因子，其可能導致生理上的疼痛，以及心血管疾病。)

2. stiff (adj.) (僵硬的)

→ After a night of sleep, my neck is badly stiff. I cannot even move it.
(在睡完覺後，我的脖子非常僵硬。它根本無法移動。)

3. electrotherapy (n.) (電療)

→ I was too tired yesterday, so I received an electrotherapy for 30 minutes, and then I felt much better.
(昨天我真的太疲勞了，所以我接受 30 分鐘的電療治療，然後我便覺得好多了。)

4. urgent (adj.) (緊急的)

→ When you see an email with a title "urgent" when you are working, you need to click on it first owing to its high importance.
(工作時，你若看到電子郵件前的抬頭是「緊急的」，你必須先點開它，因為那是非常重要的訊息。)

5. work one's tail off (phrase) (竭盡所能)

→ I will work my tail off to help you finish the project before its deadline.
(我將會竭盡所能的協助你在截止日以前將專案完成。)

6. Mission accomplished. (phrase) (任務完成)

→ I finally got all the work done. Mission accomplished!
(我最後把所有的工作做好了，任務完成！)

7. sharp pain (n.) (刺痛)

→ A sudden sharp pain stops me from all the work.
(一陣突然的刺痛，讓我停止手邊的工作。)

8. maintain (v.) (維持)

→ She maintains her car every half year.
(她每半年會保養一次車子。)

9. treat (v.) (治療)

→ The doctor is going to treat me with the most advanced medical technologies.
(這位醫生將要使用最先進的醫療技術來治療我。)

10. shock (v.) (電擊、觸電)

→ I know a prank that people get shocked when they press on a shocking pen.
(我知道有一個整人的戲法是當人們按下電筆時會被電擊。)

11. sore (adj.) (痠痛)

→ After lifting heavy goods, I feel really sore in my shoulders.
(抬完重物之後，我的肩膀非常痠痛。)

12. give someone a try (phrase) (讓某人嘗試看看)

→ I think I should give myself a try on stinky tofu.
(我認為我要給自己一次嘗試臭豆腐的機會。)

13. bothering (adj.) (惱人的)

→ When the hurt and soreness become too bothering, you can only lie in bed and do nothing.
(當傷口和痠痛變得太惱人的時候，你也只能躺在床上，什麼事也不能做。)

14. available (adj.) (可取得的)

→ The meatball is not available now. People snapped all of them away within 5 minutes.
(這肉丸現在已經買不到了。大家在五分鐘內掃蕩一空。)

15. over-the-counter (adj.) (非處方的)

→ Many elders go to buy over-the-counter medicine instead of going to the doctors.
(很多老人家都去買非處方的成藥，而不是去看醫生。)

16. pharmacy (n.) (藥局)

→ A pharmacy is a place where we can buy the medicine we need.
(藥局是我們可以買到需要的藥的地方。)

17. stretch (v.) (伸展)

→ It is important to stretch one's body before doing exercise.
(在做運動以前，做一些身體的伸展是很重要的。)