骨折治疗与运动康复对股骨粗隆间骨折的影响

段　阔　刘彦群*
延边大学附属医院 吉林 延吉 133000

【摘　要】：**目的：**探究骨折治疗与运动康复一体化模式对股骨粗隆间骨折病人运动功能恢复的影响。**方法：**选取我院 2021 年 4 月～2022 年 4 月收治的 74 例股骨粗隆间骨折患者作为研究对象，按照 Excel 软件随机分组方法分为对照组（37 例，骨折内固定术与传统康复一体化）与观察组（37 例，骨折治疗与运动康复一体化）。比较两组患者治疗效果、疼痛评分（VAS 评分）、髋关节评分（Harris 评分）、活动能力（Barthel 评分）。**结果：**对两组患者治疗效果比较，观察组患者显著高于对照组（P＜0.05）；对两组患者疼痛程度比较，干预前观察组患者 VAS 评分无显著差异，干预 7 天、14 天、30 天后，观察组患者 VAS 评分显著低于对照组（P＜0.05）；对两组髋关节功能比较，干预前，两组患者 Harris 评分无显著差异，干预后，观察组 Harris 评分显著高于对照组（P＜0.05）；对两组患者活动能力比较，干预前，两组患者 Barthel 评分无显著差异，干预后，观察组患者 Barthel 评分显著高于对照组（P＜0.05）。**结论：**在股骨粗隆间骨折患者治疗中实施骨折治疗与运动康复一体化模式干预可提升患者治疗效果，减轻患者疼痛程度，提升患者髋关节功能与活动能力，值得推广实施。
【关键词】：骨折治疗；运动康复；一体化模式；股骨粗隆间骨折；运动功能

Effects of Fracture Treatment and Exercise Rehabilitation on Intertrochanteric Fractures of Femur

Kuo Duan　Yanqun Liu*

Affiliated Hospital of Yanbian University Jilin Yanji 133000

Abstract: Objective: To explore the effect of the integrated mode of fracture treatment and exercise rehabilitation on the recovery of motor function of patients with intertrochanteric fracture of femur. Methods: 74 patients with intertrochanteric fracture of femur who were treated in our hospital from April 2021 to April 2022 were selected as the research objects, and randomly divided into the control group (37 cases, integration of fracture internal fixation and traditional rehabilitation) and the observation group (37 cases, integration of fracture treatment and exercise rehabilitation) according to Excel software. The treatment effect, pain score (VAS score), hip joint score (Harris score) and activity ability (Barthel score) of the two groups were compared. Results: Compared with the control group, the treatment effect of the observation group was significantly higher (P<0.05); There was no significant difference in VAS scores between the two groups before the intervention. After 7, 14 and 30 days of intervention, VAS scores in the observation group were significantly lower than those in the control group (P<0.05); Compared with the hip joint function of the two groups, there was no significant difference in Harris score between the two groups before intervention. After intervention, Harris score of the observation group was significantly higher than that of the control group (P<0.05); Compared with the activity ability of the patients in the two groups, there was no significant difference in Barthel scores between the two groups before the intervention. After the intervention, the Barthel scores of the patients in the observation group were significantly higher than those in the control group (P<0.05). Conclusion: In the treatment of patients with intertrochanteric fracture of femur, the implementation of the integrated mode of fracture treatment and sports rehabilitation intervention can improve the treatment effect of patients, reduce the pain level of patients, and improve the hip joint function and activity ability of patients, which is worth promoting.
Keywords: Fracture treatment; Exercise rehabilitation; Integration model; Intertrochanteric fracture of femur; Motor function

[3-4]　74

[1-2]

1 资料与方法

1.1

74

2021 4 2022 4 Excel

37

20 17

57-82 68.78 ± 1.58 37

19 18

58-83 68.77 ± 1.56

P 0.05

1.2

3-5d

6-7d

2

3

0-40

2-4

3 41-70

3 /d 15min/

10 / 5s/ 1

2

10-12 71-100

10-15s/

5s 4-6 /d

2-5

6-12

2-3 /d 5min/

1.3

= + / × 100%

VAS

0 10

7 14 30 VAS

Harris

100

Barthel 100

1.4

$\bar{x}$ ± s

n % t x^2 P 0.05

SPSS 24.0

2 结果

2.1

P 0.05

1

1 [n %]

n=37	15(40.54)	20(54.05)	2(5.41)	35(94.59)
n=37	12(32.43)	16(43.24)	9(24.32)	28(75.68)
x^2	-	-	-	5.232
P	-	-	-	0.022

2.2

VAS 7 14

30 VAS P 0.05

2

2 VAS $\bar{x} \pm s$

		7	14	30
n=37	7.58 ± 1.27	5.45 ± 0.34	2.14 ± 0.41	3.92 ± 0.45
n=37	7.57 ± 1.25	6.44 ± 0.33	4.53 ± 0.58	0.91 ± 0.34
t	0.034	12.709	20.468	32.463
P	0.973	0.000	0.000	0.000

2.3

Harris Barthel

P 0.05

3

3 Harris/Barthel $\bar{\chi} \pm s$

	Harris		Barthel	
n=37	46.69 ± 2.75	86.84 ± 2.36	60.78 ± 6.42	77.89 ± 2.25
n=37	46.78 ± 2.78	70.58 ± 2.48	60.33 ± 6.14	68.84 ± 2.14
t	0.140	28.891	0.308	17.728
P	0.889	0.000	0.759	0.000

3 讨论

[5-6]

74

P 0.05

[7-8]

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