

丁明晖,李燕,张宏.温针灸治疗膝关节骨关节炎的近期效果[J].中国康复医学杂志,2009,(4):321-324

温针灸治疗膝关节骨关节炎的近期效果 [点此下载全文](#)

[丁明晖](#) [李燕](#) [张宏](#)

中山大学附属第一医院康复科,广州,510080

基金项目:

DOI:

摘要点击次数: 30

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摘要:

目的:探讨温针灸疗法治疗膝关节骨性关节炎(OA)的临床疗效,评估温针灸疗法治疗膝关节OA的临床效果。方法:将90例符合纳入标准的患者随机分为3组,治疗组予以温针灸治疗,对照组I予以口服布洛芬缓释胶囊,对照组II为等待组,2周内不接受任何针灸,2周后进行温针灸治疗。运用患者自评量表(WOMAC)及中文版简明健康状况调查表(SF-36)在疗程0周、2周时进行评估。结果:3组治疗措施均有效,治疗组2周后总有效率为86.67%,对照组I总有效率为90.00%,对照组II总有效率为60.00%。治疗组与对照组I后2周治疗后WOMAC和SF-36评分与治疗前比较均有显著性差异( $P<0.05$ );除对照组II精神健康无显著性差异外,2周治疗后WOMAC与SF-36评分与治疗前比较均有显著差异( $P<0.05$ )。治疗组与对照组I在2周治疗后WOMAC和SF-36评分比较无显著性差异( $P>0.05$ ),两组分别与对照组II比较有显著性差异( $P<0.05$ )。结论:通过应用温针灸治疗膝关节OA,确实能起到温补阳气、祛风除湿、消肿止痛、改善关节功能的作用。

关键词: [膝 骨关节炎](#) [温针灸](#) [疼痛](#)

Warm acupuncture-moxibustion in patients with osteoarthritis of knee [Download Fulltext](#)

Dept. of Rehabilitation Medicine, The First Affiliated Hospital, Sun Yat-sen University, Guangzhou, 510080

Fund Project:

Abstract:

Objective: To investigate the effect of warm acupuncture-moxibustion in patients with osteoarthritis(OA) of knee. Method: Patients with OA of knee were randomly assigned to warm acupuncture-moxibustion group(n=30), drug treatment group(n=30) and waiting control group(n=30). Warm acupuncture-moxibustion or Ibuprofen was applied to the corresponding group respectively in 10 sessions over 2 weeks. The patients in waiting control group didn't receive any acupuncture at the first 2 weeks, but 2 weeks later received warm acupuncture-moxibustion treatment for 2 weeks. Patients completed standard questionnaires at baseline and after 2 weeks. The Western Ontario and McMaster Universities Osteoarthritis(WOMAC) and SF-36 index were used to evaluate the outcome at the end of week 0 and 2. Result: Significant differences on WOMAC and SF-36 scores were found between before and after 2-week treatment in warm acupuncture-moxibustion group and drug treatment group( $P<0.05$ ). There were no difference between warm acupuncture-moxibustion group and drug treatment group after 2-week treatment( $P>0.05$ ). Conclusion: The results suggested that warm acupuncture-moxibustion is an effective and safe therapy to patients with OA of knee.

Keywords: [knee](#) [osteoarthritis](#) [warm acupuncture-moxibustion](#) [pain](#)

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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

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