

高强,关敏,何成奇,吴志刚. 运动治疗及针刺对急性期脑卒中偏瘫患者运动与平衡功能的影响[J]. 中国康复医学杂志, 2010, (8): 764-767

运动治疗及针刺对急性期脑卒中偏瘫患者运动与平衡功能的影响 [点此下载全文](#)

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基金项目:

DOI:

摘要点击次数: 141

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摘要:

**摘要目的:** 观察运动治疗及针刺对急性期(发病<7d)脑卒中偏瘫患者神经功能缺损、肢体运动功能及平衡能力的影响。方法: 对83例发病7d内的脑卒中偏瘫患者, 随机分组为4组: 运动治疗加针刺组(A组)、单纯运动治疗组(B组)、单纯针刺组(C组)和药物治疗组(D组)。分别于入组时、治疗第8次后采用神经功能缺损量表、简化Fugl-Meyer运动功能评分及Fugl-Meyer平衡功能评分进行评定。结果: 治疗第8次后, A组各项评分明显优于C、D组, B组各项评分明显优于C、D组, C组各项评分明显优于D组( $P<0.05$ ), A、B组间差异无显著性意义( $P>0.05$ )。结论: 运动治疗及针刺治疗相结合能显著地改善急性期脑卒中偏瘫患者肢体运动功能及平衡能力。

**关键词:** [脑卒中](#) [偏瘫](#) [运动疗法](#) [针刺](#) [康复](#)

The effect of physical exercise and acupuncture on the acute stroke patients with hemiplegia [Download Fulltext](#)

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Abstract:

**Abstract Objective:** To observe the effect of physical exercise and acupuncture intervention on limb motor function, balance ability in acute stroke patients with hemiplegia. **Method:** Eighty-three acute stroke patients with hemiplegia among 7 days were randomly assigned into four groups: physical exercise and acupuncture group(group A), physical exercise group (group B), acupuncture group(group C), and controlled group(group D). We assessed the four groups by simplified Fugl-Meyer motor function scale and Fugl-Meyer balance scale separately before the therapy and after 8 times' treatment and evaluated the clinic curative effect. **Result:** The assessments for the group A was better than group C and group D; group B was better than group C and group D ( $P<0.05$ ); and there were no different between group A and group B ( $P>0.05$ ) after 8 times' treatment. **Conclusion:** Physical exercise and acupuncture are effective to acute stroke patients with hemiplegia on motor function and balance ability.

**Keywords:** [stroke](#) [hemiplegia](#) [physical exercise](#) [acupuncture](#) [rehabilitation](#)

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