

提旋复位法治疗颈椎病 3687 例

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摘要 根据颈椎病的节段性活动受限和局部压痛的体征,对颈痛和牵涉痛以提旋复位法进行定位诊断治疗,临床须做到症状体征与 X 线片相结合,经对 3687 例患者的疗效观察,总有效率是较高的。

主题词 脊柱骨赘病/按摩疗法 按摩/方法
④ 提旋复位法

我科自 1984 年 7 月至 1991 年 7 月,应用提旋复位法治疗颈椎病 3687 例,临床收到较好的疗效,现介绍如下:

1 临床资料

本组患者年龄均在 18~60 岁以上,平均 32.4 岁。病程 1 年内至 26 年,平均 2.7 年。

临床主要症状为颈痛、上肢麻木疼痛、头痛、头晕、恶心呕吐、少数患者伴见半侧肢体麻木和行动不便。临床主要体征为颈部活动受限、颈椎 2~7 棘突移位(以颈椎 4~5 棘突移位为最多见),其他体征有肢体感觉异常、腱反射异常,椎间孔压缩试验,臂丛神经牵拉试验、头后伸旋转试验阳性,个别患者病理反射阳性。

颈椎侧位 X 线片检查显示,本组病例有颈椎曲度反张、变直、增大,颈椎椎体 2~7 后缘成角、双边征、移位,颈椎骨质增生、椎体间隙变窄、椎管变窄、后纵韧带骨化、颈椎畸形等改变。

2 治疗方法

病人取坐位,医者立于病人身后,先用点穴按摩法对颈部及项部肌肉以及肩胛背部软组织施行松解治疗,待肌肉松弛后再予以提旋复位法治疗。以第 4 颈椎棘突左旋移位为例,本疗法示范操作说明如下:医者以左手拇指顶住第 4 颈椎棘突,其余 4 指托住枕部,右手固定病人下颌,渐渐将头部上提牵引,当左手拇指下有失稳感时,将病人头向右侧旋转,左手拇指将第 4 颈

椎棘突向右侧推,即可复位。每隔 3~5 日行复诊治疗。

3 疗效分析

疗效标准:临床症状全部消失,恢复工作或恢复正常生活者为治愈;临床症状基本消失,偶有颈部不适感或头部、肢体有轻微症状,休息后可很快消失者为显效;症状部分改善,仍需进行治疗者为好转;治疗后症状无明显变化者为无效。

3 治疗结果

本组 3687 例经治疗后,获治愈 1069 例(29.0%),显效 1547 例(41.9%),好转 987 例(26.8%),无效 84 例(2.3%),总有效率为 97.7%。我们对其中 179 例患者作了治疗前后 X 线片观察,治疗前颈椎曲度异常 152 例,颈椎移位 87 例,椎体后缘成角 129 例,双边征 103 例,用提旋复位法治疗上述 4 项改善或消失者分别为 127 例、64 例、101 例、90 例。

经分析,疗效与年龄无明显关系,各年龄组治愈显效率在 67.3~74.1% 之间。疗效与病程有明显关系,病程 1 年以内者治愈率达 70.4%,1~26 年者治愈率立即降至 32.6~10.9% 之间,差异很显著。但各病程组总有效率均较高,均在 90% 以上,表明本法对病程较长患者也可使症状获不同程度改善。获效患者其治疗次数多数在 10 次以内,少数患者治疗次数需 11~20 次。

4 体会

有关颈椎病的治疗,国内许多学者认为,在关节错位和肌腱、韧带、关节囊的粘连、挛缩、发硬和活动障碍等的病变部位,施行不同的理筋手法可以纠正骨与关节的脱位和微小错位,解除对神经、血管的刺激和压迫,恢复骨与关节的稳定性。我们在治疗颈椎病时,注意脊柱内外平衡的关系,先对颈部两侧及项部、肩胛背部肌群

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进行治疗,解除因肌肉不协调收缩而引起的颈椎微细结构改变和颈椎曲度异常,加速淋巴回流,毛细血管扩张和新陈代谢增强,从而达到消炎止痛、缓解肌肉痉挛、改善肌肉功能的目的,同时对颈部软组织的无菌性炎症及劳损也得到了治疗。提旋复位是在稳妥的牵引下进行治疗,治疗前要详细询问病史及认真查体,颈椎的节

