

## 症 例 報 告

## 慢性痛の治療に運動療法などのリハビリテーションと漢方を併用する効果について

及川 欧<sup>\*1,\*2</sup> 中島 進<sup>\*1</sup> 齋藤 司<sup>\*1</sup> 大田 哲生<sup>\*1</sup>

**要旨：**一般的な外科的や内科的治療で疼痛コントロールが不十分な場合、我々は主傷病に適したリハビリテーション（リハビリ）を一定期間用いる。しかし、短期間・短時間の治療では「機能回復」「障害克服」「活動を育む」の3本柱を目的とするリハビリの前2項をある程度達成できるものの、「活動を育む」領域にはなかなか到達できない。その際に、リハビリを継続しつつ東洋医学的に漢方治療を追加し、痛みが若干改善すると社会生活が回り始める治療例を我々は多数経験している。本稿では、著効した2症例の詳細につき報告する。

**索引用語：**リハビリテーション, 運動療法, 東洋医学, 漢方, 多職種連携医療

## PAIN AND KAMPO MEDICINE Vol.30 (2020)

## The Efficacy of Combined use of Physical Rehabilitation and Kampo (Japanese Traditional Medicine) for Chronic Pain

Ou Leo OIKAWA<sup>\*1,2</sup>, Susumu NAKAJIMA<sup>\*2</sup>, Tsukasa SAITO<sup>\*1</sup> and Tetsuo OTA<sup>\*2</sup>

**Abstract:** Patients who experience severe and persistent pain following an illness or injury often struggle with activities of daily living. Various rehabilitation (rehab) techniques could be used in conjunction with primary surgical/medicinal interventions to decrease pain. The three main goals of rehab are achievement of functional recovery, overcoming physical impairment, and carrying out activities of daily living; with the third goal being most difficult to achieve, due to the fact that rehab period is limited in terms of the amount of time the treatment team can spend with the patient. Adding Kampo, Japanese traditional medicine, to the rehab regiment has been associated with only a modest degree of improvement in pain, yet, sometimes, a dramatic improvement in patient's ability to perform activities of daily living.

The authors attribute this to an "Interdisciplinary Medical Care" effect, whereby a team consisting of rehab therapists (including physical, occupational, and speech-language-hearing therapists), pharmacists, and rehab doctors collaborate and support a patient. In this paper, we report the details of two outpatients who successfully responded to treatment for severe persistent pain.

**Key words:** rehabilitation, physical therapy, Japanese traditional medicine, Kampo, interdisciplinary medical care

<sup>\*1</sup> Department of Rehabilitation Medicine, Asahikawa Medical University

*Offprint requests to:* Ou Leo OIKAWA, Department of Rehabilitation Medicine, Asahikawa Medical University, 2-1-1-1 Midorigaoka-Higashi, Asahikawa, Hokkaido 078-8510, Japan

<sup>\*2</sup> Moriyama Memorial Hospital, Rehabilitation Department