

张秀花, 王晓梅, 刘冰. 下肢骨折内固定术后膝关节功能障碍的早期综合康复疗效分析[J]. 中国康复医学杂志, 2012, (1): 49-51

下肢骨折内固定术后膝关节功能障碍的早期综合康复疗效分析 [点此下载全文](#)

[张秀花](#) [王晓梅](#) [刘冰](#)

大庆市人民医院康复科, 黑龙江省大庆市, 163316

基金项目:

DOI:

摘要点击次数: 121

全文下载次数: 54

摘要:

摘要目的: 评价早期综合康复对下肢骨折内固定术后膝关节功能障碍患者的作用。方法: 80例下肢骨折内固定术后出现膝关节功能障碍的患者随机分为两组, 治疗组42例, 对照组38例, 同时给予泥疗、平衡负重及关节活动度(KOM)训练, 治疗组在此基础上增加针刺及连续泥疗下关节活动度的训练, 并通过视觉模拟评分(VAS)、膝关节水肿程度、ROM和依从性的评定, 评价早期综合康复的作用。结果: 治疗后两组患者在疼痛程度、膝关节周径、关节活动度、依从性等方面都有不同程度的改善, 其中治疗组明显优于对照组, 差异显著(P<0.05)。结论: 早期综合康复能减轻下肢骨折内固定术后的膝关节功能障碍。

关键词: [骨折](#) [功能障碍](#) [康复](#) [针刺](#) [泥疗](#) [膝关节](#)

Research for the effect of early comprehensive rehabilitation on knee dysfunction after lower extremity fracture with internal fixation [Download Fulltext](#)

Dept. Of Rehabilitation, People's Hospital of Daqing, 163316

Fund Project:

Abstract:

Abstract Objective: To investigate the effect of early comprehensive rehabilitation on knee dysfunction after lower extremity fracture with internal fixation. Method: Eighty patients (27 females) with knee dysfunction after lower extremity fracture with internal fixation were randomly assigned to 1 of 2 groups: a control group which received range of motion(ROM) training, balance loading and pelotherapy, a treatment group which received the same training in addition to acupuncture and continuous pelotherapy. Visual analogue scale (VAS), severity of knee swelling, ROM and compliance of the training were used to assess the pain, function and compliance of patients in both groups. Result: The clinical observation showed that in treatment group ROM training combined with acupuncture and continuous pelotherapy could relieve pain, diminish edema, improve ROM and compliance of the rehabilitation programs, compared to the control group, the difference were significant(P<0.05). Conclusion: Early comprehensive rehabilitation can reduce the knee dysfunction after lower extremity fracture with internal fixation.

Keywords: [fracture](#) [dysfunction](#) [rehabilitation](#) [acupuncture](#) [pelotherapy](#) [knee](#)

[查看全文](#) [查看/发表评论](#) [下载PDF阅读器](#)

您是本站第 1618807 位访问者

版权所有: 中国康复医学会

主管单位: 卫生部 主办单位: 中国康复医学会

地址: 北京市和平街北口中日友好医院 邮政编码: 100029 电话: 010-64218095 传真: 010-64218095

本系统由北京勤云科技发展有限公司设计 京ICP备10000329号