

# 牵引推拿整脊合中药熏蒸治疗强直性脊柱炎

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**摘要** 强直性脊柱炎是一种病因不明的慢性进行性炎症性关节疾病，以侵犯脊柱为主，并常波及其他关节及内脏，可造成人体畸形及残废，为严重危害人类健康的全球性疑难病。本专科门诊拟定的综合治疗方案为：通过牵引推拿手法整脊整复，辅以中药熏蒸疗法。临床治疗的 360 余例该病症，疗效均较理想。以 2000 年 4 月前来本门诊就诊的英国商人为例，我们对其先以牵引治疗，再用推拿配合中药“骨痹方”熏蒸治疗，3 个疗程后，由本来的弯腰驼背而来已呈昂首挺胸而去。

**关键词** 强直性脊柱炎 牵引推拿手法 中药熏蒸疗法

**Abstract** Ankylosing Spondylitis, an agnogenic chronic progressive inflammatory joint disease, primarily affects the spine and other joints and viscera and causes body abnormalities. It has become a global stubborn disease which can seriously damage human being's health. Our special clinic has studied out a comprehensive therapeutic plan. That is spinal orthopaedics and reduction by massage and traction with supplementary herbal fumigation. Observed from more than 360 cases, the curative effect is distinct. We will take a 33-year-old Englishmen, who came to our clinic in April 2000, as an example. We treated him by traction and massage combined with fumigation of herbal medicine 'Gu Bi Fang'. After 3 courses of treatment, he had got rid of his humped back and walked with his head held high.

**Key Words** Ankylosing Spondylitis massage and traction herbal fumigation