

中医治疗腰痛 27 例的疗效观察

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摘要 腰痛是英国的常见病，严重影响病人工作，给经济带来损失，已经引起政府的重视。我们用中药、针灸和推拿对 27 例病人进行系统地综合治疗。我们将病人腰痛的程度分 0—10 分，计 11 个等级，每次计分，并记录伴随症状，以观察疗效。中药以补肾，补气，养血活血，祛风寒湿为主；针灸用局部取穴，循经取穴和全身调理穴；推拿用特殊手法与放松手法结合。**治疗结果：**治疗前后的腰痛计分显示，多数病人疼痛减轻或消失，经统计学处理 $P < 0.0001$ ，疗效非常显著，伴随症状也多数明显减轻。

Chinese medicine treatment of 27 patients with non-specific lower back pain observation

Abstract Objective: To study the effect of Chinese herbal medicine, acupuncture and massage on non-specific low back pain. **Methods:** Chinese medicine, acupuncture and massage therapy were used to give 27 patients comprehensive, systemic treatment. Lower back pain levels were divided into 0-10, totally 11 levels. Scores were recorded each time when the patient came for treatment. Accompanied symptoms were recorded in order to evaluate treatment effect. The main Chinese herbal medicines were to restore the kidney, improve qi, nourishing blood, improve blood circulation, dispelling wind, cold and damp; the main points were local points, meridian points and whole body regulating points. Special manipulation and relaxing manipulation methods were used in massage therapy. **Results:** Most patients have significantly reduction in pain, and t tests result was $P < 0.0001$. Most of the accompanied symptoms were also reduced significantly. This indicates that the significant effect of the TCM treatment for non-specific lower back pain.