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针刺病变节段颈夹脊穴配合王氏手法
治疗颈型、神经根型颈椎病的临床研究

CLINICAL STUDY ON TREATING THE CERVICAL
SPONDYLOSIS OF NECK TYPE AND NERVE ROOT TYPE
WITH THE COMBINATION THERAPY OF ACUPUNCTURE AT
JINGJIAJI ACUPOINTS AND WONG'S MANIPULATION

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研究方向 腧穴主治规律及作用机理研究

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中文摘要

目的: 观察、评估针刺病变节段颈夹脊穴配合王氏手法对颈型、神经根型颈椎病的临床治疗效果。**方法:** 将 50 例颈型、神经根型颈椎病患者随机分为两组, 治疗组 30 例采用针刺病变节段颈夹脊穴配合王氏手法治疗, 对照组 20 例采用口服舒颈汤合剂治疗; 借助临床评价量表、视觉模拟量表等评定两组之间的综合疗效、单项症状、时效指标等情况, 并评价其安全性与依从性。**结果:** 治疗组总有效率为 100%, 且临床评价量表积分由 12.03 ± 2.85 升至 23.73 ± 2.35 , 均显著高于对照组; 治疗组患者的颈、肩、背部疼痛的视觉模拟量表值由治疗前 7.37 ± 2.06 下降为治疗后 0.57 ± 0.97 , 显著高于对照组, 而其中的神经根型颈椎病患者上肢疼痛的改善与对照组类似; 对于颈型、神经根型颈椎病的颈、肩、背部疼痛, 治疗组即刻止痛效应几乎全部在 48 小时之内产生, 疼痛开始缓解大多只需 1 天时间, 疼痛完全消除所需时间为 18.50 ± 10.07 天, 均显著高于对照组; 对于神经根型颈椎病的上肢疼痛, 治疗组除了疼痛完全消除所需时间与对照组类似外, 其即刻止痛效应几乎全部在 48 小时之内产生, 1 周之内疼痛全部得到缓解, 均显著高于对照组; 两组安全评价均为 1 级, 受试者的依从性均为 100%。**结论:** 在颈型、神经根型颈椎病的保守疗法中, 针刺病变节段颈夹脊穴配合王氏手法是一种更先进、成熟的治疗技术, 值得推广应用。

关键词: 颈椎病/颈型、神经根型 针刺 夹脊穴 手法/王氏手法

英文摘要 (Abstract)

Objective:To observe and assess the therapeutic effectiveness of the combination therapy of acupuncture at Jingjiaji acupoints and Wong's manipulation on the cervical spondylosis of neck type and nerve root type. **Methods:**A total of 50 patients of cervical spondylosis of neck type and nerve root type were randomly divided into two groups. In the test group(TG),30 patients were treated by the combination therapy of acupuncture at Jingjiaji acupoints and Wong's manipulation. In the control group(CG),20 patients were treated by the Shujingtang Decoction.Meanwhile,the comprehensive efficacy,the single symptom and responsiveness to treatment between two groups were evaluated by means of the clinical assessment scale(CAS) and visual analogue scale(VAS).The safety and compliance were also evaluated.**Results:**For TG,the total effective rate was 100% ,and CAS was raised from 12.03 ± 2.85 to 23.73 ± 2.35 which were superior to CG significantly.After treatment,the TG patients' VAS for the pain of neck,shoulder and back was decreased from 7.37 ± 2.06 to 0.57 ± 0.97 which was better than the CG patients' significantly.But with regard to the cervical spondylosis of nerve root type,there was no significant difference between two groups patients' VAS for the pain of upper limb after treatment.As to the pain of neck,shoulder and back for the patients of cervical spondylosis of neck type and nerve root type,almost all the TG patients' responses to treatment occurred in 48 hours,pain relief in a day and pain disappearance in 18.50 ± 10.07 days, which were better than the CG patients' significantly. As to the pain of upper limb for the patients of cervical spondylosis of nerve root type,almost all the TG patients' responses to treatment occurred in 48 hours,pain relief in a week, which were better than the CG patients' significantly.But the time of pain disappearance was similar to CG patients'. Furthermore, the evaluation of safety of therapy was one grade and compliance of the patients to therapy was 100%.**Conclusions:**In the conservative therapies for cervical spondylosis of neck type and nerve root type,the combination therapy of acupuncture at Jingjiaji acupoints and Wong's manipulation was a kind of more advanced and

mature therapeutic technique.It is worth clinical application and dissemination.

Key Words: Cervical spondylosis/ neck type,nerve root type Acupuncture
Jingjiaji acupoints Manipulation/ Wong's manipulation