段性活动受限和局部压痛的体征对颈痛和牵涉痛有定位诊断意义。施手法前必须做到对病人的症状、体征、X线改变与棘突旋转的部位进行综合分析,而后再行提旋复位治疗。通过本手法使突出的髓核还纳或缩小,移位椎体复位,改善或消除对神经根、椎动脉、交感神经、脊髓的刺激或压迫,从而使颈椎病得到治疗。



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ABSTRACTS OF ORIGINAL ARTICLES

Effect of Oral Solution 8868 on Some Indices of Serum Markers of B--hepatitis Virus

Yu Shenshan An Jingya Gao Hanmin

Observation was made on the effect of 8868 oral solution, composed of natural pollen, Radix, Bupleuri, Hawthorn, on the serum markers of B--hepatitis virus. Results showed the negative rate of HBeAg was 55.3%, that of HBsAg 13.1%, positive rate of HBeAb was 21.0%. A/G ratio, thrombocyte count were all markedly improved (all $p < 0.05$). The efficacy is rather similar to Co. Shushe tablet.

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Key Words: B--hepatitis Virus B--hepatitis/blood
(@) 8868 oral solution

(Original article on page 283)

Clinical Observation on Chronic Atrophic Gastritis with Metaplasia and Atypical Hyperplasia of Intestinal Epithelium Treated by TCM

Liu Mei Xu Kexian Liang Fangxin, et al.

The total effective rate for clinical symptoms treated with oral decoction with Weiweikang (benefiting atrophic stomach) granules and Huoli (vitality) Bolus guided by the principle of invigorating Qi, warming the interior, activating circulation and eliminating blood stasis, was 91.8%, while that for the chronic atrophic gastritis with metaplasia and atypical hyperplasia of intestinal epithelium was 87.5% and 74.4% respectively. After treatment, the volume of blood flowing was markedly increased ($P < 0.01$).

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Key Words: Gastritis, atrophic/TCM therapy Metaplasia/TCM therapy hyperplasia
/TCM therapy

(Original article on page 285)

Cervical Spondylopathy Treated with Elevating--rotation Reduction: Report of 3687 cases

Xu shan Wen Youlai Li Baoxin, et al.

Based on the limitation of the segmental activity and signs of local tenderness, location diagnosis and treatment for cervical pain and referred pain was performed with elevating--rotation reduction. Clinically,

attention should be given to the combination of X-ray film and signs and symptom. The total effective rate for 3687 cases thus treated was rather high.

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Key Words: Osteophyma of vertebral bone/massotherapy, massage/method

@ elevating--rotation reduction

(Original article on page 289)

Infantile Primary Enuresis Treated by Spotted--moxibustion with Zhuang Medicated Threads

Huang Jinming Deng Qiumei Huang Yanning, et al.

33 cases were treated by spotted--moxibustion with Zhuang medicated threads, the effective rate being 84.6~85.0%. The longterm effect was also satisfactory. This therapy can also markedly raised the infiltration pressure of nocturnal urination. There was no obvious relation between the therapeutic effect and syndrome typing.

Authors' Address: Department of Zhuang Medicine, Guangxi College of TCM, Nanning 530001

Key Words: Enuresis/acu--moxibustion therapy ethnomedicament/drug administration and dosage

@ Medicated threads of Zhuang medicine

(Original article on page 293)

Studies on the Red Cell--membrane Protection Action of Modified Qingdan Tuihuang (Bile--clearing and Anti--Juandice) Decoction

Chen Shulan Xu Huangshu Zhou Yaoting, et al.

The Decoction showed marked effect on many kinds of Icterus Neonatorum. Estimation on the activity of superoxide dimutase, lipoperoxide, enzymes of RBC, were made through histochemical staining and resistance of RBC membrane. Results revealed that the remedy has distinctive protective action on cell membrane of RBC.

Authors' Address: Department of Cytobiology, Institute of Basic Theory, China Rehabilitation Center, Beijing, 100700

Key Words: Cell membrane of RBC/drug action.

@ Qingdan Tuihuang (Bile--clearing and Anti--Juandice) Decoction

(Original article on page 302)