

## 研究生园地

## 运动想象疗法结合针刺治疗脑卒中后吞咽障碍的疗效观察\*

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**摘要:**目的 观察运动想象结合针刺治疗脑卒中后吞咽障碍的临床效果。方法 80例脑卒中后吞咽障碍患者随机分为常规康复组、运动想象疗法组、针刺组、联合康复组,各20例。采用洼田饮水试验及VFSS评分进行评定。结果 四组治疗后吞咽功能均有改善,联合组显著优于其他组。结论 运动想象疗法结合针刺可以更好地改善脑卒中吞咽障碍。

**关键词:** 吞咽障碍; 运动想象疗法; 针刺治疗; 康复; 疗效观察

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## Clinical Observation on Treatment of Dysphagia after Stroke by Motor Imagery Therapy and Acupuncture

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**Abstract: Objective:** To observe clinical effect of motor imagery therapy and acupuncture in treating dysphagia after stroke. **Methods:** 80 cases of patients with dysphagia after stroke were randomly divided into conventional rehabilitation group, motor imagery therapy group, acupuncture group and associated rehabilitation group with 20 cases in each. Water swallow test was adopted and VFSS score was used to grade. **Results:** Swallowing function of patients in all the groups were improved and the performance of the patients in associated rehabilitation group were superior to those in the other three groups. **Conclusion:** Motor imagery therapy and acupuncture treatment combined can better improve dysphagia after stroke.

**Keywords:** dysphagia, motor imagery therapy, acupuncture treatment, rehabilitation, clinical observation

吞咽障碍是脑卒中常见的并发症<sup>[1]</sup>, 吞咽障碍可以导致误吸、吸入性肺炎、营养不良及水、电解质紊乱, 甚者可严重影响患者的预后及生活

质量。笔者对脑卒中吞咽障碍的患者应用运动想象疗法结合针刺治疗取得了较好的疗效, 现报道如下:

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