

梁明, 窦祖林, 王清辉, 熊巍, 郑雅丹, 陈颖蓓, 杨琼, 邱雅贤. 虚拟现实技术在脑卒中患者偏瘫上肢功能康复中的应用[J]. 中国康复医学杂志, 2013, (2): 114-118

虚拟现实技术在脑卒中患者偏瘫上肢功能康复中的应用 [点此下载全文](#)

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基金项目: 广东省部产学研结合项目 (2010B090400414)

DOI:

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摘要:

摘要目的: 初步观察虚拟厨房上肢康复训练结合常规作业治疗对脑卒中恢复期患者偏瘫上肢功能康复的临床疗效。**方法:** 将33例脑卒中恢复期偏瘫上肢功能障碍的患者随机分为组 (16例) 和对照组 (17例)。对照组接受常规作业治疗每次40min, 每日1次, 每周5次, 共3周。治疗组接受常规作业治疗和虚拟厨房上肢康复训练各20min, 每次共40min, 每日1次, 每周5次, 共3周。其余康复治疗如运动疗法和日常生活活动训练等两组均相同。两组患者分别于治疗前、治疗后予以FMA上肢部分 (FMA-UE)、MAS上肢部分 (MAS-UE) 和IMBI评定, 比较的疗效。结果: 两组患者治疗后FMA-UE、MAS-UE及IMBI的评分均较治疗前提高, 治疗前、后各量表的评分差异具有显著性 ($P < 0.05$); 与对照组相比, 治疗组患者FMA-UE、IMBI的评分幅度更大 ($P < 0.05$)。结论: 虚拟厨房上肢康复训练结合常规康复作业治疗能更好地改善脑卒中恢复期患者偏瘫上肢的运动功能, 更有效地提高患者日常生活活动能力。

关键词: [脑卒中](#) [偏瘫](#) [虚拟现实](#) [上肢功能](#)

Application of virtual reality technique in rehabilitation of hemiplegic upper extremities function of stroke patients [Download Fulltext](#)

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Abstract:

Abstract Objective: To observe the effect of virtual kitchen upper extremities training combined with traditional occupational therapy on hemiplegic upper extremities function of stroke patients in convalescent phase. **Method:** Thirty-three stroke patients with hemiplegic upper extremities dysfunction in convalescent phase were divided into therapy group (n=16) and control group (n=17). The patients in control group accepted traditional occupational therapy, 40 min/d, 5d/week for 3 weeks. The patients in therapy group accepted virtual kitchen upper extremities training and traditional occupational therapy. Each part of virtual reality training lasted 20 min and the total was 40 min, the training schedule in therapy group was 40min/d, 5d/week for 3 weeks. Physical therapy and training of activities of daily living were the same in both groups. Fugl-Meyer assessment of upper extremity (FMA-UE), motor assessment scale of upper extremity (MAS-UE) modified Barthel index (MBI) were used as outcome measures. **Result:** Compared with pretraining both groups had significant improvements posttraining on FMA-UE ($P < 0.05$), MAS-UE ($P < 0.05$) and MBI ($P < 0.05$). Compared with control group therapy group had significantly greater improvement on FMA-UE ($P < 0.05$) and MBI ($P < 0.05$). **Conclusion:** Virtual kitchen upper extremities training combined with traditional occupational therapy may be more effective on improvement of hemiplegic upper extremities motor function and ability of activities of daily living in stroke patients in convalescent phase.

Keywords: [stroke](#) [hemiplegia](#) [virtual reality](#) [function of upper extremities](#)

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