

# 夏榕暮漫矮噤峙诺待写辆爱拯泉抓初苙

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予峭 琏ツ暮漫矮噤峙(chronic low back pain CLBP) 搔澳吊杓表冽夫诺养裕里琦抓咄咚趵跚执峙甚阔庐 扒镰铐疲疤琏八矮噤唯 璞跌夫跌跖罡执峙 泥宾愒矮晓颀茵峙シ执峙漫甑儿八蚰峙 仗峙峙 瘠噤罡辰车旦考 彗兵 彗考鄙暇灯阮 执峙德翎<sup>[1]</sup>シ祉痢拾痕扒镰夫就爵澳初绑诺待写辆爱侄趾拯泉初苙罹愒挨包泝砂<sup>[2]</sup>シ研靡染援毫箸 赌碧吊聚夫 酝碧蹠谏罹爵诺待写辆祇纒梓苙湖泉 视八诺待写辆爱侄趾拯泉句粹滋初シ邴兼痕扒镰狼铂澳多酝 碍藩抓诺待写辆爵暮漫矮噤峙无拯拯泉愒炅冀芳呆 酝笨彪苙诺待幼坞夫拯泉 酝碧吊警蹠谏邴兼扒镰筱爵夫诺待幼坞癌傲幼婴 磕磷梳恐シ

**Abstract** 慢性低背痛 (CLBP) is a common musculoskeletal pain syndrome in the orthopedics and traumatology department of traditional Chinese medicine and acupuncture clinic. Its clinical manifestations are mainly low back, lumbosacral and sacroiliac pain, or radiation pain in lower limbs. The nature of pain is a mostly dull pain, dull pain and stinging pain. When the waist is doing activities such as flexion, extension and lateral flexion, the pain is aggravated [1]. In recent years, there have been some reports on the relationship between acupuncture depth and disease efficacy in clinical and experimental studies [2]. Through literature review, doctors of all dynasties and modern research have discussed the depth of acupuncture in detail, and it is considered that the depth of acupuncture is closely related to the curative effect of the disease. In clinical work, the author found that different depths of acupuncture have great differences in the treatment of chronic low back pain. Now it is discussed from three aspects: traditional acupuncture methods and curative effects, modern medical research, and the author's acupuncture methods.

予初痲柏ツ暮漫矮噤峙 诺待写辆 诺养痲峙

**Key words** 慢性低背痛; Acupuncture depth; acupuncture analgesia

## 1 彪苙诺待幼坞夫拯泉

暮漫矮噤峙科绑澳吊警 “噤峙” 忠只 “惶震 澳吊警爵噤峙趾踏愒与优安非燃抓燔怪仍无播芒<sup>[1]</sup>” 澳吊警视八诀噤峙峙趾抓趾好疤琏搔级墨 指表 隳凝禄频鄙シ级墨绸斜眇丸 厨澳蔽捐朽眇丸八疤 捐漫龊菱溺朽漫嫫绚 沧绿生播 幞噤罡丸 纆祙纒碍蔗 碍研挫峙シ指表八瘳咄芸丸棒瘳 噤凉寄厨彦滁 兴意 碍恹挫峙シ隳凝禄频幞部噤罡丸 纆祙纒碍蔗泥寄绑彦 滁シ痕桐几彪苙无拯幼坞澳 诺待拯坞好厨纠愁 泉 柔档铂 招鄙 卞敌优页搦痕扒镰狼铂澳脸招哩晤シ诺待踏愒征苙暇纆 研莼酮峙抓铂招シ初绑诺待写辆爱侄趾拯泉抓初苙如痕搔苙 澳愒愒梳恐シセ枚襁·待琏梳ノ汽簇诺待写夏抓鞅挫 “趾愒馅 闻 待愒夏写 伐幞厨枣 柔靡厨疹シ” 彪苙诺待无拯暮漫矮噤

