

头针加体针透刺法治疗脑卒中后肩手综合征 I 期 45 例临床研究^{*}

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摘 要: **目的** 观察头针加体针透刺法配合康复训练治疗脑卒中后肩手综合征 I 期的临床疗效。 **方法** 将 90 例患者按照数字随机表法分为治疗组和对照组, 每组 45 例。两组均在内科常规治疗的基础上, 治疗组施以头针加体针透刺法配合康复训练, 对照组仅单纯应用康复训练治疗。两组均治疗 4 周后评价疗效。比较两组治疗前后上肢疼痛 VAS 评分、患侧水肿评分及上肢运动功能 Fugl - Meyer 评分。 **结果** 治疗组各项评分疗效均优于对照组 ($P < 0.05$); 治疗组总有效率 93.3%, 对照组总有效率 75.6%, 差异具有统计学意义 ($P < 0.05$)。 **结论** 头针加体针透刺法配合康复训练治疗脑卒中后肩手综合征 I 期有确切的临床效果。

关键词: 肩手综合征; 头针; 体针; 透刺法

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45 Cases of Shoulder Hand Syndrome after Stroke Treated by Scalp Acupuncture Plus Body Acupuncture Penetrating Needling Method

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Abstract: **Objective:** To observe the clinical effects of scalp acupuncture plus body acupuncture penetrating needling combined with rehabilitation training on shoulder hand syndrome after stroke. **Methods:** 90 patients were randomly divided into treatment group and control group, 45 cases in each group. On the basis of routine medical treatment, the treatment group was given scalp acupuncture plus body acupuncture penetrating needling combined with rehabilitation training, while the control group was only treated with rehabilitation training. Both groups were evaluated after 4 weeks of treatment. VAS score of upper limb pain, edema score of affected side and Fugl - Meyer score of upper limb motor function were compared between the two groups before and after treatment. **Results:** The curative effect of the treatment group was better than that of the control group ($P < 0.05$); the total effective rate of the treatment group was 93.3%, and that of the control group was 75.6%, the difference was statistically significant ($P < 0.05$). **Conclusion:** Scalp acupuncture plus body acupuncture penetrating needling combined with rehabilitation training has definite clinical effects on shoulder hand syndrome after stroke.

Keywords: Shoulder hand syndrome; Scalp acupuncture; Body acupuncture; Penetrating needling method

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