

活血止痛胶囊治疗闭合性膝关节 周围骨折术后恢复 30 例^{*}

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摘 要:目的 观察活血止痛胶囊对闭合性膝关节周围骨折患者术后恢复的影响。方法 选择我科 2016 年 01 月~2016 年 12 月间收治的闭合性膝关节周围骨折手术的患者 60 例, 依据随机数字表, 随机分为治疗组和对照组各 30 例, 两组均予以术后常规治疗及早期康复训练, 治疗组加用活血止痛胶囊, 治疗后评价其对闭合性膝关节周围骨折术后局部肿胀程度、疼痛恢复的影响, 并随访记录临床指标(肿胀消失时间、骨痂生长时间)差异, 并于疗程结束后评价其临床疗效。结果 两组患者治疗后 VAS 评分、肿胀程度比较, 对照组治疗后与治疗前相比, $P(VAS) = 0.0326, P < 0.05$; $P(\text{肿胀度}) = 0.0422, P < 0.05$; 治疗组治疗后与治疗前相比, $P(VAS) = 0.0047, P < 0.01$; $P(\text{肿胀度}) = 0.0022, P < 0.01$; 治疗组差值与对照组差值相比, 差异有统计学意义($P = 0.0231, P < 0.05$)。两组患者肿胀消失时间比较, 差异有统计学意义($P < 0.05$); 骨痂生长时间比较差异无统计学意义($P > 0.05$)。两组患者临床总有效率比较, $P = 0.0292, P < 0.05$ 。结论 术后常规预防感染治疗基础上联合运用活血止痛胶囊对闭合性膝关节周围骨折术后疼痛、肿胀等症状有显著的改善作用, 同时可促进患者术后恢复, 与单纯术后常规预防感染治疗相比具有更显著的临床疗效, 对患者预后有积极作用。

关键词: 膝关节周围骨折; 活血止痛胶囊; 术后恢复; 疗效分析

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Therapeutic Effect of Huoxue Zhitong Capsule on Postoperative Recovery of Closed Fractures around the Knee Joint

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Abstract Objective: To observe the effect of Huoxue Zhitong Capsule on postoperative recovery of closed fractures around the knee joint. Method: 60 patients with closed fractures around the knee joint treated in Gansu University of Chinese Medicine January 2016 to December 2016 were randomly divided into treatment group and control group (30 cases in each). Both groups were treated with routine treatment and early rehabilitation training, and the treatment group was additionally treated with Huoxue Zhitong Capsule. After treatment, the effect of the degree of local swelling and the recovery of pain after the operation were evaluated, and the difference of the clinical indexes (the time of swelling disappearance, the time of the epiphysis growth) were followed up and the clinical effect was evaluated after the end of the course of the

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