

针刀结合手法和热敷治疗膝骨性关节炎的 临床研究^{*}

楚向东¹ 张为宝^{1**} 李志鹏² 咎强¹ 袁普卫¹

(1. 陕西中医药大学附属医院, 陕西 咸阳 712000; 2. 陕西中医药大学, 陕西 咸阳 712046)

摘 要:目的 观察小针刀结合手法和热敷治疗膝关节骨性关节炎的临床疗效。方法 将 2017 年 06 月—2019 年 06 月符合研究条件的 120 例膝骨性关节炎患者随机分为对照组和观察组。对照组采用玻璃酸钠常规治疗;观察组选用小针刀结合手法和热敷治疗。**结果** 治疗组的总有效率为 96.7%, 优于对照组的 78.3%。两组患者的 VAS 评分, 在治疗后第 1 个月末均明显减低, 治疗组优于对照组, 但差异无统计学意义($P > 0.05$), 治疗后第 3、7、12 个月末治疗组 VAS 评分明显优于对照组, 差异有统计学意义($P < 0.05$)。两组患者的 WOMAC 评分, 在治疗后第 1、3、7、12 个月末均较治疗前改善, 但治疗组明显优于对照组, 差异有统计学意义(均 $P < 0.05$)。**结论** 小针刀结合手法和热敷治疗 KOA 具有良好的缓解疼痛、改善功能的效果, 疗效确切, 值得推广。

关键词:小针刀; 推拿手法; 热敷; 膝关节炎; 临床疗效

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Clinical Efficacy of Acupotomy Combined with Manipulation and Hot Compress in The Treatment of Knee Osteoarthritis

CHU Xiang - dong¹, ZHANG Wei - bao¹, LI Zhi - peng², ZAN Qiang¹, YUAN Pu - wei¹

(1. Affiliated hospital of Shaanxi Xianyang university of traditional Chinese medicine, Shaanxi Xianyang 712000, China;

2. Shaanxi University of traditional Chinese medicine, Shaanxi Xianyang 712000, China)

Abstract: **Objective** To observe the clinical efficacy of small needle knife combined with manipulation and hot compress in the treatment of knee osteoarthritis. **Methods** From June 2017 to June 2019, 120 patients with knee osteoarthritis were randomly divided into control group and observation group. The control group was treated with sodium hyaluronate; the observation group was treated with small needle knife combined with manipulation and hot compress. **Results** The total effective rate of the treatment group was 96.7%, which was better than 78.3% of the control group. The VAS scores of the two groups were significantly lower at the end of the first month after treatment, and the treatment group was better than the control group, but the difference was not statistically significant ($P > 0.05$). The VAS scores of the treatment group were significantly better than the control group at the end of the 3rd, 7th and 12th month after treatment, and the difference was statistically significant ($P < 0.05$). WOMAC scores of the two groups were improved at the end of the 1st, 3rd, 7th and 12th month after treatment, but the treatment group was significantly better than the control group, the difference was statistically significant ($P < 0.05$). **Conclusion** Small needle knife combined with manipulation and hot

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** 通讯作者: 张为宝, 主治医师。E-mail: 273998171@qq.com