李春镇,盛佑祥,杨万章,吴 芳,舒国建,陈 颖,覃建茗.运动想象疗法结合神经肌肉电刺激疗法对脑梗死偏瘫患者上肢功能的影响[J].中国康复医学杂志,2009,(10):924~926

运动想象疗法结合神经肌肉电刺激疗法对脑梗死偏瘫患者上肢功能的影响

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基金项目：

DOI：

摘要：

目的：探讨运动想象疗法结合神经肌肉电刺激对脑梗死偏瘫患者上肢功能的影响。方法：60例脑梗死患者随机分为对照组、治疗组，2组患者均接受基础药物治疗,其中对照组：常规康复；治疗组：常规康复＋运动想象疗法＋神经肌肉电刺激。1个月为1个疗程，治疗前后分别进行简易上肢功能检测（STEF）、上肢运动功能FMA评分及改良Barthel指数（MBI）。结果：治疗1个月后，两组患者的STEF、上肢FMA评分及改良Barthel指数（MBI）评分差异较治疗前均有显著性意义（P<0.05），但治疗组治疗效果较对照组更加显著（P<0.05）。结论：运动想象疗法结合神经肌肉电刺激不仅能改善脑梗死患者上肢功能,而且能促进日常生活活动能力的恢复。

关键词：运动想象 神经肌肉电刺激 脑梗死 偏瘫 康复 上肢功能

Effects of motor imaginary therapy combined with neuromuscular electrical stimulation on the functional outcomes of upper limb in patients with hemiplegia of convalescence cerebral infarction

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Abstract:

Objective: To study the effects of motor imaginary therapy combined with functional neuromuscular electrical stimulation on the functional outcomes of upper limbs in hemiplegic patients with convalescence cerebral infarction. Method: Sixty patients with convalescence cerebral infarction were divided into treatment group(n=30) and control group(n=30). Both groups were treated with basic medication and routine rehabilitation training (facilitation technique). The treatment group were treated with motor imaginary therapy combined with functional neuromuscular electrical stimulation additionally. Simple test for evaluating hand function(STEF), Fugl-Meyer Assessment(FMA) and Modified Barthel Index(MBI) were used to assess the level of neurological impairment motor function and activities of daily living(ADL) before and after one month treatment. Result: After treatment the STEF scores, FMA scores and MBI scores were significantly different in both groups comparing with the scores before treatment(P<0.05), the scores in treatment group were significantly different comparing with those in control group after treatment(P<0.05). Conclusion: Motor imaginary therapy, neuromuscular electrical stimulation and rehabi1itation training can not only effectively improve the functional outcomes of upper limbs in hemiplegic patients with convalescence cerebral infarction, but also improve the abilities of activities of daily living.

Keywords:motor imagery neuromuscular electrical stimulation cerebral infarction hemiplegia rehabilitation function of upper limb

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