

佩戴腰托治疗不同程度腰椎间盘突出症的效果观察

仇有芳

上海中医药大学附属龙华医院 上海 200032

【摘要】: 目的:

2020 3 -2021 3

80
4-8 / 20

20 20

3 6 JOA

JOA P 0.05

JOA 1 JOA

方法:

MRI 40

12 / 20 40

P 0.05

3 JOA

P 0.05 结论:

结果:

6

P 0.05 6

【关键词】:

JOA

Observation on the Effect of Lumbar Disc Protrusion Treated by Wearing Lumbar Support

Youfang Qiu

Longhua Hospital Shanghai University of Traditional Chinese Medicine Shanghai 200032

Abstract: Objective: To analyze the effect of wearing lumbar brace on patients with different degrees of lumbar disc herniation. Methods: The subjects of this study were 80 patients with lumbar disc herniation admitted to our hospital from March 2020 to March 2021. According to MRI diagnosis, 40 patients with lumbar disc prolapse were divided into short-term group (4-8 hours/day), long-term group (≥ 12 hours/day), and 40 patients with lumbar disc herniation (short-term group, 20 cases, long-term group, 20 cases). All the above patients were treated with waist brace, and the effect of treatment in each group was compared. Results: In patients with prolapse of lumbar disc, the JOA score after 3 months and 6 months of wearing in the long-term group was higher than that in the short-term group ($P < 0.05$), and the JOA score after 6 months of wearing in the short-term group was significantly increased compared with that before wearing ($P < 0.05$). Compared with that before wearing, the JOA score of the long-term group was significantly decreased after wearing the waist brace for 3 months ($P < 0.05$), the JOA score of the long-term group was in a decreasing trend after wearing the waist brace for 6 months, and the JOA score was significantly decreased after wearing it for 1 year ($P < 0.05$). Conclusion: The application of lumbar support in the treatment of different degrees of lumbar disc herniation shows that short-term wearing of lumbar support in patients with lumbar disc bulging within six months can improve their symptoms, while long-term wearing of lumbar support in patients with lumbar disc herniation within three months has considerable effect.

Keywords: Lumbar disc herniation; Lumbar disc bulge; Lumbar disc herniation; Lumbar JOA score

2020

[1] 3 -2021 3 80

[2]

1 资料与方法

1.1

[3]

2020 3 -2021 3

80 MRI

40

4-8 / 20

12 / 20

40
 20 20
 15 25 45- 67 54.25
 ± 2.35 1- 5 3.43 \pm 1.23
 17 23 42- 63
 54.54 \pm 2.54 2- 4 3.35 \pm
 1.65
 P 0.05

	20	22.54 \pm 3.21	23.67 \pm 4.37	24.56 \pm 4.76 c	21.87 \pm 4.31
	20	22.57 \pm 3.37	20.54 \pm 3.46 a c	21.54 \pm 4.78 a	20.37 \pm 3.65 c

aP 0.05 cP 0.05

1.1.1
 1 MRI
 2
 3

2.2
 JOA
 3 JOA P
 0.05 1 JOA P 0.05
 3 JOA P
 0.05 2

		$\bar{x} \pm s$			
		3	6	1	
	20	20.43 \pm 4.35	18.56 \pm 4.35 b	19.43 \pm 3.42	19.32 \pm 5.48
	20	20.56 \pm 4.47	20.54 \pm 3.47 a	20.43 \pm 3.48	18.54 \pm 5.43 a

aP 0.05 bP 0.05

1.1.2
 1
 3
 2
 1.2
 80

2.3
 JOA
 3 6 1
 JOA P 0.05
 3

4- 8 /
 /
 1.3
 JOA
 3 6 1 JOA
 JOA 29

		$\bar{x} \pm s$			
		3	6	1	
	40	22.45 \pm 4.33	23.56 \pm 4.34	24.86 \pm 5.43	21.54 \pm 4.32
	40	20.35 \pm 4.14 a	18.76 \pm 4.35 a	19.86 \pm 4.32 a	19.54 \pm 5.46 a

aP 0.05

1.4
 s t %
 χ^2 P 0.05

2 结果

2.1
 JOA
 3 6 JOA
 P 0.05 6 JOA
 P 0.05
 3 JOA P 0.05 6
 JOA 1 JOA P
 0.05 1
 1

2.4
 JOA
 6 1 JOA P 0.05 3
 4 4 JOA P 0.05

		$\bar{x} \pm s$		
		3	6	1

		$\bar{x} \pm s$			
			3	6	1
40	23.42 ± 4.48	20.53± 4.57	21.43± 6.54	20.34± 4.15	
40	20.21 ± 4.47 a	20.76± 4.45	21.32± 4.32	20.43± 4.37	

aP 0.05

3 讨论

[4]

MRI

L4/L5 L5/S1

[5]

3

1 JOA
JOA 3
6 1 JOA
P 0.05

参考文献:

- [1] , , , .
[J]. ,2022,7(21):82- 85.
[2] , , , , , , , , , .
[J]. , 2022,45(04):566- 571.
[3] , , , , , , , .
[J/OL]. :1- 8[2022- 07
- 21].
[4] , , , , , .
[J]. ,
2022,28(13):25- 28.
[5] , , , , , .
[J]. ,2022,12(6):7.