

# 针刺推拿治疗小儿痉挛型脑瘫 30 例<sup>\*</sup>

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**摘要:**目的 针刺结合推拿手法治疗小儿痉挛型脑瘫临床疗效的观察。方法 60 例患儿按照随机数字表分为针刺结合小儿推拿手法(治疗组)和常规康复训练治疗(对照组), 每组 30 例。治疗组李教授给予针刺手法与小儿推拿及康复训练手法治疗相结合, 对照组给予常规康复训练治疗, 包括 Vojta 法、日常生活作业疗法及 Bobath 法等运动疗法进行康复训练治疗; 治疗前安静休息 20min, 治疗时每次 40min, 每天 1 次, 1 周休息 1 天, 20d 为 1 个疗程, 持续治疗 3 个疗程。2 组治疗前后用 GMFM 量表、Ashworth 量表及综合功能改善评定量表进行疗效评估。结果 6 个疗程治疗后, 治疗组在降低肌张力、改善患儿肢体痉挛和运动及提高综合功能方面明显优于对照组( $P < 0.05$ ), 并且治疗组的总有效率为 100.00%, 对照组的总有效率为 90.00%。结论 针刺结合推拿手法对缓解小儿痉挛型脑瘫降低肌张力、改善患儿肢体痉挛和运动及提高综合功能方面临床疗效明显。

**关键词:** 针刺; 推拿; 小儿脑瘫; 粗大运动

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## Treatment of 30 Cases of Spastic Cerebral Palsy in Children by Acupuncture and Massage

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**Abstract: Objective:** To observe the clinical effect of acupuncture Combined with massage in the treatment of spastic cerebral palsy in children. **Method:** According to the random number table, 60 children were divided into acupuncture combined with massage group (treatment group) and conventional rehabilitation training group (control group), with 30 cases in each. Professor Li gave the treatment group acupuncture manipulation combined with massage and rehabilitation training, while the control group received routine rehabilitation training treatment, including Vojta method, daily life occupational therapy and Bobath method for rehabilitation training. Quiet rest of 20 minutes before the treatment were required, and the treatment lasted for 40 minutes each time for each day and six days a week. The treatment continued for 3 courses with 20 days in each course. Then, curative efficacy evaluation of GMFM scale, Ashworth scale and comprehensive functional improvement rating scale before and after treatment in 2 groups were conducted. **Result:** After 6 courses of

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