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核心稳定性训练对脑卒中偏瘫患者站立平衡和步行能力的影响 [点此下载全文](#)

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摘要:

摘要目的: 探讨核心稳定性训练对脑卒中偏瘫患者站立平衡和步行能力的影响。**方法:** 将符合入选标准的脑卒中偏瘫患者随机分为观察组(40例)和对照组(40例)。两组患者均采用常规康复方法进行治疗, 观察组还另外采用核心稳定性训练方法。两组患者步行训练时间均为30min/d, 5d/周, 持续4周, 其余康复治疗如作业疗法、物理因子治疗等两组均相同。两组患者分别于治疗前、治疗后及出院后3周予以Holden步行功能分级量表(FAC)、Berg平衡量表(BBS)进行评定, 同时选用足印步态分析法测量患者的步行参数变化。结果: 两组患者治疗后FAC和BBS的评分均较治疗前提高, 步行参数(平均步长、步宽及步速)得到改善, 治疗前、后各量表的评分差异具有显著性($P<0.05$); 与对照组相比, 观察组患者在各量表评分提高幅度更大($P<0.05$)。两组患者在出院后3周再次评定时, 组内比较各量表评分均较治疗后有所提高, 但观察组内评分比较具有显著性($P<0.05$), 对照组内比较无显著性($P>0.05$)。结论: 对于脑卒中偏瘫患者, 核心稳定性训练方法可以更好的改善其平衡及步行功能, 并且疗效持续性好。

关键词: [脑卒中](#) [核心稳定性](#) [站立平衡](#) [步行能力](#)

Effects of core stability training on standing balance and walking function of stroke hemiplegic patients in convalescent phase [Download Fulltext](#)

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Abstract:

Abstract Objective: To explore the effects of core stability training on standing balance and walking function of stroke hemiplegic patients in convalescent phase. **Method:** All of the stroke hemiplegic patients accorded with the enrolled criterion were randomly assigned to observation group(40 cases) and control group(40 cases). All the stroke patients routing the same regulation rehabilitation treatments; however, the observation group received core stability training in addition. Programs of both groups were 30min per day, 5d per week for 4 weeks. Berg balance scale (BBS), Holden walking function rating scale(FAC) and footprint analysis were used to evaluate the balance function and the walking ability of stroke patients before and after treatment as well as 3 weeks after treatment by two appointed raters. **Result:** Compared with pre-training, both groups had significant improvement on FAC ($P<0.05$), BBS ($P<0.05$), and foot-print analysis (average step length, stride width, walking velocity) ($P<0.05$). Compared with control group, core observation group had significantly greater improvement on each scales ($P<0.05$). In addition, after leaving hospital 3 weeks, there were also significant improvements in each scales of patients of observation group ($P<0.05$), and no significance in control group ($P>0.05$). **Conclusion:** Core stability training might be more advantageous for improving balance and walking ability of stroke hemiplegic patients in convalescent phase, and the duration of therapy effects lasted much longer.

Keywords: [stroke](#) [core stability](#) [standing balance](#) [walking function](#)

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