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C6—T6脊髓损伤患者应用往复式步行矫形器的疗效分析 [点此下载全文](#)

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摘要:

目的:观察往复式步行矫形器对T6以上脊髓损伤患者心肺功能和ADL能力及步行能力的影响。方法:将40例C6—T6以上脊髓损伤患者分为观察组18例(装配往复式步行矫形器者)和对照组22例(未装配者)。对照组进行系统综合康复治疗(包括有氧训练、肌力训练、站立训练、平衡、转移训练、被动关节活动度训练、心肺功能训练、ADL训练、膀胱功能等其他综合康复训练),观察组进行系统综合康复治疗外还进行装配步行矫形器前训练、矫形器装配后训练及步态步行训练。结果:经过12周的训练后两组患者的心肺功能和日常生活活动能力明显改善,观察组明显优于对照组(P<0.05)。观察组18例患者装配矫形器及训练后患者10m步行时间平均 $87.27 \pm 39.57s$ , 6min步行距离为 $46.35 \pm 26.24m$ ,在装配往复式步行矫形器后7例可达到室内治疗性步行,11例可达到实用性步行,对照组无一例能步行。结论:往复式步行矫形器对改善T6以上脊髓损伤患者心肺功能、ADL能力及步行能力有重要意义。

关键词: [往复式步行矫形器](#) [脊髓损伤](#) [心肺功能](#) [步行](#) [日常生活活动能力](#)

Effects of reciprocating gait orthosis on cardiopulmonary function and ADL and walking ability in patients with spinal cord injury [Download Fulltext](#)

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Fund Project:

Abstract:

Objective: To observe the effects of reciprocating gait orthosis (RGO) on cardiopulmonary function and ADL and walking ability in patients with SCI at above T6 level. Method: Forty patients with spinal cord injury at C6—T6 level were randomly divided into treatment group(18 cases) and control group(22 cases). Patients in control group were only treated with routine comprehensive rehabilitation (including aerobic exercises, muscle strength, standing exercises, balance exercises, transfer, cardiopulmonary function, passive joint motion, ADL, bladder function). Treatment group was treated with routine treatment and walking exercises with RGO. Result: After 12 weeks intervention, cardiopulmonary function and ADL of all patients increased significantly, and improvement of ability in treatment group was superior to that in control group(P<0.05). In treatment group, average time of Ten-Meter Walking Test was  $87.27 \pm 39.57s$  and average distance of 6-Minute Walking Distance was  $46.35 \pm 26.24m$ , functional gait was achieved in 11 of 18 patients with RGO, and therapeutic ambulation in the rest 7 patients. Conclusion: Reciprocating gait orthosis combined with comprehensive rehabilitation have clinical effects on cardiopulmonary function and ADL and walking ability in patients with SCI at above T6 level.

Keywords: [reciprocating gait orthosis](#) [spinal cord injury](#) [cardiopulmonary function](#) [walking](#) [activities of daily living](#)

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