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· 短篇论著 ·

温热低周波并超短波综合治疗急性肌纤维织炎 132 例

王美玲 王全顺 王全之

一、资料与方法

急性肌纤维织炎患者 128 例,男 56 例,女 72 例;年龄 23 ~ 56 岁;病程 1 ~ 2 d。共分 3 组:超短波组 46 例,其中颈肩部肌纤维织炎 26 例,腰部肌纤维织炎 20 例;温热低周波组 40 例,其中颈肩部肌纤维织炎 28 例,腰部肌纤维织炎 12 例;综合治疗组 42 例,颈肩部肌纤维织炎 28 例,腰部纤维织炎 14 例。3 组在性别、年龄结构上基本相同。

(1)超短波组:采用上海产 CDB-I 型超短波电疗机,波长 7.374 m,输出最大电流 300 mA,最大功率 700 W,频率 40.68 MHz,2 个 16 cm × 23 cm 的电极,间隙 3 ~ 5 cm。患者取仰卧位,2 个电极板于患部对置,每日 1 次,每次 20 min。(2)温热低周波组:采用日本株氏会社 HOMER INO 研究所制造的 HL-III 型温热式低周波治疗仪,治疗频率 1 ~ 1 000 Hz,治疗温度程序选择 30 ~ 38℃ 之间,将“+”导子置于大椎穴或命门穴,2 个“-”导子分别置于肌肉酸痛最剧烈处。根据病变部位不同分别选择仿生手法拍打、推压、按揉等治疗程序,治疗强度旋钮调到 60 ~ 80 之间,每次 15 ~ 20 min,每日 1 次。(3)综合治疗

组:先进行超短波治疗,随后用温热式低周波治疗,治疗方法、时间、剂量及评定标准与单一治疗组相同。3 组均经 4 次治疗后评定疗效。

疗效标准:痊愈——症状、体征均消失;好转——症状减轻,体征部分好转;无效——经 4 次治疗后,症状、体征无明显改善。

二、结果与结论

综合治疗组痊愈 39 例,好转 3 例,无效 0 例,治愈率 92.9%,总有效率 100%;超短波组痊愈 29 例,好转 15 例,无效 2 例,治愈率 63%,总有效率 95.7%;温热低周波组痊愈 31 例,好转 8 例,无效 1 例,治愈率 77.5%,总有效率 97.5%。3 组治愈率经统计学分析,综合治疗组与超短波组比较, $\chi^2 = 9.48$, $P < 0.01$,差异有非常显著性;超短波组与低周波组比较, $\chi^2 = 2.12$, $P > 0.05$,差异无显著性意义。

以上结果显示,综合治疗组治愈率明显高于低周波组和超短波组,说明温热低周波并超短波是急性肌纤维织炎的有效治疗方法,值得临床推广应用。

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