

下列病症以身體結構上的客觀徵狀作為準則，病假的建議依據參考有效康復所需的時日而定：

**A) 不定位的肌肉和骨骼病症 Unspecified musculoskeletal Diseases:**

- 1) 單關節痛症 Monoarticular Joint pain (ICD-9-CM 719.40)  
病假建議：recommended days of home rest:  
必須因應病情嚴重程度而分級  
Must refer to the case presented
- 2) 多關節痛症 Polyarticular Joint pain (ICD-9-CM 719.49)  
病假建議：recommended days of home rest:  
必須因應病情嚴重程度而分級  
Must refer to the case presented
- 3) 肌肉痙攣 Muscle Cramps (Spasm) (ICD-9-CM 728.85)  
病假建議：recommended days of home rest:  
第一級【需休假1至2天】  
Level One【needs 1-2 days of home rest】
- 4) 肌肉拉傷 Strain (of muscle) (ICD-9-CM 848.9)  
病假建議：recommended days of home rest:  
第一級【需休假1至2天】  
Level One【needs 1-2 days of home rest】
- 5) 四肢關節位筋發炎 Tendonitis at Joint of Limbs (ICD-9-CM 726.90)  
(如：網球肘)(e.g. Tennis Elbow) (ICD-9-CM 726.32)  
病假建議：recommended days of home rest:  
第一級【需休假1至2天】  
Level One【needs 1-2 days of home rest】
- 6) 韌帶撕傷 Sprain (of ligament) (ICD-9-CM 848.9)  
病假建議：recommended days of home rest:  
必須因應病情嚴重程度分級  
Must refer to the case presented

7) 非創傷性關節錯位(小痛，但影響內臟功能Non-traumatic Subluxation  
(No much pain but affecting functions of internal organs)  
(ICD-9-CM 839.8)

病假建議：recommended days of home rest:

第一級【需休假1至2天】

Level One【needs 1-2 days of home rest】

B) 頸椎關節失調症Cervical Disorders: (Cervical Subluxation)

(ICD-9-CM 839.00)

1) 頸源性頭痛 Headache due to Cervical Subluxation

(ICD-9-CM 839.00, 784.0)

病假建議：recommended days of home rest:

第一級【需休假1至2天】

Level One【needs 1-2 days of home rest】

2) 頸源性暈眩Dizziness due to Cervical Subluxation

(ICD-9-CM 839.00, 784.0)

病假建議：recommended days of home rest:

第一級【需休假1至2天】

Level One【needs 1-2 days of home rest】

3) TMJ關節綜合症Temporal Mandibular Joint Syndromes (ICD-9-CM 524.60)

病假建議：recommended days of home rest:

第一級【需休假1至2天】

Level One【needs 1-2 days of home rest】

4) 由頸椎錯位引起的頸痛Neck Pain due to Cervical Subluxation

(ICD-9-CM 839.00, 723.1)

病假建議：recommended days of home rest:

必須因應病情嚴重程度分級

Must refer to the case presented

5) 急性頸肌痙攣Acute Spasmodic Torticollis (ICD-9-CM 333.83)

病假建議：recommended days of home rest:

第一級【需休假1至2天】

Level One【needs 1-2 days of home rest】

- 6) 急性頸部韌帶後仰式創傷Whiplash (Acute Cervical Sprain of extension injury) (ICD-9-CM 847.0)  
病假建議：recommended days of home rest:  
第二級【需休假3至4天】  
Level Two【needs 3-4 days of home rest】
- 7) 由頸椎錯位引起的肩臂痛Shoulder and Upper Arm Pain due to Cervical Subluxation (ICD-9-CM 839.00, 729.5)  
病假建議：recommended days of home rest:  
第一級【需休假1至2天】  
Level One【needs 1-2 days of home rest】
- 8) 由頸椎錯位引起的臂部或手部痺痛Arm or Hand Pain or Numbness due to Cervical Subluxation (ICD-9-CM 839.00, 729.5)  
病假建議：recommended days of home rest:  
第一級【需休假1至2天】  
Level One【needs 1-2 days of home rest】

C) 上肢關節失調症Upper Limb Disorders:

- 1) 肩關節錯位引起手臂動作不靈活(冷凍肩)Reduction of Shoulder Mobility due to Shoulder Joint Subluxation (Frozen Shoulder) (ICD-9-CM 726.0, 718.51)  
病假建議：recommended days of home rest:  
第一級【需休假1至2天】  
Level One【needs 1-2 days of home rest】
- 2) 哥爾夫球肘Elbow Pain due to Subluxation of the humeroradial Joint: "Golf Elbow" (ICD-9-CM 726.32)  
病假建議：recommended days of home rest:  
第一級【需休假1至2天】  
Level One【needs 1-2 days of home rest】
- 3) 腕骨錯位引起的手腕神經受壓綜合症Nerve Compression Syndromes at Wrist due to Wrist Bones Subluxation or Carpal Tunnel Syndrome (ICD-9-CM 354.0)  
病假建議：recommended days of home rest:  
第一級【需休假1至2天】  
Level One【needs 1-2 days of home rest】

- 4) 手指變形痛症：手指骨質關節炎Finger Deformities and Pain:  
Osteoarthritis of Finger  
(ICD-9-CM 715.4)

病假建議：recommended days of home rest:

第一級【需休假1至2天】

Level One【needs 1-2 days of home rest】

D) 胸部及背部關節失調症Chest and Back Disorders:

- 1) 肩胛骨關節錯位Scapulothoracic Joint Subluxation  
(ICD-9-CM 839.21)

病假建議：recommended days of home rest:

第一級【需休假1至2天】

Level One【needs 1-2 days of home rest】

- 2) 胸椎錯位引起的背痛Back Pain due to Thoracic Subluxation  
(ICD-9-CM 839.21, 724.5)

