

Clinical Effect of Acupuncture and Massage on Cervical Spondylosis of Vertebral Artery Type

Zhanbo Yu, Linjun Luo

Ruibao Street Community Health Service Center, Guangzhou, China

Keywords: Acupuncture and massage, Cervical spondylosis of vertebral artery type, Clinical effect

Abstract: Objective: To study the clinical effect of acupuncture and massage for patients with cervical spondylosis of vertebral artery type. Methods: in the future, the patients of cervical spondylosis of vertebral artery type treated in our hospital will be taken as the research object. The patient's treatment time is from April 2018 to May 2019. There are 104 patients selected in this period. In the process of carrying out the study, the envelope random grouping method will be used, and the control group and the research group will be set up. When the patients in different groups are treated, the nursing staff should adopt simple acupuncture treatment. To treat the patients in the control group, in the process of treatment in the observation group, acupuncture and massage are used to carry out the treatment, so as to compare the treatment effect of the control group and the observation group. Results: through the treatment of acupuncture and massage in the observation group, the observation group has more advantages than the control group in terms of clinical treatment indicators ($P < 0.05$), with statistical significance. Conclusion: in the process of treatment of patients with cervical spondylosis of vertebral artery type, nurses can better guarantee the treatment effect of patients and effectively control the hemodynamic indexes of patients through acupuncture and massage. Therefore, it is worth popularizing in clinical practice.

1. Introduction

In the process of social development, people's living standards have been greatly improved, but in the process of daily life and work, sedentary, low head gradually become a normal. This makes the incidence of vertebral artery type of cervical spondylosis in China showing a growing trend, and the incidence of the disease group is also gradually toward the direction of younger development. In this paper, the author has carried out relevant research on the role of acupuncture and massage in the treatment of patients with vertebral artery type cervical spondylosis.

2. Data and Methods

2.1 General Data

In the future, the patients of cervical spondylosis of vertebral artery type treated in our hospital will be taken as the research object. The patient's treatment time is from April 2018 to May 2019. There are 104 patients selected during this period. In the process of carrying out the study, the envelope random grouping method is adopted, and the control group and the observation group are set up, 52 patients in each group. In the observation group, the number of male patients and female patients were 28 and 24 respectively. Among all the selected patients in the observation group, the oldest patient was 67 years old and the youngest patient was 39 years old. The median age of the patients was (48.4 ± 2.6) years old after calculation. In the control group, the number of male patients and female patients were 27 and 15 respectively. In the control group, all the patients were enrolled. Among the selected patients, the oldest was 68 years old, the youngest was 37 years old, and the median age was (49.2 ± 2.8) years old. Before the study, ensure that all patients and their families are informed of the study, and guide the patients or their families to sign the informed consent. In the case of random grouping, there was no significant difference in general data between the observation group and the control group ($P < 0.05$), so the comparison of this study was

statistically significant.

2.2 Methods

2.2.1 Control Group

When the medical staff carried out the treatment work, the treatment method of the control group patients was routine acupuncture treatment. Under the condition of guiding the patients to take the prone position, help the patients to fully relax the neck and shoulder. After relaxation, 0.35 * 40MM sterilized filiform needle was selected for acupuncture at Fengchi, Baihui, Jingjiaji, Dazhui and Neiguan Points. It should be noted that in the process of acupuncture and moxibustion, the depth of acupuncture at different points of the patient also needs to be adjusted accordingly. For example, the depth of Jin Zhen at Baihui Point should be controlled between 0.5 inch and 0.8 inch, and the depth of acupuncture at Fengchi point should be controlled between 1.0 inch and 1.5 inch. In the process of acupuncture and moxibustion, pingbupingxie method is used to acupuncture all acupoints. The strength is controlled by the patient's feeling of acid swelling, and the needle retention time is controlled at 30min¹.

2.2.2 Observation Group

In the process of carrying out treatment for the patients in the observation group, the medical staff should carry out acupuncture combined with massage treatment. Among them, the acupuncture method of the observation group is the same as that of the control group. In the process of massage for the patient, the patient should be guided to take the sitting position. The medical staff should stand at the back of the patient and massage the bilateral muscles and ligaments of the neck of the patient through their index fingers and middle fingers. In this way, the patient can be helped to loosen their neck muscles. The time of relaxation massage can be adjusted according to the patient's situation, usually 5 to 10 minutes Yes. After the relaxation treatment, the medical staff should guide the patient to take the supine position, and remove the headrest on the bed. The medical staff should press the Fengchi point in front of the patient, and use the middle finger in the pressing process to gradually increase the strength. Stop exerting force when the patient has the feeling of acid swelling, and press and knead anticlockwise instead. In addition, the medical staff can use the thumb to massage the points of Baihui, Dazhui, Neiguan and so on.

2.3 Statistical Methods

SPSS 17.0 was used for statistical analysis. The measurement data and counting data were expressed in n (%) and (\pm s), respectively, and the comparison between groups was performed by t test or χ^2 test. $P < 0.05$ means the difference is statistically significant.

3. Results

3.1 Comparison of Clinical Effects between the Two Groups

Table 1 Comparison of Clinical Effects between the Two Groups

Group	n	Excellence Effective	Effective	Ineffective	Total effective rate
Observation group	52	34	16	2	50(96.15)
Control group	52	28	14	10	42(80.77)
P	-	-	-	-	<0.05

3.2 Hemodynamic Indexes of Two Groups after Treatment

Table 2 Hemodynamic Indexes Of Two Groups after Treatment

Group	n	TMFV	PSV	PI	RI
Observation group	52	28.52 \pm 5.15	61.23 \pm 12.45	0.94 \pm 0.32	0.66 \pm 0.17
Control group	52	21.44 \pm 4.22	51.47 \pm 10.46	0.66 \pm 0.14	0.47 \pm 0.08
P	-	<0.05	<0.05	<0.05	<0.05

4. Conclusion

As a very common orthopedic disease, vertebral artery type cervical spondylosis has not only a high incidence, but also a high recurrence rate. After the onset of the disease, patients will have vertigo, dizziness and headache in their daily life, so it will have a greater impact on their daily work and life. In the theory of traditional Chinese medicine, cervical spondylosis of vertebral artery type belongs to the scope of “vertigo”. The main reasons for the symptoms of the patients are the deficiency of liver and kidney, deficiency of Qi and blood. In the case of the imbalance of Qi and blood in the head and neck meridians, the air transport is not smooth and the brain is deprived of nourishment. Therefore, in the process of traditional Chinese medicine treatment, the combination of acupuncture and massage can better stimulate the blood vessels of patients, improve the blood supply of vertebral artery, and eliminate the symptoms of patients². In the process of this study, it was found that the treatment effect of the observation group was significantly better than that of the control group ($P < 0.05$), which was statistically significant.

To sum up, in the process of clinical treatment of patients with cervical spondylosis of vertebral artery type, medical staff can provide sufficient guarantee for the treatment effect of patients and promote the rehabilitation of patients through the application of acupuncture and massage, so it is worth promoting.

References

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