

基于“筋骨并重”理论探讨中医推拿治疗膝骨关节炎

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摘要:膝骨关节炎(KOA)是临床最常见的骨关节疾病,根据其病机演变规律及临床特点,从中医整体观念出发,强调 KOA 的论治要以“筋骨并重”为指导思想,治筋同时不忘治骨,治骨之时必先理筋。推拿疗法中不同的手法具有不同的治疗作用,其临床疗效被广泛认可。

关键词:筋骨并重;膝骨关节炎;推拿

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Discussion on TCM Massage for Treatment of Knee Osteoarthritis Based on the Theory of “Emphasizing both Bones and Tendons”

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Abstract: Knee osteoarthritis (KOA) is the most common bone and joint disease in clinical practice. According to the evolutionary law and clinical characteristics of the pathogenesis of the disease, it is emphasized from the overall concept of TCM that KOA's treatment should be based on the principle of “reinforcing both bones and tendons”. The treatment of tendons should not forget the treatment of bones, and tendons must be treated first when treating bones. Different manipulations in massage therapy have different therapeutic effects, and its clinical efficacy is widely recognized.

Keywords emphasizing both bones and muscles; KOA; massage

膝骨关节炎(Knee osteoarthritis, KOA)又称为退行性关节炎,多见于中老年人,具有高发病率和高致残率的特点,严重影响患者的生活质量。主要临床表现为关节疼痛、僵硬、肿胀、畸形和活动受限,根据此类疾病的症状描述多属中医的“膝痹”、“鹤膝风”、“历节”等范畴。其主要病理改变以膝关节软骨退行性变和继发骨质增生为主要特征,故众多学者对于 KOA 的研究过多集中在膝关

节周围骨的改变。近年来研究表明“筋骨并重”理论在 KOA 发病机制的认识及临床治疗等方面起着重要的作用^[1]。本文从筋骨并重的角度探讨中医推拿治疗 KOA 的作用机制。

1 筋骨关系

1.1 对筋的认识 祖国医学对筋的认识相当广,认为筋为机体活动的动力、联络之纽带。《说文解字》曰:“筋,肉之力也;从力,从肉,从竹。竹,物之

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