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辅助性治疗手套在手外伤后功能康复中的应用* [点此下载全文](#)

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摘要:

摘要目的: 观察自制辅助性治疗手套对外伤后手功能障碍患者手部关节主、被动屈曲度的影响, 并探讨手套的安全性及临床推广价值。方法: 30例患者被随机分为治疗组与对照组。两组患者均接受每日1次、每周5d的常规康复治疗, 疗程为4周; 治疗组患者每次另增加佩戴辅助性治疗手套15min。分别于治疗开始前和治疗结束后的次日, 重点对患者功能活动受限的手指进行包括掌指关节(MP)、近端指间关节(PIP)和远端指间关节(DIP)在内的主、被动关节活动度测量。结果: 经治疗, 治疗组患者食、中、环、小指各关节的被动屈曲度的增加值较对照组有显著性差异($P < 0.05$), 且食、中、环三指掌指关节的被动屈曲度的增加值较对照组有非常显著的差异($P < 0.01$); 治疗组患者食、中、环、小指各关节的主动屈曲度的增加值均大于对照组, 但差异无显著性意义($P > 0.05$)。结论: 辅助性治疗手套对外伤后手功能障碍患者食、中、环、小指各关节的被动屈曲度有独立的改善作用, 尤其是食、中、环三指的掌指关节。

关键词: [屈曲度](#) [关节被动活动度](#) [辅助性治疗手套](#)

The application of adjunctive gloves in hand rehabilitation [Download Fulltext](#)

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Fund Project:

Abstract:

Abstract Objective: To observe the effect of wearing self made adjunctive gloves on active and passive range of hand flexion in patients with hand dysfunction after injury, and to research the safety and clinical value of the gloves. Method: Thirty patients were divided randomly into the experimental group and the control group. The patients in experimental group accepted the routine rehabilitation treatment and wore self-made adjunctive gloves 15min daily, 5d/week, for 4 weeks, and patients in control group accepted the routine rehabilitation treatment only. The active and passive range of metacarpophalangeal joints, proximal interphalangeal joints and distal interphalangeal joints were measured before treatment and on the next day after the end of treatment. Result: The increased passive range of joints of index finger, middle finger, fourth finger and fifth finger was markedly higher in the experimental group than that in the control ($P < 0.05$), exceptionally the joints of index finger, middle finger and fourth finger ($P < 0.01$). However, the increased active range of joints of index finger, middle finger, fourth finger and fifth finger in the experimental group versus in the control didn't demonstrated statistically significance ($P > 0.05$). Conclusion: Wearing on self-made adjunctive gloves can increase the passive range of flexion of index finger, middle finger, fourth finger and fifth finger.

Keywords: [range of flexion](#) [passive range of motion](#) [adjunctive gloves](#)

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