Study on the Effect and Nursing of Ulna and Tibia Acupuncture in the Treatment of Lumbar Acute Soft Tissue Injury

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Abstract: the Curative Effect of Ulna and Tibia Acupuncture on Acute Soft Tissue Injury of the Waist. the Therapeutic Effect, Dysfunction, Pain and Tenderness Scores between the Two Groups Were Compared. the Results Showed That the Treatment Ratio of the Two Groups Was 97.14% (34 / 35), and That of the Control Group Was 77.14% (27 / 35). the Treatment Effect of the Study Group is Better Than That of the Control Group, and the Difference between the Groups is Statistically Effective ($P < 0.05$); in the Comparison of the Scores of Dysfunction, Pain and Superiority, the Discussion Group is Better Than the Control Group, and the Difference between the Groups is Statistically Significant ($P < 0.05$). Conclusion: Ulna and Tibia Are Effective in the Treatment of Lumbar Acute Soft Tissue Injury, and Can Improve Local Symptoms and Pain, Which is Suitable for Clinical Application.

1. Introduction

Acute lumbar soft tissue injury is caused by the indirect or direct influence of local soft tissue (muscle, ligament, fascia, lumbosacral part or sacroiliac joint) on the lumbar soft tissue. This is usually due to improper posture and uneven waistline during automatic bending. Acute lumbar soft tissue injury was not treated, but not abused or treated in time[1]. The disease is mainly caused by the local tendons and veins of the waist, and the blood and blood are blocked and stagnated. After trauma, in order to prevent the congestion of Qi and blood, cut off the Qi and blood, form side occlusion, cause meridian spasm, swelling and pain, waist bending, expansion, expansion and functional activities. As the general record of St. Francis's wounds shows, evil blood does not disperse your blood channels, blood stasis, swelling and pain. The incidence of men is higher than that of women, accounting for about 10% of pain clinics. Miners are particularly common, accounting for 9.5% to 14% of the sun. In recent years, with the increase of labor pressure, the acceleration of life and the increase of other social and personal factors, the incidence has increased significantly. Therefore, medical expenses are very important to improve people's quality of life. According to the latest medicine, the acute soft tissue injury to the waist is caused by improper efforts to the human body or serious external injury to the human body. It then causes the local capillary to break. In this way, the permeability of blood vessel wall will increase. In addition, the tissue fluid will penetrate into the tissue space, resulting in swelling. Local blood vessel rupture after hemorrhage, hemorrhage caused by hematoma[2]: due to traumatic hematoma and inflammatory reaction, the affected part feels pain and has various dysfunction. In the past, the injury of waist soft tissue was classified as "trauma". The main reason is "GIA htt, hemostasis, inaccessible vein". Meridians, blood and stasis, do not pass through the pain, blood is separated from the menstrual period, the veins are deposited on the skin, swelling occurs.

2. Understanding of Traditional Chinese Medicine on Acute Lumbar Soft Tissue Injury

Acute lumbar soft group Peng l injury belongs to the category of "muscle injury" in traditional

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Chinese medicine. Chinese medicine has a long-term understanding of “muscle”. “Small tendons have external bones” this dirty report records[3]: “meridians and collaterals, therefore, they are exercises of Qi and blood, but Yin and Yang, intestines and joints” is the role of “tendons” is the movement of bone, joint connection, limb support, pointing out that my waist, body, twists and turns, expansion, and pitching can not help that golden wing, “proposal” from confusion and lumbago, hopelessness and weight lifting hardship. If there is damage, the blood veins will clot and the meridian will stop [4]. In addition, it has been paid attention to[5]. No wounds and no blood. The method of blood cannot be declared, and stasis is not scattered, it is swelling and pain, “Yizong Jinjian” date: “symptoms of injury, swelling and pain, people's blood stasis and painful pain.” “If the outside of the hands and feet is damaged, Qi and blood will be injured to the inside, the muscle tissue is contradictory, and the internal organs are not coherent,” said Xuji's “f body points” in the late Ming Dynasty According to the drug guide, I was suddenly stimulated, stimulated, stimulated.

2.1 Understand the Causes of Acute Lumbar Soft Tissue Injury

TCM believes the cause of the disease is Qi and blood stasis. Most of them are caused by the imbalance of waist or external force affecting their own strength. However, they are suffering from chronic fatigue and incontinence, bad mood of kidney, loss of honor of waist and waist, inconvenience of movement and careless life, invasion of wind and moisture, evil feeling, stagnation of meridians.

Table 1 Gender Comparison of Two Groups of Patients

Group	Number of cases	Male	Female
Ulnar tibial acupuncture group	60	43	17
Wrist ankle acupuncture group	60	46	14

2.2 Etiology of Acute Traditional Soft Tissue Injury

Most of the acute soft tissue injury on the waist is choroidal injury. Blood does not flow into the vein with menstruation. Click forestaf JF. As recorded in the source of rhinoceros, there is a kind of money called “falling down, suddenly falling from the outside to the inside”[6]. Chinese medicine believes that the cause of the disease is stagnation of Qi and blood and blockage of meridian. At the same time, the corresponding visceral and meridian system, pathological response to different degrees.

