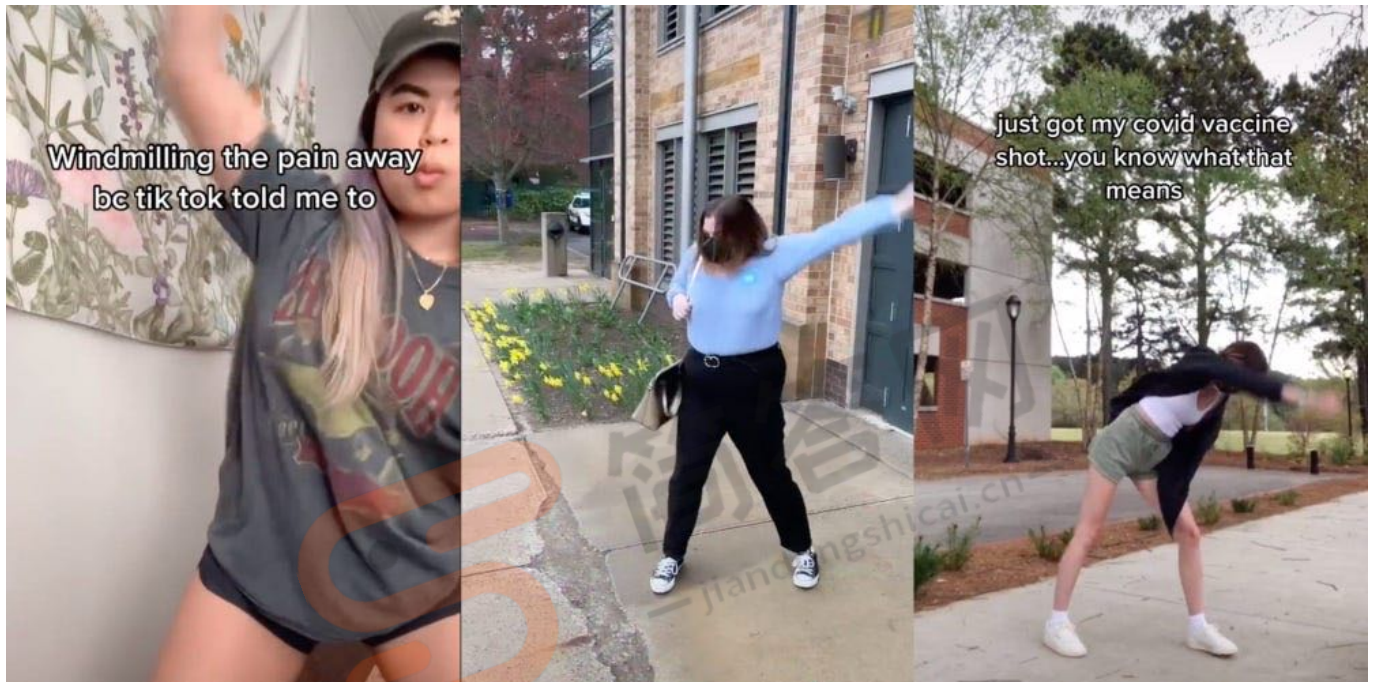


《接种疫苗后跳“风车舞”缓解手臂痛，TikTok这个流行法子真的有用吗？》

最近TikTok上流行一种“风车舞（the windmill）”：将你的手臂伸直、抡起来画圈，就像旋转的风车叶片一样。一些国外网友认为，这个动作可以缓解接种疫苗后引起的手臂疼痛。



TikTok users are posting videos of themselves post-jab swinging their arm around in a bid to try to avoid any pain in the days following.

TikTok用户都在发布接种疫苗后挥动手臂的视频，他们想通过这个动作防止在接种后几天内出现的手臂疼痛。

In the caption for one, the poster wrote, “ this sh*t better work so my arm doesn ’ t hurt tomorrow. ” Another shared the video of herself swinging her arms around and laughing, captioning the clip, “ fully vaccinated. ”

一位用户在其视频标题中写道：“这个动作最好能让我的手臂明天不会痛。”另一位用户分享了自己大笑着摇摆手臂的视频，配字“接种完了”。



Most of the poster are having fun with the unusual new trend, setting “ Too Player ” by Vinny West as the soundtrack to their windmill.

这个不同寻常的新潮流让大多数的用户玩儿得很开心，他们将文尼·韦斯特的《Too Player》设置为“风车舞”视频的背景音乐。

Sadly, although the windmill trend makes for some hilarious content, medical experts have confirmed to the Guardian that it won't actually have any impact on the soreness of your arm beyond a placebo effect.

遗憾的是，尽管“风车舞”视频能给人带来欢乐，但医学专家告诉《卫报》，除了安慰剂效应之外，它实际上不会对你手臂的疼痛产生任何影响。

“It's harmless, looks very silly, and won't do anything. The sore arm does not actually happen immediately as the immune response has not yet happened, and not everyone gets it either,” Beate Kampmann, professor of paediatric infection and immunity and director of the Vaccine Centre at the London School of Hygiene and Tropical Medicine told the Guardian.

英国伦敦卫生与热带医学院疫苗中心主任、儿科感染与免疫教授比特·卡姆曼告诉《卫报》记者：“这个动作不会产生伤害，除了看起来很傻外，没有任何效果。因为免疫反应还没有发生，手臂不会立即出现疼痛，也不是每个人都会痛。”

A spokesperson for AstraZeneca said they were “loath to rule anything out” when it comes to helping with post-vaccine aches but they were “certainly not aware of it being helpful.” Pfizer and Johnson & Johnson both told the Guardian that there was not sufficient scientific evidence for them to be able to comment.

阿斯利康公司发言人表示，他们“不愿排除任何可能”有助于缓解接种疫苗后疼痛的事情，但他们“的确不清楚这么做有什么帮助”。辉瑞和强生公司也告诉《卫报》，他们没有足够的科学证据对此发表评论。

Elsewhere, Azeem Majeed, a professor of primary care and public health and head of the Department of Primary Care & Public Health at Imperial College London, looked on the positive side, saying “If it raises awareness of the jab and makes it seem like a joyful, playful thing, then that's a very good outcome to the dance.”

伦敦帝国学院初级保健与公共卫生系主任、教授艾泽姆·马吉德则对此给出了正面评价，“如果‘风车舞’提高了公众对接种疫苗的认识，让接种疫苗看起来像是一件快乐、好玩的事情，那对这个舞蹈来说是非常好的结果。”

来源：Bustle