

尺胫针治疗颈型颈椎病的临床疗效研究^{*}

张慧叶 张卫华^{**}

(陕西中医药大学, 陕西 咸阳 712046)

摘要:目的 观察尺胫针治疗颈型颈椎病的临床疗效。方法 将60例颈型颈椎病患者随机分为观察组和治疗组, 治疗组: 采用尺胫针配合颈部功能锻炼治疗。对照组: 常规针刺配合颈部功能锻炼治疗。2日1次, 3次为1疗程, 疗程间休息2-3d。2疗程后根据NPQ量表、颈椎病治疗成绩评分表、简化McGill疼痛问卷等方式观察两组患者NPQ评分减分率、自觉症状、临床检查、日常生活动作、颈部浅表肌肉疼痛程度在治疗前后的变化, 并评定两组临床疗效。结果 两组治愈率分别为86.67%和63.33%, 差异显著($P < 0.05$), 总有效率分别为96.67%和73.33%, 治疗组明显优于对照组($P < 0.05$); 两组治疗后NPQ量表评分均较治疗前显著下降($P < 0.01$), 且两组间比较无差异($P > 0.05$); 两组患者治疗后的自觉症状、临床检查、日常生活动作及颈部浅表肌肉疼痛程度积分较治疗前均改善明显(均 $P < 0.01$), 观察组的改善作用较对照组更为显著($P < 0.01$)。结论 尺胫针结合颈部功能锻炼治疗颈型颈椎病临床疗效显著, 值得推广。

关键词: 颈型颈椎病; 尺胫针; 功能锻炼。

中图分类号: R681.5⁺5 文献标识码: A 文章编号: 2096-1340(2018)03-0034-04

DOI: 10.13424/j.cnki.jstcm.2018.03.013

Clinical Observation on Cervical Spondylopathy Treated by Ulnar Tibial Needling

Zhang Huiye, Zhang Weihua

(Shaanxi University of China Medicine, Xianyang China, 712046)

Abstract Objective: To observe the clinical effect of ulnar tibial needling in treating cervical spondylopathy. **Method:** Sixty cases of cervical spondylosis were randomly divided into observation group and treatment group. The treatment group was treated with ulnar tibial needling and neck functional exercise, and the control group was treated with conventional acupuncture combined with neck functional exercise. The treatment was given every two days, 3 times for a course with 2-3 days' rest between two courses. After 2 courses, the changes of reduction rate of the NPQ score, subjective symptoms, clinical examination, daily activities as well as the superficial muscle pain of the neck before and after the treatment were evaluated based on the NPQ scale, cervical spondylosis treatment score scale and the simplified McGill pain questionnaire. **Result:** The cure rates in the two groups were 86.67% and 63.33%, respectively, with significant differences ($P < 0.05$). The total effective rate were 96.67% and 73.33% respectively, and the treatment group was obviously superior to the control group ($P < 0.05$). The NPQ scale scores of the two groups were significantly lower than those before the treatment ($P < 0.01$), and there was no difference between the groups ($P > 0.05$). Subjective symptoms, clinical examinations, daily activities and superficial neck muscle pain score of the both group improved significantly after treatment (all $P < 0.01$), and the improvement in the observation group was more significant than that in the con-

* 基金项目: 第二届国医大师传承工作室建设项目

** 通讯作者: 张卫华(1958-), 男, 教授, 研究生导师, 研究方向: 针刺治疗痛证与内分泌的临床与机理研究。E-mail: zhangweihua2004@126.com.