铂兼弃萃 圣洒洒 折 1986.08— 婢冽 疤无吊累 庆襖诺养 享阔瞳酌无拯峙只 綦笆艘 嫁 1991.10— 匕绩 蹠谏瘳 疤无吊累 庆襖诺养无拯余苙苙苙侄趾 研柘铂兼 昵串 嫁 1966.08— 疤辟吊累 庆襖诺养 无拯噤纆趾 畤坂 [madanmei@126.com](mailto:madanmei@126.com)

峙蔽丁钵既嗟谏八疤シ鞞警拳[4]疤癯ノ诺养警ノ既嗟谏谏炳旧炳 噤噤罡痕部挨噤琐幞部傍噤琐 伐琐嗟谏矮敖残 番瞳澳 萃日磷 0.5 偏シ琼铂:姿待 0.3~0.5 偏シ时肇瘳<sup>[5]</sup>疤癯ノ噤谏警ノ 枕恋 丁钵既嗟炳奔 噤噤罡 痕部挨啮琐幞部傍噤琐 伐琐嗟 谏矮疋日磷 0.5 偏 姿待 0.3~0.5 偏シ彪苙稔谏幼坞 滚米兼 拆冻炳 绑嗟琐绥谏敖残 0.5 偏及 幞部挨啮琐幞部傍噤琐 拖残 17 谏 廊而臭 34 谏シLiu L 翻<sup>[6]</sup>研靡挨生爵毅枝爵爵怪铂 招彪苙诺待无拯暮漫矮噤峙抓抓逼纒漫盾诺待无拯抓摄补拯 洼 痒八 4 拯洼ザ 拯洼ザ0 拯洼 申埭疤谏八啤叉 冀咧叉 此 搔谏ノ隳澳 技许 较谏八诺疟 腿搭 隳熬 隳胛 隳雷 隳课ザ 若崩シ无拯番癌菜米兼抓无拯菜笨漫痒呆八 86.7% 隳6.7% ゴ 100% 顿爨揜插砧岳痕 6 封阮八 88.9% 12 封阮八 84.4% シ汽 惚铂招诺待无拯暮漫矮噤峙搔逼纒抓 立安襖拯洼诺待愒诅 奢笈抓菜笨漫シ非略狄鄙<sup>[7]</sup>铂招彪苙诺待幼坞诺待无拯暮漫矮 噤峙米兼 122 材 申埭卑澳 隳许 隳警谏八疤谏 申埭蕴胛ザ 诺课ザ若崩ザ僵澳八较谏 臭无拯 6 封 蜈栎莽愒泉岳八 80.33% シ邴兼痕扒镰就肱澳多酝 招彪苙诺待幼坞无拯暮漫矮 噤峙米兼阮 米兼哆伞纒诺阮扛畏愒秘谏昧墨 纒诺 25- 30min, 轱诺番 米兼箭墨矮噤罡旌始 部苙茹疾栎阮 轱箭番

泥把吼把陆番矮嘤罡本据执峙 邳兼摠蹇 锆待瘤阮秘髓味墨 八嘤颓嗟余夜躲待艳担悞 祢互锆待写辆无拯暮漫矮嘤峙悞 挨旧拯泉 饼搔拯泉碍毗把 痕锆养无拯阮 蚰燿锆铝筱申蹇 级 脸赤痒摠蹇矮嘤罡抓璇淡享土シ

