

原 著

## 脳卒中患者の肩手症候群と肩関節痛に対する 治打撲一方による治療効果

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**要旨：**脳卒中患者に麻痺側の肩関節の激しい有痛性の運動制限と手の腫脹を伴う肩手症候群や肩関節に限局した強い痛みを訴える例をよく経験する。これは通常の薬物には治療抵抗性である。筆者は11症例に治打撲一方を処方した。投与3ヵ月後の評価では、著効6例、有効5例であった。Numerical Rating Scale (NRS) でNRSは1～8 (平均 $6.6 \pm 1.9$ から $1.6 \pm 1.4$ ) に改善した ( $p < 0.0001$ )。

本邦において脳卒中後の肩手症候群や肩関節痛に治打撲一方を処方した発表や報告は、筆者の渉猟し得た範囲内では確認できなかったが、今後積極的な適応が期待される。

**索引用語：**脳卒中、肩手症候群、肩関節痛、治打撲一方

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#### Effect of “jidabokuippo” on both shoulder hand syndrome and shoulder pain after stroke

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**Abstract:** We often experience the cases those are shoulder hand syndrome with severe pain with physical restriction on hemiplegic shoulder joint, or puffy swelling at hand, or severe pain limited to hemiplegic shoulder joint. It is difficult to treat them with normal medicines. Therefore jidabokuippo was administered to those 11 cases. After three month of administration with jidabokuippo, seven excellent responses and four effective ones were shown. By the Numerical Rating Scale (NRS) studies, the mean value significantly improved  $6.6 \pm 1.9$  (mean  $\pm$  SE) to  $1.6 \pm 1.4$  ( $p < 0.001$ ). In Japan there is no report on the treatment of the shoulder hand syndrome or the shoulder pain after stroke using jidabokuippo. The active adaptation of jidabokuippo for them is expected in future.

**Key words:** stroke, shoulder hand syndrome, shoulder joint pain, jidabokuippo

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