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电刺激引导下神经阻滞治疗下背痛临床研究 [点此下载全文](#)

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摘要:

摘要目的: 观察电刺激引导下神经阻滞治疗对下背痛患者疼痛及功能改善的价值。**方法:** 78例下背痛患者,随机分为治疗组(40例)和对照组(38例),治疗组在电刺激仪引导下行复方倍他米松2mg联合利多卡因2ml神经阻滞治疗,对照组给予物理因子治疗和运动疗法治疗。治疗前及治疗后第1天、第1周和第2周应用目测类比评分法(visual analogue scale, VAS)对疼痛进行评估,治疗前后应用腰椎疾患治疗成绩评分表对腰椎功能状态进行评定。结果:治疗组有效率为100.0%,改善率为96.6%;对照组有效率为86.8%,改善率为64.3%;二组间疗效比较差异有显著性意义($P<0.01$)。结论:电刺激引导下神经阻滞治疗对改善下背痛及提高腰椎活动功能有明显的作用。

关键词: [电刺激](#) [神经阻滞](#) [下背痛](#) [自测类比评分](#) [腰椎功能评分](#)

Clinical study of nerve block therapy guided by electric stimulation in low back pain [Download Fulltext](#)

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Abstract:

Abstract Objective: To observe the therapeutic effect of nerve block therapy guided by electric stimulation on the relief of pain and the improvement of function in patients with low back pain (LBP). **Method:** A total of 78 LBP patients were divided into nerve block treatment group (n=40) and traditional treatment group (n=38) randomly. The nerve block treatment group was injected with Betamethasone compound 2mg and Lidocaine 2ml guided by electric stimulation. The physical modalities and exercises therapy were applied in the traditional treatment group. The pain was evaluated with visual analogue scale(VAS) before treatment and 1 d, 1 and 2 weeks after treatment. The function of lumbar was assessed before and after the treatment with performance assessment scale for the treatment of lumbar vertebral diseases. **Result:** The effective rate in treatment group was 100.0%, in traditional group was 86.8%; the improvement rate in treatment group was 96.6%, in traditional group was 64.3%; there were significant differences between two groups($P<0.01$). **Conclusion:** Nerve block therapy guided by electric stimulation display significant effect on relief the low back pain and improve the function of lumbar vertebrae.

Keywords: [electric stimulation](#) [nerve block](#) [low back pain](#) [visual analogue scale](#) [lumbar function score](#)

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