

### 手法介绍

# 神经根阻滞麻醉下轻手法推拿 治疗中央型腰椎间盘突出症30例

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**摘要** 本文介绍应用神经根阻滞麻醉下轻手法推拿治疗中央型、中央旁型腰椎间盘突出症30例。结果治愈6例，显效9例，有效6例，无效9例，总有效率达70%。

**关键词** 腰椎间盘突出症 推拿疗法

自1988年~1992年我们采用神经根阻滞麻醉下轻手法推拿治疗中央型、中央旁型腰椎间盘突出症，取得了较好的疗效，现将资料完整的30例总结分析如下。

#### 临床资料

**一般资料：**本组30例中男17例，女13例；年龄19~55岁，病程最短5天，最长8年，1年以下21例，1~5年4例，5年以上5例，本组患者均经CT检查明确诊断为中央型或中央旁型腰椎间盘突出或膨出，并在各地医院经过中西医药物、针灸、骨盆牵引、按摩治疗或卧床休息3个月以上而未愈者。本组椎间盘突出的椎间隙分布为L<sub>4-5</sub> 23例（中央型9例，中央旁型14例）；L<sub>5</sub>~S<sub>1</sub> 7例（分别为3及4例）。

**诊断标准：**症状和体征：腰痛伴双侧或一侧下肢疼痛、麻木或伴有会阴部麻木，刺痛，排尿排便障碍。专科检查：腰椎生理弧度变直，脊柱弯向患侧，骶棘肌紧张，腰活动受限，椎间隙处压痛伴双侧下肢和会阴部放射痛或麻木，直腿抬举试验阳性（<50°），加强试验阳性，其受压的神经根分布区有感觉和运动（包括肌力，腱反射）功能障碍。拇背伸肌力减弱，会阴部感觉迟钝。X线平片检查：椎间隙变窄，两侧不等宽，椎间孔变窄，提示有椎间盘变性。脊碘造影，可见突出物压迹和硬膜囊，神经根袖受压征象。确定椎间盘向中央或中央旁突出的部位和程度。CT检查：明确显

示椎间盘向中央或中央旁侧突出或膨出。

本组30例均根据症状、体征，结合X线平片检查和CT检查或脊碘造影，排除各种椎管内外疾患，确诊为单纯性腰突症（为中央型或中央旁型）。

#### 治疗方法

**麻醉：**腰<sub>4-5</sub>椎间孔神经根阻滞麻醉法。

**药物：**地塞米松5mg加1%普鲁卡因10ml，皮试有过敏者改用2%利多卡因5ml。定位：两髂前上棘作一连线，在腰椎相当于L<sub>4-5</sub>椎间隙，后侧距离棘突中线旁开1~2cm处为进针点。

**操作：**先作腰椎对抗牵引10~15分钟后取俯卧位。定位后皮肤常规消毒。将抽好药水的注射器针头（用10cm长7号或8号针头）在定点处进针。先垂直穿进皮肤后，将针头向脊柱约45°角进针至L<sub>4-5</sub>椎间孔。当患者感到针处向下肢放射性麻木或酸胀感后，将针塞后退如无回血，即把药水推入。患者即感到下肢发热或麻木、沉重感。拔出针头在针孔处放置酒精棉球并用胶布固定即可。

**手法：**麻醉达成后立即按以下步骤施行手法：（1）直腿抬举；（2）屈膝屈髋旋转；（3）脊柱侧扳；（4）牵引按压；（5）腰椎屈曲。手法推拿后，患者应绝对卧床休息1~2周，根据患者的症状、体征的恢复情况，在床上做腰背

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肌的功能锻炼和直腿抬高活动，每天四次。每次10~20分钟，次数和力量逐渐增加，以腰腿不痛为原则，卧床休息2周后方可下地行走，避免腰部的屈曲、旋转。

### 疗效观察

**疗效标准：**治愈：症状，体征完全消失，功能活动正常，恢复原来工作；**显效：**症状、体征明显减轻，残留轻度腰部不适或小腿、足部、会阴部麻木，功能活动基本正常，能做原来的工作；**有效：**症状、体征有不同程度减轻，尚需进一步作辅助治疗，不能恢复原工作；**无效：**主要症状、体征无好转。治疗结果：根据上述疗效标准，治愈6例，显效9例，有效6例，无效9例。

### 讨论

本手法治疗中央型、中央旁型腰突症的疗效是肯定的。直腿抬举法可将神经根逐渐由粘连达到松解，改变突出物和神经根的位置关系，解除压迫，并使周围的无菌性炎症得到消除。屈膝屈髋旋转法可能当脊柱屈曲时，使

处在曲线凸面的椎间盘因纵向受拉而缩进，使椎间盘在运动中回纳。牵引按压法，患者俯卧位，放入20cm厚的软枕，使腰椎过伸，此时在腰椎轻柔地向下按压，椎体间盘前缘扩大，后缘变窄，前纵韧带紧张，后纵韧带松弛，反复多次并有节奏地按压迫使突出的间盘髓核由较窄的后缘向较宽的前缘移位，同时在按压时因作脊柱对抗牵引，相对增宽了椎间隙，椎间盘内压力减弱，容易使突出的椎间盘移位或部分回纳。

对于中央型Ⅲ度（即突出物屈中，并延伸到两侧），手法推拿效果不理想，若手法太重，马尾神经损伤加重，出现水肿、炎症、压迫加重。本组经此手法治疗后均未发现症状加重和瘫痪现象。但仍有一部分病例残留腰痛或腰部不适，下肢感觉异常，或腹胀、便秘等症状，经中药辨证治疗后82.5%的病人残留症状均在4~6个月内消失。与经手术治疗后的病例对照相差无几，因而不能认为是手法的失败。

