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不同体位下颈椎拔伸旋转手法治疗神经根型颈椎病的疗效对比研究 [点此下载全文](#)

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摘要:

摘要目的: 观察患者颈椎处于前屈、中立、后伸3种不同体位下拔伸旋转手法治疗神经根型颈椎病的临床疗效。方法: 将240例神经根型颈椎病患者随机分成3组, 均采用坐位拔伸旋转手法治疗。前屈位组、中立位组、后伸位组患者各80例, 手法治疗时患者颈椎依次处于前屈位、中立位及后伸位。观察3组临床疗效、治疗前后总积分、主观感觉积分、体征积分和颈部残障指数(NDI)评分。结果: 3组间总有效率、总积分、主观感觉和客观体征比较差异均存在显著性, 后伸位组优于中立位组和前屈位组($P < 0.01$); 治疗后NDI评分后伸位组(0.192 ± 0.091)低于中立位组(0.221 ± 0.071)和前屈位组(0.251 ± 0.065)($P = 0.000$)。结论: 在施行颈椎旋转拔伸手法治疗神经根型颈椎病时, 20° 范围内, 患者后伸位的临床疗效优于中立位和前屈位。

关键词: [颈椎病](#) [体位](#) [手法治疗](#)

The clinical effects of cervical spinal manipulation therapy treating cervical spondylopathy of nerve-root type on three different cervical spine positions [Download Fulltext](#)

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Abstract:

Abstract Objective: To observe the clinical effects of cervical spinal manipulation therapy treating cervical spondylopathy of nerve-root type with extension, neutrality or flexion position of cervical spine. Method: A total of 240 patients with cervical spondylopathy of nerve-root type were divided into three groups (extension position group, neutrality position group and flexion position group) randomly and medially. Every patient received cervical spinal manipulation therapy with extension, neutrality or flexion positions of cervical spine. The clinical effect, total score, subjective feeling score, objective sign score and neck disability index(NDI) score of three groups were calculated and compared. Result: There were significant differences among three groups in total effective rate, total score, subjective feeling score and objective sign score($P < 0.01$), and the effect of extension group was better than other two groups. The NDI score of extension group was less than other two groups ($P = 0.000$). Conclusion: When cervical spinal manipulative therapy treated cervical spondylopathy of nerve-root type within 20° position of cervical spine. the clinical effect of cervical spinal manipulation therapy with extension position of cervical spine was better than neutrality and flexion positions.

Keywords: [cervical spondylopathy](#) [position](#) [manipulative therapy](#)

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