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## 论文

### CT引导下注射臭氧治疗椎间盘源性腰痛的临床研究

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摘要:

**目的** 探讨椎间盘内注射臭氧对椎间盘源性腰痛的疗效。**方法** 2005年5月至2009年7月, 72例椎间盘源性腰痛患者行CT引导下椎间盘内注射臭氧治疗, 质量浓度为30~40 $\mu$ g/mL, 剂量为5~10mL, 疼痛复制反应阳性66例(91.67%)。 **结果** 随访7~54个月, 平均20个月, 腰痛及下肢痛症状明显缓解, 均恢复正常生活。VAS评分较术前下降 $50.36 \pm 2.32$  ( $P < 0.01$ ), ODI评分下降 $42.23 \pm 5.38$  ( $P < 0.01$ )。优良率90.28% (65/72), 有效率100%。所有患者均未发生椎间隙感染、神经根损伤、臭氧气栓等并发症。 **结论** CT引导下椎间盘内注射臭氧治疗椎间盘源性腰痛是一种安全有效的方法。注射臭氧的CT表现近似椎间盘造影。

**关键词:** 椎间盘源性腰痛; 臭氧; CT引导; 疗效

### Clinical study of treatment discogenic low back pain with CT guided ozone injection

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Abstract:

**Objective** To explore the effectiveness of the intervertebral disc ozone therapy for discogenic low back pain. **Methods** From May 2005 to July 2009, 72 patients with discogenic low back pain were treated with CT-guided intervertebral disc ozone injection, of which the concentration and dosage were 30-40 ug/ml and 5-10mL, respectively. 66 cases (91.67%) showed positive pain reproduction. **Results** All cases were followed up for an average period of 20 months (range from 7 to 54 months). All patients recovered well and returned to their normal lives. Compared with pre-operative period, the average decrease of VAS scoring and ODI scoring were  $50.36 \pm 2.32$  ( $P < 0.01$ ) and  $42.23 \pm 5.38$  ( $P < 0.01$ ), respectively. Success rate was 90.28% (65/72) and the effective rate was 100%. There were no infection, nerve root injury, or ozone embolism. **Conclusion** Treatment of discogenic low back pain with CT-guided ozone injection is a safe and effective approach. CT manifestation of ozone injection is similar to Discography.

**Keywords:** Discogenic low back pain; Ozone; CT guided; Curative effect

收稿日期 2010-05-27 修回日期 网络版发布日期

DOI:

基金项目:

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