

针刺腹部阳性反应点(物) 治疗腰三横突综合征临床观察*

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摘要:目的 观察针刺腹部阳性反应点(物)治疗腰三横突综合征临床疗效。方法 选取我院收治的104例腰三横突综合征患者,随机分为两组,每组52例,治疗组采用针刺腹部阳性反应点(物);对照组采用针刺常规穴位,比较两组治疗前后JOA、VAS的评分。结果 治疗组总有效率94%,对照组总有效率88%。两组患者治疗前的JOA、VAS评分无统计学意义($P > 0.05$);1个疗程(2周)后,治疗组的JOA、VAS评分均优于对照组($P < 0.05$)。结论 针刺腹部阳性反应点(物)能有效缓解腰三横突综合征引起的腰痛,值得临床推广和应用。

关键词:针刺;腰三横突综合征;腹部;阳性反应点(物);腰痛

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A Clinical Observation on Treatment of Third Lumbar Vertebral Transverse Process with Acupuncture on Positive Reaction Spots (Objects) in Abdomen

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Abstract: **Objective** To observe the clinical effect of acupuncture on the positive reaction points (objects) of the abdomen in the treatment of third lumbar vertebral transverse process syndrome. **Methods** A total of 104 patients with third lumbar vertebral transverse process admitted to our hospital were randomly divided into two groups, 52 cases in each group. The treatment group used acupuncture on the positive reaction points (objects) of the abdomen while the control group used acupuncture on conventional acupoints, then the scores of JOA and VAS before and after treatment in the two groups were compared. **Results** The total effective rate of the treatment group was 94% while the total effective rate of the control group was 88%. The JOA and VAS scores of the two groups before treatment were not statistically significant ($P > 0.05$); the JOA and VAS scores of the treatment group were better than those of the control group after 1 course of treatment (2 weeks) ($P < 0.05$). **Conclusion** Acupuncture on the positive reaction points (objects) in the abdomen can effectively relieve the lumbodysnia caused by the third transverse process syndrome, which deserves a further clinical promotion and application.

Keywords: acupuncture; third lumbar vertebral transverse process; abdomen; positive reaction points (objects); lumbodysnia

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