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胸锁乳突肌表面肌电图的研究 [点此下载全文](#)

[黄宇琦](#) [阚和平](#) [林智棋](#) [周杰](#) [李义凯](#)

南方医科大学附属南方医院肝胆外科, 广州, 510515

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摘要:

目的: 记录胸锁乳突肌不同体位姿势时的表面肌电图以评估其疲劳的发生及临床意义。方法: 采用表面肌电图仪, 用双电极引导法对8名健康受试者的胸锁乳突肌进行等长收缩和屈伸疲劳状态下的检测。观察指标为中位频率(MF)和平均功率频率(MPF)。在头平视、头前屈、头后伸、深吸气、头旋转、头强力前屈等姿势下记录右侧胸锁乳突肌的表面肌电图。结果: 头平视位60s时MF为 $33.00 \pm 2.12$ , MPF为 $51.00 \pm 4.33$ ; 头前屈位60s时MF为 $28.50 \pm 1.51$ , MPF为 $58.00 \pm 3.13$ ; 头后伸位60s时MF为 $23.00$

关键词: [胸锁乳突肌](#) [表面肌电图](#) [肌肉疲劳](#) [肌筋膜](#)

The surface ECG of sternocleidomastoid muscle [Download Fulltext](#)

Nanfang Hospital, The Southern Medical University, Guangzhou, 510515

Fund Project:

Abstract:

Objective: To record surface electromyography(EMG) of sternocleidomastoid muscle in different positions, in order to evaluate the fatigue occurrence and it's clinical significance. Method: The Median frequency (MF) and mean power frequency (MPF) of surface ECG in conditions of isometric contraction and flexion-extension fatigue were recorded with ME6000-T8 in 8 healthy volunteers. Measured postures included the neutral position, flexion, extension, deep inspiration, extremely head rotation and flexion. The Surface ECG of right side was measured in all of postures. Result: MF and MPF were  $33.00 \pm 2.12$  and  $51.00 \pm 4.33$  respectively in natural posture. In flexion, kept the posture for 60s, MF and MPF were  $28.50 \pm 1.51$  and  $58.00 \pm 3.13$  respectively. The MF and MPF were  $23.00 \pm 1.35$  and  $45.30 \pm 6.21$  during the extension. Making a deep inspiration, the MF was  $21.00 \pm 1.75$  and MPF was  $41.00 \pm 3.51$ . During the turning head to left side extremely for 60s, MF and MPF were  $46.00 \pm 3.42$  and  $56.00 \pm 2.72$ , and turning head to right side extremely, MF and MPF were  $59.00 \pm 2.53$  and  $71.00 \pm 4.64$ . Keeping the flexion extremely for 5 min, the MF and MPF in first and last one minutes were recorded and measured, they were  $43.00 \pm 4.27$  and  $95.00 \pm 4.61$ ,  $19.00 \pm 3.73$  and  $48.00 \pm 4.22$  respectively. Conclusion: The MF and MPF of sternocleidomastoid muscle were different at various body positions in normal people, this may be related to it's situation in different parts, structural characteristics and functions. It suggested that some improper body positions can cause the muscle strain.

Keywords: [sternocleidomastoid muscle](#) [surface EMG](#) [muscle fatigue](#) [muscular fasciae](#)

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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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