

针推研究

# 太极拳联合伏九穴位贴敷对慢性阻塞性肺疾病 稳定期肺康复的影响<sup>\*</sup>

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**摘要:** **目的** 观察太极拳联合伏九穴位贴敷对慢性阻塞性肺疾病(COPD)稳定期患者肺功能、运动耐力及呼吸困难的影响。**方法** 将49例COPD患者随机分为治疗组和对照组,两组均给予舒利迭(50/500)1吸,2次/日基础治疗,治疗组在基础治疗基础上,予以太极拳联合伏九穴位贴敷治疗,两组分别于治疗前、治疗后第4W、8W、12W分别检测肺功能指标:第1秒呼吸容积占预计值百分比(FEV1% Pred)、用力肺活量(FVC)、最大分钟通气量(MVV),6分钟步行试验(6MWT),呼吸困难评分。**结果** 治疗组在治疗后8W、12W,肺功能、6MWT、呼吸困难评分均较对照组显著改善( $P < 0.05$ )。**结论** 太极拳联合伏九穴位贴敷能够较好的改善COPD稳定期患者生存质量,是一种很好的肺康复的训练形式。

**关键词:** 太极拳;伏九穴位贴;慢性阻塞性肺疾病稳定期

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## Effect of Taijiquan Combined with Fujiau Acupoint Application on Pulmonary Rehabilitation in Stable Stage of Chronic Obstructive Pulmonary Disease

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**Abstract:** **Objective** To observe the effect of Taijiquan combined with Fujiau Acupoint Application on pulmonary function, exercise endurance and dyspnea in patients with stable chronic obstructive pulmonary disease (COPD). **Methods** Forty-nine patients with COPD were randomly divided into treatment group and control group. Seretide (50/500) was inhaled for one time and basic therapy was given twice a day in both groups. On the basis of basic treatment, the treatment group was treated with Taijiquan combined with Fujiau acupoint application. Lung function indexes of the two groups were measured before and after treatment at 4W, 8W and 12W, respectively: 1 second respiratory volume as a percentage of the predicted value (FEV1% Pred), and used. Forced vital capacity (FVC), maximum minute ventilation

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