

# 后路椎弓根内固定椎体间融合术治疗腰椎滑脱症

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【摘要】目的: 比较保守治疗和椎弓根内固定椎体间融合术治疗腰椎滑脱症的临床效果。方法: 选取2020年1月至2021年12月本院收治的86例腰椎滑脱症患者, 根据随机数字表法分为对照组和实验组, 每组43例。对照组采用保守治疗, 实验组采用椎弓根内固定椎体间融合术治疗。比较两组患者的生活质量、治疗有效率、疼痛缓解率和复发率。结果: 实验组的生活质量改善程度高于对照组, 治疗有效率为97.67%, 显著高于对照组的76.74%。VAS评分实验组为2.21±1.54, 显著低于对照组的3.25±1.42。复发率实验组为13.95%, 显著低于对照组的30.23%。差异具有统计学意义(P<0.05)。结论: 椎弓根内固定椎体间融合术治疗腰椎滑脱症具有较好的治疗效果, 能有效减轻疼痛, 提高患者生活质量, 降低复发率, 值得推广应用。

【关键词】: 腰椎滑脱症; 保守治疗; 椎弓根内固定椎体间融合术

## Posterior Pedicle Internal Fixation Interbody Fusion for Lumbar Spondylolisthesis

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**Abstract:** Objective: To investigate the clinical effect of posterior pedicle internal fixation interbody fusion in the treatment of lumbar spondylolisthesis. Methods: A total of 86 cases of lumbar spondylolisthesis admitted to our hospital from January 2020 to December 2021 were selected and divided into control group and experimental group according to random number table method, 43 cases in each group. The control group received conservative treatment, and the experimental group received posterior pedicle internal fixation interbody fusion treatment. Quality of life, treatment efficiency, pain and recurrence rate were compared between the two groups. Results: The improvement of quality of life in the experimental group was higher than that in the control group, and the effective rate was 97.67% significantly higher than 76.74% in the control group. The VAS score of the control group was (2.21±1.54) lower than that of the control group (3.25±1.42), and the recurrence rate of the experimental group was 13.95% lower than that of the control group. The difference was statistically significant (P<0.05). Conclusions: In clinical applications for patients with lumbar spine fusion between posterior vertebral pedicle internal fixation treatment has good therapeutic effect, effectively improve the degree of pain, allowing patients to normal daily activities, and indirectly promote the psychological function, but also reduce the recurrence rate, has good prospects for treatment, suitable for popularization and application in clinic.

**Keywords:** Lumbar spondylolisthesis; Lower back pain; Conservative treatment; Tramadol sustained-release tablets

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