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肘关节慢性运动损伤针刺治疗前后MRI对比研究* [点此下载全文](#)

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摘要:

摘要目的:探讨肘关节慢性运动损伤的MR图像特点,针刺治疗对MR图像和临床症状的影响。方法:选取6—16岁34例运动员左右肘关节共40例分别进行冠状位、矢状位及轴位MR扫描,观察图像特点;将40例肘关节随机分成针刺组和对照组,并观察针刺治疗后MR图像和临床症状的变化。结果:慢性肘关节损伤的MR表现形式多样,分别为尺骨鹰嘴滑囊增厚、积液,肱骨下段骨髓、桡骨小头、尺骨鹰嘴、尺骨冠突骨髓水肿,尺侧副韧带损伤。针刺治疗后临床症状有明显改善,MR图像表现为肘关节积液减少,骨髓水肿减轻。结论:针刺治疗可以明显缓解运动员肘关节疼痛、绞锁症状,改善关节活动范围,有利于恢复专项训练和高水平竞技比赛。MR检查肘关节可明确显示关节内外的骨骼肌肉组织的损伤及治疗后情况,是一种敏感有效无创伤的方法。

关键词: [肘关节](#) [慢性运动损伤](#) [磁共振成像](#) [针刺治疗](#)

Comparative study of the effect of acupuncture on chronic sport injury of elbow in athletes with magnetic resonance imaging [Download Fulltext](#)

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Abstract:

Abstract Objective: To analyse magnetic resonance imaging characters in chronic injury of elbow in athletes and to compare the effect of acupuncture. Method: Thirty-four athletes with age of 6—16 years old including 40 injured elbows were taken with axial, sagittal and coronal MR Scan. Imaging characters were analysed, and randomly grouped to acupuncture group and model group for observing the effect of acupuncture and magnetic resonance imaging characters. Result: Magnetic resonance imaging characters were multiformity, included thickening and effusion of olecranon synovial plicae, bone marrow edema of lower humeral osteoepiphysis, radial head, olecranon, ulna coronoid, ulnar collateral ligament trauma in chronic sport injury of elbow joint. Compared with control group, the clinic symptoms improved in acupuncture group. MRI showed effusion of elbow reduced, bone marrow edema lightened. Conclusion: After acupuncture therapy, pain, locking, limitation of elbow motion in all athletes lightened and their athletic training restored. MRI is a susceptible method for diagnosing chronic sport injury of elbow in athletes. Particularly, some images structures of athletic elbows and the continuity or interrelation of structure of elbows could be showed.

Keywords: [elbow](#) [chronic sport injury](#) [magnetic resonance imaging](#) [acupuncture](#)

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