

# 经筋推拿手法治疗早中期膝骨关节炎临床疗效观察<sup>\*</sup>

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**摘要:** **目的** 观察经筋推拿手法治疗早中期膝骨关节炎的临床疗效。 **方法** 将62例早中期膝骨关节炎患者随机分为治疗组和对照组各31例, 对照组给予早中期膝骨关节炎常规治疗, 治疗组在其基础上给予经筋推拿手法治疗, 日1次, 两组均以2周为1疗程, 共治疗两个疗程。治疗前、治疗两个疗程后以膝关节疼痛视觉模拟量表(Visual Analog Scale, VAS)评分及西安大略和麦克马斯特国际骨关节炎调查量表(Western Ontario and McMaster Universities Osteoarthritis Index, WOMAC)作为疗效评估指标, 参照《中药新药临床研究指导原则》中对膝骨关节炎的疗效评价标准比较2组患者的总体疗效。 **结果** 膝关节疼痛VAS评分、WOMAC评分比较, 两组差异有统计学意义( $P < 0.05$ )。总体疗效方面, 治疗两个疗程后, 治疗组有效25例, 显效4例, 无效2例; 对照组有效12例, 显效13例, 无效6例; 治疗组的总体疗效优于对照组( $Z = -3.228, P = 0.001$ )。 **结论** 经筋推拿手法在早中期膝骨关节炎疼痛、僵滞等症状缓解及功能活动改善方面疗效可靠。

**关键词:** 膝骨关节炎; 经筋推拿手法; 临床研究

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## Clinical Observation on the Treatment of Knee Osteoarthritis in Early and Middle Stages by Tendon Massage

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**Abstract:** **Objective** To observe the clinical effect of tendon massage on knee osteoarthritis in early and middle stages. **Methods** Sixty-two patients with knee osteoarthritis were randomly divided into observation group and control group, 31 cases in each group. The control group was given routine treatment of knee osteoarthritis in the early and middle stages, while the treatment group was given manipulation therapy via tendons once a day. Both groups were treated with 2 weeks as a course of treatment, totally two courses of treatment. Visual Analog Scale (VAS) score and Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC) were used as evaluation index of efficacy, the overall efficacy of the two groups of patients was compared with the evaluation criteria for the evaluation of knee osteoarthritis in the *Guiding Principles for Clinical Research of New Drugs of Traditional Chinese Medicine*. **Results** The VAS score and WOMAC score of knee pain were significantly different between the two groups ( $P < 0.05$ ). In terms of overall efficacy, after two courses of treatment, 25 cases were effective in the treatment group, 4 cases were markedly effective and 2 cases were in-

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