## 旋肩牵松法治疗肩关节周围炎

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我科自1984年以来应用旋肩牵松法治疗肩周炎546例，收到良好的效果。现总结如下。

### 临床资料

本组男347例，女199例；年龄20岁以内116例，30岁以上430例；

546例中单侧肩关节疼痛354例，双侧192例，肩关节活动受限546例，肱二头肌短头起始点压痛354例，冈上肌压痛406例，大园肌肌腹压痛326例，三角肌下滑囊压痛294例，小园肌抵止端压痛195例，有明显外伤史342例。

### 治疗方法

1. 松解手法：病人取坐位，医者先用拇指指腹在肩关节周围有病变软组织部位按肌肉走行的方向，用分筋理筋手法反复弹拨与理顺，再应用点法点按肩髃、中府、云

门、肩井、天宗等穴，同时配合患肩小幅度外展活动，使软组织达到进一步放松的目的。2. 旋肩法：患者取仰卧位，患肢肘关节屈90°，医者立于患侧或头部上方，一手握住患肢腕部，另一手握住肘部，使肩关节做大幅度的旋转动作，此法需反复旋转5分钟，以达松解粘连、舒筋活络、恢复肩关节功能的目的。3. 牵松法：病人取仰卧位，患肢处于上举姿势，医者立于患者头上方，用一手握住患肢腕部向上渐渐牵引，另一手拇指在肩关节周围软组织进行松解2~3分钟，最后协助患者做患肢抬举动作，使肩关节达到粘连松解、功能恢复之目的。

经上述手法治疗10~25次以后，治愈315例，显效139例，好转86例，无效16例，有效率81.32%。

## Abstracts of Original Articles

**A cellular immunocytochemical study on pituitary TSH and GH during experimental healing process treated with calcined dog bone**

Lin Yan-Ping(林燕萍)et al

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For determination of the cellular structural and functional changes of the anterior lobe of pituitary thyroid stimulating hormone and growth hormone during the course of promoting fracture healing ability of calcined dog bone, fifty four rabbits were selected to make models of standard fracture of bilateral radius. They were divided into calcined dog bone treating group and control group. Materials were taken for every week postoperatively. The pituitary glands were prepared with paraffin embedding and sections as routinely and stained with immunocytochemical method. The results showed that in control group after fracture, there were decreasing of amount of pituitary TSH and GH cells. There was no such inhibitory changes in the calcined dog bone group. The amount of TSH cellular maintained within a rather high level. Especially the GH cells were elevated in a large scale along with prolongation of the course postoperatively. So it indicates that the calcined dog bone bears the action of promoting the function of pituitary TSH and GH cells and facilitates bone healing.

**Key words** Calcined dog bone Bone healing

Thyroid stimulating hormone Growth hormone

Experimental study

(original article on page 5)

**A quantitative measurement of late stage callus growing treated with Sun Shang Fu Yuan Tang Jiang With X-ray micro-computer figure system**

Huang Bo-ling(黄伯灵)et al

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Seventy cases of distal end fracture of the radius were divided into Sun Shang Fu Yuan Tang Jiang (experimental) group and starch capsule control group. X ray films were taken for 20th, 30th and 40th day after fracture of the patients with X-ray microcomputer figure system. Quantitative measurements were made with callus growing, degree of displacement which influenced callus formation and quantitative analysis of secondary osteoporosis after fracture. It is proved that this Chinese herb has prominent action in accelerating bone healing. The mechanism may be due to acceleration of calcium transportation between fractured ends.

**Key words** Chinese herbs Fracture healing Callus

X ray micro-computer figure system

Experimental study

(original article on page 7)

**Seventy eight cases of cervical spondylosis treated by medicinal pillow**

Zhu Fang-shou(诸方受)et al

*Jiangsu Province Hospital of Traditional Chinese Medicine(210029)*

In this article, medicinal pillow, Tuina and medicine therapy served as observed group, Tuina and medicine therapy as control group. Seventy eight cases of cervical spondylotic patients were observed. The effective rate of medicinal pillow group was 97.56%, and with that of the control group being 83.78%. The therapeutic course of the observed group was shorter than that of the control group. It indicates that the medicinal pillow has the action in helping the recovery of the physiological curve of cervical spine. It can be served as a therapeutic treatment of cervical spondylosis.

**Key words** Cervical spondylosis Tuina therapy

Chinese medicinal therapy

Medicinal pillow Therapeutic application

(Original article on page 10)

**Fracture of femoral neck treated with percutaneous pressor screw**

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In this article, fifty six cases of fracture of femoral neck were treated with percutaneous pressor screw, the rate of excellent and good was 73%, the rate of non-union, 9%; rate of aseptic necrosis of the femoral head was 17%. The characteristics of the method are small incision, simple to be manipulated. An improving method in taking X ray film of the femoral neck from lateral view was introduced.

**Key words** Fracture of femoral neck Fracture fixation

(Original article on page 12)

**Thirty cases of central type of protrusion of lumbar intervertebral disc treated by mild Tuina under nerve root block anesthesia**

Zhou Lin-kuan(周林宽)et al)

*Zhejiang College of Traditional Chinese Medicine(310009)*

In this article, thirty cases of central and para-central type of protrusion of lumbar intrvertebral disc were treated with mild Tuina under nerve root block anesthesia. The results were cure in 6 cases; marked effectiveness, 9; effectiveness, 6; ineffectiveness, 9; with an effective rate of 70%.

**Key words** Protrusion of lumbar intervertebral disc Tuina therapy

(Original article on page 24)