

原 著

椎体圧迫骨折に対する東洋医学的治療

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要旨：当院で3年間東洋医学的治療を施行した椎体圧迫骨折症例を検討した。方法：初診時腰背部痛がNumber Rating Scale (NRS) 3以上の椎体圧迫骨折でリハビリと東洋医学的治療で入院治療を受けた患者16名を対象に、入院時、退院時のNRSと機能的自立度評価(FIM)を比較検討した。2週間漢方薬を服用しても痛みが減少しない例や合併症等でリハビリ効果が上がらない症例は鍼治療を併用し、漢方薬(K)群、漢方薬と鍼治療併用(H)群に分け、NRSとFIMについて検討した。結果：全対象患者NRSは、入院前(M値4(4-5))に比べて退院時(M値0(0-0))と有意に減少した($P<0.001$)。FIMも入院時M値103.5(84.5-114.5)から退院時M値118(103-122.5)と有意に改善した($P<0.01$)。K群(6例)H群(10例)共に、入院時(K群:M値5(4-5), H群:M値4.5(4-6))に比べて退院時(K群:M値0(0-0), H群:M値0(0-0))有意にNRSを減少させた($P<0.001$)。H群は入院時M値99.5(79-114)に比べて退院時M値117(97-124)と有意にFIMを改善させた($P=0.002$)。東洋医学的治療は疼痛や合併症を改善し、リハビリ効果を促進していると思われる。

索引用語：椎体圧迫骨折, 漢方薬, 鍼治療, 機能的自立度評価(FIM)

PAIN AND KAMPO MEDICINE Vol.25 (2015)

The effect of traditional Japanese treatments on vertebral compression fractures.

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Abstract: We retrospectively examined the effect of traditional Japanese treatments (kampo medicines and acupuncture treatments) on patients with the vertebral compression fractures for 3 years. Methods: Informed consent was obtained in 16 patients with back pain showing score 3 or more in Number Rating Scale (NRS). Kampo treatment and rehabilitation were received. NRS and functional independence measure evaluation (FIM) on admission were compared with them on discharge. The kampo medicines administration (K) group, and kampo medicines combined with acupuncture treatment (H) group were studied. Results: In all patients treated with traditional Japanese treatments, both NRS and FIM scores were significantly improved ($p<0.01$ and 0.001 respectively) in comparison with those values before hospitalization. NRS score was significantly improved in comparison with on admission ($p<0.001$) in both K and H groups. Only H group showed the significant improvement in FIM compared with on admission. Conclusion: Our results demonstrated that traditional Japanese therapies improved the pain and the medical complications, which promoted the rehabilitation effect.

Key words: vertebral compression fractures, kampo medicine, acupuncture, functional independence measure (FIM)

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