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一种三维运动平台对肩周炎临床疗效的影响 [点此下载全文](#)

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摘要:

摘要目的: 探讨使用IMOOVE 三维运动平台(IMOOVE)治疗肩周炎的临床疗效。**方法:** 从肩周炎患者中选取60例, 随机分为使用IMOOVE治疗组(IMOOVE组)和关节松动术结合肌肉能量技术(MET)组(对照组)。连续治疗2周, 治疗前和治疗后使用美国肩肘外科协会(ASES)评分系统进行疗效评估。结果: 患者自评部分得分治疗前对照组(37.52±2.13), IMOOVE组(36.17±1.52)治疗后分别提升至(68.33±1.09)和(80.92±3.35), 治疗前后差异具有显著性意义(P<0.05), IMOOVE组改善程度优于松动术组(P<0.05); 两组患者治疗后肩关节活动度均有明显提高(P<0.05), IMOOVE组在改善肩外旋及内收-内旋-后伸肩关节的活动度上优于松动术组(P<0.05)。结论: 关节松动术和使用IMOOVE治疗肩周炎均具有良好的临床疗效, 使用IMOOVE治疗肩周炎是一种安全有效的新技术。

关键词: [肩周炎](#) [IMOOVE康复治疗仪](#) [关节松动术](#) [肌肉能量技术](#) [粘连疼痛肩](#)

The clinical effect for scapulothoracic periarthritis with the IMOOVE 3D workbench [Download Fulltext](#)

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Fund Project:

Abstract:

Abstract Objective: To probe the clinical effect of rehabilitation treatment instrument 3D IMOOVE on curing stiff and painful scapulothoracic periarthritis. **Method:** Sixty patients with stiff and painful shoulder were randomly divided into 2 groups: one with joint mobilization and muscle energy technique (MET) (control group), and another with IMOOVE treatment instrument(IMOOVE group). Both groups received treatment for two consecutive weeks, and the therapeutic effects before and after treatments will be evaluated by American shoulder and elbow surgeons evaluation system(ASES). **Result:** Patients' self-evaluation scores: before treatments the control group had (37.52±2.13), the IMOOVEgroup had (36.17±1.52); after treatments the scores raised to(68.33±1.09) and (80.92±3.35) respectively. There was statistical significance before and after treatments (P<0.05). The shoulder's range of motion(ROM) improved significantly after treatments (P<0.05). Moreover, the IMOOVE group got better effect compared with than mobilization group in improving the shoulder joint activity range of external rotation and adduction-internal rotation-extension. **Conclusion:** Both joint mobilization and MET as well as IMOOVE showed well clinical effects for the stiff and painful shoulder. The IMOOVE, treatment course was shorter, and it was an safety and effective new technique.

Keywords: [scapulothoracic periarthritis](#) [IMOOVE](#) [joint mobilization](#) [muscle energy technique](#) [stiff and painful shoulder](#)

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