

针灸推拿

仰头摇正手法治疗寰枢关节错位验案 1 则^{*}

曹彦俊¹ 胡彬彬¹ 冯星华² 赫祎珏¹ 吴宏英¹ 朱炯伟^{1**}

- (1. 上海中医药大学附属上海市中西医结合医院, 上海 200082;
2. 上海市虹口区凉城街道社区卫生服务中心, 上海 200434)

摘 要:中医正骨手法仰头摇正法治疗寰枢椎关节脱位时, 首先根据患者的体征, 结合 X 线和颈部经颅多普勒检查, 明确诊断为寰枢椎关节脱位; 其次, 采用推拿法治疗约 20 分钟, 然后采用仰卧摇正手法治疗寰枢椎关节脱位; 最后, 用中药治疗 20 分钟/次, 治疗 10 次痊愈。因此, 中医正骨手法治疗寰枢椎关节脱位的良好效果值得肯定, 值得进一步研究。

关键词:中医正骨; 手法; 仰头摇正法; 寰枢关节错位; 医案

中图分类号: R244. 13 文献标识码: B 文章编号: 1672-0571(2020)05-0051-03

DOI: 10. 13424/j. cnki. mtcm. 2020. 05. 013

A Proved Case of Atlantoaxial Dislocation Treatment
by Yangtou Fuzheng Therapy

Cao Yanjun¹, Hu Binbin¹, Feng Xinghua², He Yijue¹, Wu Hongying¹, Zhu Jiongwei¹

- (1. Shanghai Integrative Medicine Hospital Affiliated to Shanghai University of Chinese Medicine, Shanghai 200082
2. Community Health Service Center of Liangcheng Street in Hongkou District of Shanghai, Shanghai 200434)

Abstract: Yangtou Yaozheng therapy in TCM bonesetting cured a patient who have suffered from atlantoaxial dislocation. Firstly, the patient was diagnosed by his physical sign and the x-ray as well as the examination of the neck by Doppler as atlantoaxial dislocation. Secondly, after treated for 20 minutes by Tuina, he received the Yangtou Fuzheng manipulation to treat the atlantoaxial dislocation. Finally, the Chinese medicine are applied for 20 minutes each time and after 10 times he made a full recovery from the disease. Therefore, Yangtou Yaozheng therapy in TCM bonesetting is proved effective in treating atlantoaxial dislocation.

Keywords: TCM bonesetting; manipulation; Yangtou Fuzheng therapy; atlantoaxial dislocation; medical case

寰枢关节错位是以寰枢关节为中心的组织损伤, 劳损, 退行性变等原因导致枢椎旋转、倾斜或颈部生理曲度改变; 临床上有头后部胀痛, 头昏脑胀、耳鸣、面瘫、失眠、健忘、血压升高等系列症状

体征^[1]。寰枢关节错位是颈椎问题的常见致病因素之一, 老少均可发病, 但以中青年居多; 在中医上寰枢关节错位属于“骨错缝”和“筋出槽”的范畴, 在病因病机方面多数学者认为风、寒、湿邪

* 基金项目: 上海市卫计委课题项目(ZYJS-11); 上海中医药大学预算内项目(18LK072); 上海中医药大学中医非药物治疗法项目(QK-02); 虹口区“国医强优”三年行动计划项目(HGY-MZY-2018-20; HGY-ZYCC-2018-03)

** 通讯作者: 朱炯伟, 副主任医师。E-mail: 1198169791@qq.com