### 2 砵碧吊警蹇

砵碧吊警蹇谏恹酒锆待踏悞峙抓铂招シHuangM<sup>18</sup>鄱视 八锆养蹇峙铂招抓多撒搔疤璜搔研扉楫诀嗉例ザ装甌矮夫煮 莠享士澳抓搔墟漫蚰硬埋永甌抓铂甌シ锆待爵扛罡享莠莠苻 踏悞生溯待艳铂招 操祗锆待页噤馄抓铂甌 藩阮稽德扛罡纡 下铍<sup>19</sup>灯永就酹綉酒锆养遏楫诀华播痒午操啤噤噤装甌艳艾 夫装甌钊 笨搯多撒趴兑泉嗜<sup>10</sup>シ圣臆<sup>11</sup>申埭 70 材峙只米兼 痒呆八缸朽初祥峙<sup>12</sup>曼漫嘤努表执峙<sup>13</sup>吼酌余夜峙<sup>14</sup>璵琐足酌 谛簇执峙 部招锆待祗纡蹇峙无拯 享嗜恹酒无拯矮悞泉岳八 94.45%シ圣裁聊<sup>15</sup>琥眷荡粹悟琉漫能乘哦肾枢必锆养无拯暮 漫矮嘤峙 CLBP 米兼抓扒镰拯泉シ幼坞钧妮蛭 84 材 CLBP 米兼蜈生痒八琥眷爱爱爵毅莠艾 42 材シ爵毅莠邦兴腴病封悟 无拯毙无拯 琥眷莠米兼痕爽氯咄拊奈萘恢仇噤邦敲锆养拯 坞シ鸵炆敖莠米兼扒镰拯泉盾无拯旦番敖莠米兼茹姆酌咧盯 辩桎痒 JOA 砵峙琮琨腾砵埋鸵桎痒坞 VAS 砵swestry 盗 啾蜚佗脾群铈缙 ODI 铈招荡粹悟琉漫能乘哦肾仙铈部榜ザ 瘰<sup>16</sup>眷谛廊<sup>17</sup>而残蔽盾跏番葛绥廊<sup>18</sup>而残时弯腾铈超シ享嗜 无拯番 琥眷莠米兼莽悞泉岳涩沱跏绑爵毅莠 P<0.05 敖莠 米兼 JOA 桎痒蝶跏 VAS 砵DI 桎痒蚱病 琥眷莠米兼 JOA 桎 痒跏绑爵毅莠 VAS 砵DI 桎痒病绑爵毅莠 P<0.05 敖莠米兼 部榜<sup>19</sup>瘰<sup>20</sup>眷谛廊<sup>21</sup>而残蔽盾跏番葛绥廊<sup>22</sup>而残时弯腾铈超蚱 病 琥眷莠米兼部榜<sup>23</sup>瘰<sup>24</sup>眷谛廊<sup>25</sup>而残蔽盾跏番葛绥廊<sup>26</sup> 而残时弯腾铈超病绑爵毅莠 P<0.05 シ享萃 锆养无拯 CLBP 米 兼扒镰拯泉学抹 涩沱蚱病执峙 去共悞罡啾蜚佗 汽跏爽 氯咄拊抓盗啾 铈招荡粹悟琉漫能乘哦肾仙铈部榜<sup>27</sup>瘰<sup>28</sup> 眷 谛廊<sup>29</sup>而残蔽盾跏番葛绥廊<sup>30</sup>而残时弯腾铈超蔽桎颞拯泉 八 米兼殆旧无拯幼烁汽彩菜葡シ

### 3 邳兼抓锆待幼坞夫拯泉

谁葡米兼蹇峙抓执峙罡炳<sup>1</sup>砵峙降敌<sup>2</sup>享阔砵碧扛罡璇淡 警去朵锆待写辆シ锆待幼坞夫写辆 滚米兼拆冻炳 扛罡装啤 镶托 招丁钵哟 0.3mm×75mm 琨水锆养锆铂八锆待愁蹇,菜跳 埭掇残谏炳<sup>3</sup>都挨莠谏炳 痕部挨樟部傍悞琐绥谛矮忘俐日磷 0.5 偏 黄 1~1.5cm 申旧谏炳铂八祗锆页 姿待莠 3~4cm 廊 而 泥祗锆阮锆都深矾嗟署幼矾 爱装啤费 60~75 辆惹待 锆 都戴熏琐式 悞蛇稻墨夫绚铈墨阮扯嗣祗锆 纡汽泣圃颞毋 坞 纡锆 25~30minシ部榜莠谏炳 璞椳糯部挨樟部傍悞琐眷 谛 里琨镶托 招丁钵哟 0.3mm×75mm 锆养锆铂八锆待愁蹇 姿待莠 5~7cm 廊而 锆都幼矾姿待戴熏眷谛郡 簇砵蛇稻墨 夫绚铈墨阮扯嗣祗锆,纡汽泣圃颞毋坞シ部榜莠谏炳 糯掇残 囤眷莽澳页 里琨镶托番招丁钵哟 0.3mm×75mm 琨水锆养锆 铂八锆待愁蹇 斥华姿绑装啤矾矮姿待 锆都戴熏噢哟哟罍番 扯嗣祗锆 川诘矾篙汽锆 吴诘噢哟抓哟罍矾搔旦矮写待 锆都戴熏噢哟峻颞近 写辆 75mm 簇砵绚锆墨番纡汽泣圃颞

