

健康运动处方对腰椎间盘突出症患者术后康复的影响

曹程秀, 尹 琴, 沈 敏, 徐晓敏, 刘小青

(上海市普陀区人民医院, 上海 200060)

摘要:目的 探讨健康运动处方对腰椎间盘突出症患者臭氧消融术后康复的影响。方法 选取 2013 年 1—11 月收治于上海市普陀区人民医院行臭氧消融术的腰椎间盘突出症患者 60 例, 随机分为观察组和对照组各 30 例, 对照组接受介入科常规护理, 观察组在介入科常规护理基础上予健康运动处方。于术后 1 年应用改良 Macnab 疗效评定标准评价患者的康复效果, 改良日本骨科协会下腰痛评价表 (M-JOA) 对患者的疼痛情况进行评估。结果 术后 1 年观察组与对照组腰背肌锻炼效果比较, 差异有统计学意义 ($P < 0.01$); 术后 1 年观察组疗效优良率为 90%, 对照组疗效优良率为 73%, 两组比较, 差异有统计学意义 ($P < 0.05$); 两组 M-JOA 评分均较干预前降低, 观察组干预前后症状改善评分优于对照组, 差异有统计学意义 ($P < 0.01$)。结论 健康运动处方可减少患者疼痛, 改善症状, 提高患者康复效果。

关键词:腰椎间盘突出症; 臭氧消融术; 健康运动处方; 康复

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Influence of health exercise prescription on rehabilitation of lumbar disc herniation patients with ozone ablation (People's Hospital of Putuo District, Shanghai 200060, China)

CAO Cheng-xiu, YIN Qin, SHEN Min, XU Xiao-min, LIU Xiao-qing

Abstract: Objective To evaluate the influence of health exercise prescription on the rehabilitation of lumbar disc herniation (LDH) patients with ozone ablation. **Methods** A total of 60 LDH patients with ozone ablation in People's Hospital of Putuo District, Shanghai were selected from January to November 2013. They were randomly divided into the experimental group and the control group (30 cases in each group). The two groups were given traditional nursing. The experimental group received additional health exercise prescription. After 1 year the modified Macnab criteria was used to evaluate the therapeutic effect, and the modified Japanese Orthopedics Association low back pain scoring system (M-JOA) was used to assess the degree of pain. **Results** After 1 year, the excellent therapeutic rate was 90% in the experimental group and 73% in the control group, with significant difference ($P < 0.05$). The effect of low back muscle exercise was significantly different between the two groups ($P < 0.01$). The M-JOA scores in the two groups were decreased after intervention, but the degree of pain in the experimental group was relieved significantly compared with the control group ($P < 0.01$). **Conclusion** Health exercise prescription can relieve pain, improve symptoms and promote rehabilitation in LDH patients.

Key Words: Lumbar disc herniation; Ozone ablation; Health exercise prescription; Rehabilitation

椎间盘突出症 (lumbar disc herniation, LDH) 是发病率较高的职业性疾病, 造成巨大的社会开支和劳动力丧失, 严重影响患者的生活质量。腰椎间盘突出治

疗方法较多, 但疗效显著的治疗方法较少。臭氧消融术因其独特优点在临床上应用日益广泛^[1-3]。术后正确的运动锻炼是恢复腰背肌功能和提高康复疗效的主要方法, 但因患者不能很好地掌握运动的时间与方法, 使其康复训练成效与预期存在差异。我科自 2013 年 1 月起应用健康运动处方对臭氧消融术的患者实行运动

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作者简介: 曹程秀 (1975-), 女, 主管护师, 本科, 主要从事护理管理。

通信作者: 沈 敏 (1962-), 女, 主任护师, 本科, 主要从事护理管理。