

短報

上腕骨外上顆炎(テニス肘)に対する
治打撲一方の使用経験

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要旨:上腕骨外上顆炎(通称テニス肘)は、肘関節外側の疼痛を主訴とする疾患である。今回、治打撲一方(TJ-89)を投与し、良好な結果を得られたので報告する。患者6例(男性5名、平均年齢60.6歳)に対し治打撲一方(TJ-89)7.5g、分3/日を投与したところ、全例で2~4週以内に症状の改善が認められた。本疾患の病態は上腕骨外上顆から起始する手関節、手指伸筋腱付着部での炎症や微小断裂である。治療に関しては、非ステロイド性抗炎症剤(NSAIDs)の内服、外用の投薬が一般的であるが、治療効果、副作用の面から十分なエビデンスを得られていない。今回の使用例では、全例で比較的早期に症状の改善が認められ、副作用も全く認められなかったことから、本疾患に対し有効な保存的治療の一つとなりうると考える。

索引用語：上腕骨外上顆炎，治打撲一方，薬物療法

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Jidabokuippo for treating lateral epicondylitis of the elbow

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Abstract: Lateral epicondylitis of the elbow ('tennis elbow') is a common condition causing pain in the elbow and forearm. I report the results of the treatment with jidabokuippo (TJ-89) for lateral elbow pain in adults ('tennis elbow'). Six cases (5 male patients) whose average age was 60.6 years old were summarized. All patients were prescribed TJ-89 at a dose of 7.5g / day. In all cases, elbow pain had been decreased after the treatment of 2-4 weeks. Non-steroidal anti-inflammatory drugs (NSAIDs) are often used, either orally or by topical application. By their administration, the benefit with respect to pain is sustained, but the significant gastrointestinal adverse effects are reported. In our study, it is suggested that the treatment with jidabokuippo is one of the effective methods for lateral elbow pain in adults.

Key words: lateral epicondylitis of the elbow, jidabokuippo, drugs for treatment

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