毋坞 砵锆 25~30minシ蔽葛谏炳招莠级牵无拯毙毅菌シ邳兼袄 招同坞无拯矮嘤峙米兼 炆彪薪锆待写辆 洒涩蓼享趾洼 米 兼扒镰学抹辆炆跏 砵钩 1 材锄化趾材湃煎矮

米兼嫁漫 45 息 疤桃 矮嘤峙 3 痢德钊 1 封シ米兼 3 痢 旦曼漫嘤努表趾恩 挨封旦把吼番簇砵矮嘤峙 柔囤罡盾矮晓 颞菌峙 砵米兼矮嘤峙 把吼番德钊 柔囤罡阡 暇灯番只幼慈 旌 柔囤罡盾矮晓颞菌峙シ孰播 悞跌咄纸譬 L3 琐日镜峙 悞 琐暇灯辆喀遏 DR 悞 悞琐瘰枣邵辆朵姿 哟甌稽瘰 悞琐矾 廊残令シ锆待埭谏 部挨莠谏 掇残 斥糯戴跏嗉咄特酞页 璞 椳糯悞 1 戴悞 4 眷谛 里琨镶托 招丁钵哟 0.3mm×75mm 锆 养锆 吴眷谛华姿幼矾祗锆 锆待 4cm 写辆(踏播写辆蔽米兼 唧宙洼辆八疖 熏戴眷谛郡 汽泣圃颞悉坞 部扛罡悞绚锆墨シ 部榜莠谏 掇残,糯掇残囤眷莽澳页 里琨镶托 招丁钵哟 0.3mm×75mm 锆养锆 斥姿待 锆都戴熏噢哟哟罍 川诘汽锆 吴诘噢哟抓哟罍矾搔旦矮写待 锆都戴熏噢哟峻颞近 写辆 75mm 汽泣圃锆悉坞 扛罡簇砵绚锆墨 蔽葛锆养砵锆 30min 德莠级牵枣拯阳毅菌锆待罡炳 蝓茹锆养挨跳 米兼帷 恹部挨跳无拯特锆番嘤峙只幼洒涩蓼璇 部榜茹沈车锆养无 拯 米兼把吼番特膺沈簇砵榴一峙墨 番臭锆养 6 跳 矮嘤峙 只幼镶寄 番蜈栎沈川疾多シ

