

丁明晖, 李钢, 李燕, 郭瑞霞, 黄东锋. 穴位埋线法治疗网球肘的疗效研究[J]. 中国康复医学杂志, 2010, (3): 244-246

穴位埋线法治疗网球肘的疗效研究 [点此下载全文](#)

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基金项目:

DOI:

摘要点击次数: 63

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摘要:

摘要目的: 本研究旨在探讨穴位埋线法治疗网球肘的临床疗效。方法: 本研究将68例符合纳入标准的患者随机分为两组, 治疗组予以穴位埋线法, 对照组予以中频电治疗。运用VAS评分、Mayo肘功能12点评分在疗程0周、2周时进行评估, 对所获得分值进行比较, 对比临床效果。临床疗效分析运用尼莫地平法分为临床痊愈、显效、有效、无效4级。结果: 两组治疗措施均有疗效, 治疗组2周后总有效率为88.24%, 对照组总有效率为76.47%, 治疗组、对照组两组患者治疗后2周与治疗前比较疼痛、Mayo肘功能及总分差异均有显著性意义 ( $P < 0.05$ ), 治疗后两组比较疼痛、Mayo肘功能及总分差异有显著性意义 ( $P < 0.05$ )。结论: 应用穴位埋线法治疗网球肘安全、有效有助于疼痛缓解及改善关节功能。

关键词: [网球肘](#) [穴位埋线](#) [疼痛](#) [中频电疗](#)

Efficacy of acupoint catgut embedding on tennis elbow: a randomized controlled trial [Download Fulltext](#)

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Abstract:

Abstract Objective: To investigate clinical efficacy of acupoint catgut embedding and acupuncture on tennis elbow. Method: Sixty-eight patients with tennis elbow were randomly assigned to acupoint catgut embedding (n=34) group or medium-frequency electrotherapy control group (n=34). Patients were evaluated with standard questionnaires including visual analogue scale (VAS) and Mayo clinic elbow performance index at baseline and 2 weeks after treatment. All data were analyzed by SPSS 16.0 for windows. Result: Compared to baseline data, significant differences of VAS score and Mayo clinic elbow performance index score were showed at 2 weeks after treatment in both groups ( $P < 0.05$ ). There were statically significant differences on VAS score and Mayo clinic elbow performance index score between acupoint catgut embedding group and medium frequency electrotherapy control group at 2 weeks after treatment ( $P < 0.05$ ). Conclusion: The results suggests that acupoint catgut embedding is an effective and safe therapy for patients with tennis elbow in alleviating pain and improving the function of joint.

Keywords: [tennis elbow](#) [acupoint catgut embedding](#) [pain](#) [medium frequency electrotherapy](#)

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