Table 2 Age Control of Two Groups of Patients

Group	Number of cases	-30	-40	-50
Ulnar tibial acupuncture group	60	18	25	17
Wrist ankle acupuncture group	60	15	27	18

3. Materials and Methods

3.1 General Information

70 cases of acute soft tissue injury were treated in our hospital from February 2017 to February 2018. For the clinical diagnosis of patients, refer to the relevant specifications of “clinical guidelines for new Chinese medicine”. The patient had obvious trauma and local symptoms. TCM diagnosis is Qi stagnation and hemostasis. Except for patients with severe medical diseases, psychosis, cognitive dysfunction and non cooperative diagnosis and treatment. Randomly divided into study group and control group. There were 18 males and 17 females in the study group, aged 20-69 years, with an average age of 43.6 ± 7.5 years. The average VAS pain score was (7.76 ± 1.21). In the control group, there were 19 males and 18 females, with an average age of 20-68 years, an average age of 44.7 ± 7.7 years, and an average VAS pain score of (7.81 ± 1.26). All patients provided informed consent, and the study was approved by the hospital leaders[7]. There was no significant difference in pain score of gender, age and vas between the two groups.

3.2 The Study Group Was Treated with Ulna and Tibia Needle

The skin of the sun bladder on the left or right side of the patient was taken through the tibia. No. 28 and 1.5 select the preserved acupuncture needles, routine local skin disinfection, fix the skin with the left hand, press the acupuncture needle with the right hand for 15 degrees, parallel the acupuncture needle to the patient's skin, and insert the acupuncture needle into the patient's skin. Three needles can be inserted into the skin at the same location, and the amount is best to reduce the perceived pain of the patient. When the needle is held, the wire is injected. That can be shaken up and down, bent left and right, and cycled. The patient feels better with local swelling. The needle holding time is controlled within 30 minutes, and it is processed once a day[8]. The control group was treated with wrist and ankle acupuncture. The position of the needle is determined by the patient's pain position. 4-6 regions are selected on a daily basis. Needle insertion, depth and retention methods are the same as those of the research group. But the needle can not be used, and the needle holding time is controlled within 30 minutes. The above treatment shall be conducted once a day.

4. Observation Index

The treatment effect, dysfunction, pain and tenderness scores of the two groups were compared. Pain and superiority scores use visual analogue scores (VAS) to represent pain on a larger scale. Dysfunction: divided into no, light, medium and heavy, 0, 2, 4 and 6 points of distribution.

5. Handling of Unforeseen Conditions

Acupuncture treatment under the halo: immediately stop acupuncture treatment, all the needles are raised, the patient lies flat, the head is slightly lower, in order to keep warm, pay attention to rest for a period of time, drink warm water and sugar water, and the recovery foundation cannot be restored before the above treatment. It can be recovered by cutting off points, such as zhonggren, Shixuan, HGU, Yongquan, etc., or by conventional injection methods.

6. Results

The curative effect comparison between the two groups: in the curative rate, the effective rate of the experimental group was 96.18% (33 / 36), and that of the control group was 78.11% (26 / 34). Statistical validity was confirmed ($P < 0.05$). The difference between the two groups was better ($P < 0.05$). As shown in Figure 1.

7. Discussion

Acute soft tissue injury in the waist is a common local tissue injury in clinics. The patient had obvious local pain symptoms. As a result of acute trauma, analgesia is the initial symptom of the clinic, mostly conservative treatment. Acupuncture and moxibustion of ulna and tibia is Professor Zhang Weihua's original technology of traditional Chinese medicine. It combines the skill of wrist and ankle acupuncture, and summarizes the experience of treating pain with 3 needles and 5 injection points. Analgesia. The treatment of ulna and tibia is easy to operate and has significant analgesic effect. Patients with local swelling, no special discomfort, safety, suitable for the treatment of acute analgesia. In this study, 70 cases of lumbar acute soft tissue injury were taken as the object[9]. The results showed that the effective rate of the study group was 97.14%, which was significantly higher than that of the control group using wrist and ankle. This shows that the effect of ulna tibia needle is better than that of wrist neck needle. It can have a specific relationship with ankle needle, three skin needles and five injection points made by Professor Zhang Weihua. In this study, the scores of dysfunction, pain and tenderness in the study group were better than those in the control group ($P < 0.05$). Liu Zhian used ulnar TiB acupuncture in the treatment of acute lumbar soft tissue injury, and the analgesic effect was significant, which was consistent with the results of

this study.

8. Conclusion

Ulna and tibia are effective in the treatment of lumbar acute soft tissue injury, which can improve the local symptoms and pain of patients in clinical application.

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