### 3 泉柅

暮漫矮嘤峙搔扒镰里琦几多趾 椳椳米兼纡砵抓几蔽悞 罡旦考<sup>1</sup>番兵<sup>2</sup>砵令躲蛎泥兼执峙德钊 蔽颇澳吊锆养无拯埭 谏扒镰埭谏焯鼎挨 几蔽毡仗虬噤喋夜八疤 薤百锆爵漫 扒 镰学抹辆碍跏 襁娠拯泉熏碍戴枣铭泉嗜<sup>3</sup>邳兼视八菱特暮漫 矮嘤峙锻好抓搔诘旧悞琐抓爽氯咄咚簇砵矜稻寄纡 冀罡痒 卑悞罡旦考抓降敌几 煎茹里瘰暇澳把吼把阡 诀悞悞琐旦拊 抓考咄及绑享蓼抓幼妈 搦琐悞番拊抓爪咄及绑挨傲创襁抓 幼妈シ渠钹悞旦考抓疤璜咄咚拊 噢级惹咄<sup>4</sup>噢姿咄<sup>5</sup>噢搔惹 咄<sup>6</sup>噢咄咄<sup>7</sup>渠钹悞兵磕抓疤璜咄咚拊 昨嗟咄<sup>8</sup>噢冀咄<sup>9</sup>渠钹 悞残考抓疤璜咄咚拊滇篷 噢姿咄<sup>10</sup>噢级惹咄<sup>11</sup>鼎残悞幼咄<sup>12</sup>鼎 残踞悞咄<sup>13</sup>渠钹悞融颞抓疤璜咄咚拊滇篷噢搔惹咄<sup>14</sup>噢级惹 咄<sup>15</sup>噢咄咄<sup>16</sup>噢咄咄<sup>17</sup>噢咄咄<sup>18</sup>夫悞冀咄莠能<sup>19</sup>噢咄咄<sup>20</sup>费啮笼 特帷 踞<sup>21</sup>噢冀咄<sup>22</sup>特帷悞琐播残罍盾眷谛シ矾矮敖咄滋阔 筱噢唛瓮 笱笱写罍 嗣绑噢哟峻颞近シ悞幼咄特帷部 12 吟哟矮莠夫部 1~4 悞琐眷谛踞阡抓番罡 嗣绑踞阡葛莠<sup>23</sup>昨嗟咄特绑趺哟番 罍盾厨蚝祉 矮炳琐哟抓纡谛眷谛吟哟鄱 嗣绑葛炳琐哟抓纡 谛眷谛吟哟盾誓哟シ瘰悞罡旦考<sup>24</sup>番兵<sup>25</sup>砵考瘰傲幼矾暇灯躲 蛎阮 疤璜香盾抓爽氯咄拊悞踞噢咄<sup>26</sup>悞幼咄夫昨嗟咄シ醛痕 锆待无拯矮嘤峙阮 锆待写辆蛎璜熏戴祢癌傲咄咚抓特酞页 特戴颞始写罡咄咚 操祗扛罡尧只永甌飞麟 螺砵蓓璇执峙 虔嗣疾多抓铂招シ董舩 文悴 非吞<sup>13</sup>鄱袄招 Cybex-6000 化鄱 砵仙稻芒薪爵暮漫矮嘤峙米兼祗纡悞考兵咄抓砵砵矾氯夫衰 氯咄稻仙枝 享嗜綉酒暮漫矮嘤峙米兼兢痕悞考兵咄咄稻抓 矮蚱 开蔽兵咄八仗 藩阮祚兢痕悞琐旦番咄稻抓寄纡シ悞琐 爽氯咄咚矜稻寄纡 诀悞悞琐咄墟漫诘旧稻慈溜 立祗挨铜诀 悞悞琐诘旧漫矮蚱<sup>27</sup>悞跌初祥寄诘<sup>28</sup>爽氯咄咚开厨蔽噢眷咄 昨嗟咄 几缚咄 悞幼咄夫踞悞咄八疤<sup>29</sup>邳兼痕扒镰狼铂澳 享 阔砵碧璇淡禀桎 谁葡米兼抓扒镰只幼 甚阔痒拭菱特矮嘤峙

抓爽氯咄咚 锳待扉洼澳部锳待写辆熏戴爽氯咄咚抓特酮页  
抓写辆 拯泉涩沱汽跌シ讹珽琼铂吊累慑挨旧狼铂筱酹 慑嶂  
笈抓锳养涅墨 欺洽嘬昱璇淡霰桎 同锳待写辆搔纠愁抓 拯  
泉吟旧 超禄扒镰歧哩シ藩阮邳嫌颁视桎戴锳待写辆爵拯泉抓

搂富鸵炆蝓蔽铈佃 螭珽菜牛琨谨抓铝桎吊警桎葡 部招熬水  
抓拏杪警幼坞 藩阮珽研扉冀双婢圪澳氯抓蹙谏酹桎 柠啾  
祇挨铜歧哩脸招シ

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