

Synopsis 講座摘要



Innovation and Development of Integrated Traditional Chinese and Western Medicine in Rehabilitation

The uniqueness and advantage of Chinese rehabilitation medicine lies in its integration of Chinese and Western medicine, an approach first advocated by Professor Chen Keji, Academician of the Chinese Academy of Sciences, in his monograph entitled *Traditional Chinese Rehabilitation Medicine* in 1988. After more than three decades of development, the integrated approach has become the primary paradigm of rehabilitation in China and plays an indispensable role in China's healthcare system. To meet the huge clinical demand, Chinese and Western medicine has continued to evolve, innovate and work seamlessly together. An array of clinical strategies combining rehabilitation techniques of traditional Chinese medicine (TCM) with modern rehabilitation therapies have emerged and come into play in recent years. Nonetheless, there is plenty of room for improvement in the field of integrated Chinese and Western rehabilitation medicine. Some of the key scientific questions that remain to be answered include: What are the theoretical framework and scientific foundation of integrated Chinese and Western rehabilitation medicine? How can we incorporate modern technology into TCM rehabilitation? What approach should we take to develop generic techniques for TCM rehabilitation?

In an attempt to address the above questions, Professor Chen Lidian and his research team have undertaken the following initiatives:

- putting forth the theory of overall functionality in TCM rehabilitation and building an associated rehabilitation model by integrating the holistic concept of “unity of form and spirit” and “unity

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of nature and human” in TCM with the International Classification of Functioning, Disability and Health (ICF) model;

- developing generic technologies for TCM rehabilitation and formulating new strategies combining TCM and western medicine for cognitive, exercise, and pain rehabilitation, thereby promoting the integration and optimisation of Chinese-Western medicine rehabilitation technologies;
- establishing a model for functional assessment based on the concept of holism in TCM as well as a system for evaluating the effectiveness of rehabilitation;
- conducting research about the use of traditional Chinese exercises to mitigate the impact of motor dysfunction and delay disease progression, which reveals the movement characteristics and clinical efficacy of traditional Chinese exercise therapies such as *Tai Chi* and *Baduanjin*, elucidates the mechanism by which they work, as well as provides new therapeutic solutions that combine traditional Chinese exercises and modern rehabilitation technologies. These research findings are widely adopted by rehabilitation service providers such as hospitals and communal institutions at home and abroad.

中西醫結合康復的創新與發展

中國康復醫學的特色與優勢在於中西醫的融合。中國科學院院士陳可冀教授於 1988 年在其專著《中國傳統康復醫學》中首次提倡中西醫結合康復。經過 30 多年的發展，中西醫結合康復已成為中國康復醫療體系的主流模式，在康復治療中擔當不可或缺的角色。面對龐大的臨床需求，中、西醫康復持續發展、融會創新，一系列結合中醫康復技術和現代康復療法的臨床方案相繼出爐並付諸應用。然而，要完善中西醫結合康復，仍有不少關鍵科學問題須解決，例如：中西醫結合康復的理論內涵和科學基礎是甚麼？如何將中醫康復與現代康復技術有機結合？如何發展中醫康復共性技術？

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針對上述問題，陳立典教授及他的研究團隊開展了相關工作：

- 將中醫學形神合一、天人合一的整體觀與國際健康功能與身心障礙分類系統（ICF）的功能分類模式相互融合，提出中醫整體功能觀康復理論，並建立中醫整體功能觀康復模型；
- 創建中醫康復共性技術，並制定中西醫結合認知、運動、疼痛康復方案，從而促進中西醫康復技術的融合與優化；
- 建立基於中醫整體功能觀的功能評價，開發康復成效評價系統；
- 開展傳統運動改善功能障礙、減輕疾病狀態的研究，揭示以太極拳、八段錦為代表的傳統運動療法的動作特點與臨床療效，闡釋其作用機制，以及建立傳統運動結合現代康復技術的新方案，相關研究成果獲國內外的醫院、基層社區組織等康復機構廣泛應用。