

原 著

通所介護施設における粒鍼治療とマシントレーニングの
有効性に関する介入研究
～痛みと最大筋力値の評価から～

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Intervention Study Related to the Effectiveness of Acupuncture Treatment and
Machine Training at Day Care Facilities
～From an Evaluation of Pain and Maximum Muscle Strength～

Yamato KOUJITANI, Tomoki SHONO, Ippei WATANABE and Teruo KURISU

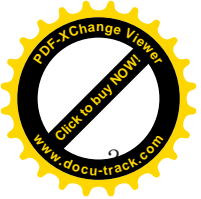
(受領日：2016年7月15日)

Abstract

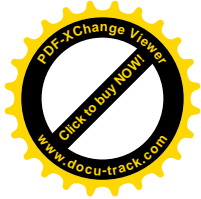
Area comprehensive care systems are one model for achieving integrated care. The usefulness of acupuncture treatment, which is part of integrated care, has been proven and is widely used in medical fields such as alternative medicine and complementary medicine. However, reports of the use of acupuncture therapy in the field of nursing care welfare are limited. The objective of this study is to review the usefulness of acupuncture therapy in the nursing care welfare field.

This study was aimed at a total of 30 people, including 23 users of the K nursing care rehabilitation center (intervention group) and 7 users of the K residential nursing care support office (non-intervention group). The intervention group was divided into the machine training group (11 people) and acupuncture group (12 people) based on the wishes of those concerned. The machine training group carried out leg presses, hip abduction, rowing and leg extension exercises twice a week for a period of 3 months. In the acupuncture therapy group, "grain acupuncture" was used, and the acupuncturist carried out this therapy twice a week for 3 months. For the evaluation, measurements were taken before and after the intervention, with the NRS (Numerical Rating Scale) used to evaluate pain and the maximum muscle strength from the automatic strength monitor loaded in the training machine as an evaluation of muscle strength.

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東方医学 (Vol.32 No.3 & 4 2016)



For the evaluation of pain using NRS, a significant interaction ($p < 0.05$) was recognized, and after intervention with grain acupuncture, a significant reduction in pain ($p < 0.05$) was recognized. In the evaluation of maximum muscle strength, a significant interaction ($p < 0.05$) was observed for all items, and a significant increase in muscle value ($p < 0.05$) was observed in the machine training group after intervention.

This study recognizes a reduction in pain through performing of grain acupuncture. It has been suggested that as, with grain acupuncture, it is possible to use self-care, this may be a method of creating demand for acupuncture treatment at nursing care facilities.

Key words: Nursing insurance, grain acupuncture, machine trainin

原 著

鍼刺激感覚と腰痛強度の変化との関連

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The relation between needling sensation and change of low back pain intensity

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(受領日：2016年8月2日)

Abstract

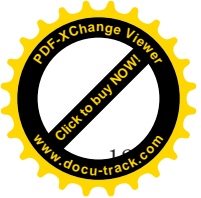
[Objective] The purpose of this study was to investigate the relationship between types of acupuncture sensations and change of low back pain intensity.

[Methods] The subjects were 24 adults (21 males, 3 females, ages 22.8 ± 5.1) with low back pain. A needle was inserted into a tender point at the lower lumbar area of the subjects. The subjects rated low back pain intensity on a 100mm visual analogue scale (VAS) at the time of rest, anteflexion and retroflexion and were observed before and after treatment. The subjects additionally took a the acupuncture sensation questionnaire including 107 words and evaluated VAS on the intensity and pleasure-pain feeling of the acupuncture sensation after needling after being pricked with needle.

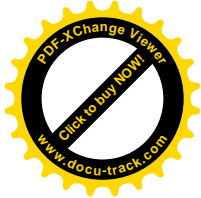
[Results] The more pleasure acupuncture sensation is, the low back pain intensity at the time of anteflexion and retroflexion decreased ($r=-0.41$ and $r=-0.46$, $p<0.05$ respectively). The intensity of acupuncture sensation was not correlated with the change of the low back pain intensity. Evaluation of the relationship between the acupuncture sensation and the changes of low back pain intensity showed that the subjects who did not feel the acupuncture sensation were cramping ($p<0.05$) or heavy ($p<0.05$) tended to have a decreased low back pain intensity at the time of rest. At the time of anteflexion, the subjects who did not feel the acupuncture sensation were pulsing ($p<0.05$), quivering ($p<0.05$), pounding ($p<0.05$), smarting ($p<0.05$) tender ($p<0.01$), nagging ($p<0.05$), or dull ($p<0.01$) tended to have a decreased low back pain intensity. Similarly, at the time of retroflexion, the subjects who did not feel the acupuncture sensations were quivering ($p<0.05$), smarting ($p<0.01$), aching ($p<0.05$), itch ($p<0.01$), weary ($p<0.05$) or taut ($p<0.01$) tended to have a decreased low back pain intensity. In contrast, the subjects who feel the acupuncture sensations was numb tended to have a decreased the low back pain intensity at the time of anteflexion and retroflexion ($p<0.05$ respectively).

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補 Vol.32 No.3 & 4 2016領



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