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髌骨脱位行内侧髌骨股骨韧带重建术后的康复治疗 [点此下载全文](#)

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摘要:

摘要目的: 探讨内侧髌骨股骨韧带(MPFL)重建术后髌骨脱位患者康复治疗方法, 最大程度恢复膝关节功能。**方法:** 50例MPFL重建术后的髌骨脱位患者随机分成治疗组和对照组, 每组各25例。治疗组给予等速肌力训练等综合康复, 对照组进行指导回家自行训练, 术后第12、24周对两组患者进行等速测试(慢速 $60^{\circ}/s$ 、快速 $180^{\circ}/s$), 并将股四头肌及股内侧肌患侧/健侧峰力矩百分比、膝关节活动度(ROM)及Lysholm膝关节评分进行比较。**结果:** 治疗组术后第12、24周, 股四头肌患侧/健侧峰力矩百分比慢速分别为 61.19 ± 4.80 、 83.08 ± 2.52 , 快速分别为 68.62 ± 5.04 、 90.85 ± 1.82 , 股内侧肌百分比慢速分别为 73.19 ± 6.27 、 91.73 ± 8.11 , 快速分别为 68.49 ± 2.64 、 82.42 ± 4.12 , Lysholm评分分别为 82.36 ± 2.57 、 95.79 ± 1.03 , 均优于对照组($P < 0.05$), ROM分别为 138.31 ± 4.79 、 141.72 ± 5.16 , 与对照组差异无显著性($P > 0.05$)。**结论:** 该方案能成功应用于MPFL重建的髌骨脱位患者术后的康复, 并取得良好的效果。

关键词: [内侧髌骨股骨韧带重建](#) [髌骨脱位](#) [康复](#)

Research of rehabilitation therapy on patients with dislocation of patella after medial patellofemoral ligament reconstruction [Download Fulltext](#)

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Fund Project:

Abstract:

Abstract Objective: To explore the rehabilitation therapy for dislocation of patella after medial patellofemoral ligament (MPFL) reconstruction to regain the knee function maximally. **Method:** Fifty patients after MPFL reconstruction, were randomly divided into treatment group and control group, each group 25 cases. The treatment group received comprehensive rehabilitation, and the control group received medical instruction, then self-exercise. After 12 and 24 weeks postoperation, subjects were assessed with isokinetic measurement, and the involved/uninvolved peak torque ratio of quadriceps femoris and medial vastus muscle, range of motion (ROM) of knee joint and Lysholm score. **Result:** After 12 and 24 weeks postoperation, the peak torque ratio of treatment group's quadriceps femoris on low-speed were 61.19 ± 4.80 , 83.08 ± 2.52 , on high-speed were 68.62 ± 5.04 , 90.85 ± 1.82 ; and which of medial vastus muscle on low-speed were 73.19 ± 6.27 , 91.73 ± 8.11 , on high-speed were 68.49 ± 2.64 , 82.42 ± 4.12 ; Lysholm scores were 82.36 ± 2.57 , 95.79 ± 1.03 , were superior to that of control group ($P < 0.05$); ROM were 138.31 ± 4.79 , 141.72 ± 5.16 , no significant difference with control group ($P > 0.05$). **Conclusion:** The therapy can be applicable to patients with dislocation of patella after MPFL reconstruction and it's effectiveness is obviously.

Keywords: [medial patellofemoral ligament reconstruction](#) [dislocation of patella](#) [rehabilitation](#)

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