病假建議：recommended days of home rest:

第一級【需休假1至2天】

Level One【needs 1-2 days of home rest】

- 3) 鎖骨關節錯位Clavicular Joint Subluxation (ICD-9-CM 931.4)

病假建議：recommended days of home rest:

第一級【需休假1至2天】

Level One【needs 1-2 days of home rest】

- 4) 胸椎錯位引起的肋骨痛Rib Pain due to Thoracic Subluxation  
(ICD-9-CM 839.21, 786.50)

病假建議：recommended days of home rest:

第一級【需休假1至2天】

Level One【needs 1-2 days of home rest】

E) 下肢及盤骨關節失調症 Lower Back and Pelvis Disorders

- 1) 腰椎錯位引起的腰痛 Lower Back Pain due to Lumbar Subluxation  
(ICD-9-CM 839.20, 724.2)  
(e.g. Lumbar Facet Syndrome)  
病假建議：recommended days of home rest:  
必須因應病情嚴重程度分級  
Must refer to the case presented
- 2) 腰椎骨刺向後增生引起的腰痛 Lower Back Pain caused by Posterior  
Osteophytes (ICD-9-CM 721.3, 724.2)  
病假建議：recommended days of home rest:  
必須因應病情嚴重程度分級  
Must refer to the case presented
- 3) 腰椎間盤突出引起的腰痛 Lower Back Pain caused by a Herniated Lumbar  
Disc (ICD-9-CM 722.10, 724.2)  
病假建議：recommended days of home rest:  
必須因應病情嚴重程度分級  
Must refer to the case presented
- 4) 壓縮性骨折引起的腰痛 Lower Back Pain due to Compression Fracture  
(ICD-9-CM 829.0, 724.2)  
病假建議：recommended days of home rest:  
第三級【需休假7天】  
Level Three【needs 7 days of home rest】
- 5) 腰椎骨後移引起的腰痛 Lower Back Pain due to Spondylolisthesis  
(ICD-9-CM 756.1, 724.2)  
病假建議：recommended days of home rest:  
必須因應病情嚴重程度分級  
Must refer to the case presented
- 6) 腰椎錯位引起的下肢痺痛：坐骨神經痛 Lower Limb Pain or Numbness due  
to Lumbar Subluxation : Sciatica  
(ICD-9-CM 839.20, 729.5, 781.99)  
病假建議：recommended days of home rest:  
必須因應病情嚴重程度分級  
Must refer to the case presented

- 7) 腰椎骨刺向後增生引起的下肢痺痛：坐骨神經痛Lower Limb Pain or Numbness caused by Posterior Osteophytes: Sciatica  
(ICD-9-CM 721.3, 729.5, 781.99)  
病假建議：recommended days of home rest:  
必須因應病情嚴重程度分級  
Must refer to the case presented
- 8) 腰椎間盤突出引起的下肢痺痛：坐骨神經痛Lower Limb Pain or Numbness caused by a Herniated Lumbar Disc: Sciatica  
(ICD-9-CM 722.10, 729.5, 781.99)  
病假建議：recommended days of home rest:  
必須因應病情嚴重程度分級  
Must refer to the case presented
- 9) 腰椎骨後移所引起的下肢痺痛：坐骨神經痛Lower Limb Pain or Numbness due to Spondylolisthesis  
(ICD-9-CM 756.1, 729.5, 781.99)  
病假建議：recommended days of home rest:  
必須因應病情嚴重程度分級  
Must refer to the case presented
- 10) 梨狀肌綜合症：坐骨神經痛Piriformis Syndrome : sciatica  
(ICD-9-CM 724.2)  
病假建議：recommended days of home rest:  
第一級【需休假1至2天】  
Level One【needs 1-2 days of home rest】

F) Lower Limb Disorders:

- 1) 髖關節錯位引起大腿動作不靈活Reduction of Mobility of Hip and Pain due to Hip Joint Subluxation  
(ICD-9-CM 835.00-835.03, 718.55)  
病假建議：recommended days of home rest:  
第一級【需休假1至2天】  
Level One【needs 1-2 days of home rest】
- 2) 膝痛難以屈曲(骨刺未現)Knee Pain and Reduction in Flexion without Osteophytes  
(ICD-9-CM 719.46)  
病假建議：recommended days of home rest:  
第一級【需休假1至2天】  
Level One【needs 1-2 days of home rest】

- 3) 膝部骨質關節炎(骨刺已現)Osteoarthritis of the Knee with Osteophytes  
(ICD-9-CM 715.8, 721.3)

病假建議：recommended days of home rest:  
必須因應病情嚴重程度分級  
Must refer to the case presented

- 4) 足踝關節錯位Ankle Joint Subluxation (ICD-9-CM 837.0)

病假建議：recommended days of home rest:  
第一級【需休假1至2天】  
Level One【needs 1-2 days of home rest】

- 5) 踝關節韌帶拉傷 Ankle Sprain (ICD-9-CM 845.0)

病假建議：recommended days of home rest:  
第一級【需休假1至2天】  
Level One【needs 1-2 days of home rest】

- 6) 腳掌筋膜發炎(扁平足)Plantar Fasciitis caused by Pronated Foot  
(Fallen Arch) (ICD-9-CM 728.71, 734)

病假建議：recommended days of home rest:  
第一級【需休假1至2天】  
Level One【needs 1-2 days of home rest】

- 7) 拇趾外翻引起腳痛Foot Pain due to Hallux Valgus  
(ICD-9-CM 755.66, 729.5)

病假建議：recommended days of home rest:  
第一級【需休假1至2天】  
Level One【needs 1-2 days of home rest】