Acupoint application combined with acupoint massage for ankle sprain of basketball players.

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Abstract

Purpose: To investigate the clinical efficacy of acupoint application combined with acupoint massage for ankle sprain of basketball players.
Method: To further analyse practical application of the above treatment program, 1200 basketball players with ankle sprain were selected as study objects. The course of treatment was retrospectively analysed to understand clinical efficacy of acupoint application combined with acupoint massage for ankle sprain.
Results: The results showed that acupoint application combined with acupoint massage was very effective for ankle sprain, which not only shortened hospital stay, but also shortened pain duration and increased patient satisfaction rate.
Conclusion: Acupoint application combined with acupoint massage enjoys good clinical efficacy for ankle sprain of basketball players, thus worthy of clinical popularization and application.

Keywords: Basketball player, Ankle sprain, Acupoint application, Acupoint massage, Combined application effect.

Introduction

Seen from the current situation, basketball players are prone to ankle sprain in daily training and competition process. Timely and effective treatment must be given to patients, otherwise hidden trouble will be left. Ankle sprain causes great inconvenience to patients’ life. Moreover, the injury is quite painful and ankle stability is affected, so patients need hospitalization, to be recovered after continuous treatment for two weeks. Interruption of treatment will affect later recovery.

Ankle sprain is very common in medical science, and more prevalent in basketball players. The specific clinical symptoms include: joint pain, swelling, limited mobility. What’s more common is lateral collateral ligament injury (Figure 1) which greatly impacts quality of life of patients. Moreover, this disease is with repeated recurrence, apt to cause arthritis and chronic pain legacy.

Figure 1. Lateral collateral ligament injury of ankle.

Figure 2. Pressure dressing for ankle sprain.

In clinical medicine, conventional therapy is substantially dominant in treatment of the disease, such as pressure dressing, ice compress (Figure 2). Nevertheless, conventional treatment program is defective, obviously characterized by long duration of treatment plus slower recovery after treatment [1,2]. With gradual acceleration of development pace of traditional Chinese medicine, acupoint application combined with
acupoint massage has gained effective application in treatment of ankle sprain of basketball players with significant effect. Thus, its clinical popularization is recommended [3-5].

This paper discusses clinical effect of acupoint application combined with acupoint massage for ankle sprain of basketball players, with specific implementation plan as follows.

Materials and Methods

General information

In this study, 1200 cases of basketball players with ankle sprain admitted in a hospital during August 2014-November 2015 were selected as study objects of observation group. There were 750 cases of male patients, 450 cases of female patients, who were aged 16-30 y, with mean age at (22.5 ± 1.6 y); at the same time, 1200 cases of patients receiving ankle sprain treatment in the same period were selected as study objects of reference group. There were 850 cases of male patients, 350 cases of female patients, who were aged 18-35 y, with mean age at (24.8 ± 2.0 y). All patients were diagnosed with ankle sprain after clinical diagnosis and had varying degrees of sprain. There was no significant difference in general information of the two groups of patients, with P>0.05, not statistically significant [6].

Treatment methods

Reference group: The patients were treated with X-ray film after admission, result of which showed no bone tissue damage. Manual reduction was performed. After it was determined that there was no dislocation, routine care was provided. For patients in emergency period, hospital took the following treatment measures: ice compress, compression, elevation of injured limb; fixation with outer retainer bracket after stabilization of ankle. Nurses should pay attention to treatment of patients for cases including blood supply, swelling and pain. If patient’s sprain part is too painful, appropriate drugs can be prescribed to ease the pain.

Observation group: In addition to treatment of reference group, acupoint application combined with acupoint massage was performed for patients, with specific measures as follows: acupoint application mainly aimed for Jiexi acupoint, Kunlun acupoint, Yanglingquan acupoint, Xuanzhong acupoint (Figure 3). After 24 h, the above acupoints were massaged, 2 times/d, 2 min each time. During massage of sprain parts, it should be noted that the strength should transit from light to heavy, while patients’ endurance should be taken into account. Acupoint application was performed for patients every night, mainly paster to calm the nerves, to be pasted to patients’ biped Yongquan acupoint (Figure 4) and 3 insomnia acupoints at the sole of the feet: The first insomnia acupoint: regard the heel as a circle, then insomnia acupoints locate closest to the front 5 toes; the second insomnia acupoint locates at forefront of 5 toes when people stand; the third insomnia acupoint locates at planta pedis of big toe, massage the patient. During the massage, strength should be adjusted appropriately according to patients’ endurance of pain with each massage lasting10 min and totalling 1 time/d.

Observational index

Duration of pain, medication use, hospital stay after treatment of the two groups of patients were observed and their nursing satisfaction was compared. The nursing satisfaction was investigated by means of questionnaire (100 points), scoring 90-100 means very satisfactory, scoring 80-89 means satisfactory, scoring under 79 means not satisfactory.

Statistical methods

In this study, new statistical software package-SPSS21.0 was selected for data analysis and processing, with count data expressed by (n, %) and tested by chi-square, while measurement data expressed by mean ± standard deviation (x ± s) and tested by t-test. The difference was statistically significant when P<0.05.

Results

According to research data, hospital stay, duration of pain, medication usage of observation group patients were superior to those of reference group, with P <0.05, statistically significant. See Table 1 for specific values.

Table 1. Comparison of indicators (x ± s) of the two groups of patients after treatment.

<table>
<thead>
<tr>
<th>Group</th>
<th>Case number</th>
<th>Duration of pain (h)</th>
<th>Ibuprofen sustained release</th>
<th>Hospital stay (d)</th>
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with acupoint massage has gained effective application in circulation and enhancing their immune function. Good stimulate patients’ acupoints, motivate meridian function, treatment will be missed, with patients’ condition deteriorated. Therapeutic effect can be harvested by acupoint application and of patients [7]. With gradual acceleration of development pace whose clinical application is hence recommended to be combined with acupoint massage means a huge disease, which is very favorable for speedy recovery and reduced usage of drugs, which is very important for physical satisfaction of reference group. Difference between the two groups was significant, with P<0.05, statistically significant. See Table 2 for specific values.

Table 2. Nursing satisfaction of the two groups of patients (n, %).

<table>
<thead>
<tr>
<th>Group</th>
<th>Case number</th>
<th>Very satisfied</th>
<th>Satisfied</th>
<th>Dissatisfied</th>
<th>Total satisfaction (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Experiment group</td>
<td>1200</td>
<td>900(75)</td>
<td>250(21)</td>
<td>50(4)</td>
<td>1150(96)</td>
</tr>
<tr>
<td>Reference group</td>
<td>1200</td>
<td>660(55)</td>
<td>350(29)</td>
<td>90(16)</td>
<td>1000(84)</td>
</tr>
<tr>
<td>Chi-square value</td>
<td>12.5404</td>
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<tr>
<td>P value</td>
<td>0.0004</td>
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Discussion

As can be known from the data analysis, satisfaction of experimental group patients was significantly higher than that of reference group. Difference between the two groups was significant, with P<0.05, statistically significant. See Table 2 for specific values.

Acupoint application combined with acupoint massage can reduce usage of drugs, which is very important for physical rehabilitation of patients. In terms of treatment of ankle sprain, a basically used drug is ibuprofen sustained release capsule which, however, can easily cause bleeding during treatment, as well as certain damage to patients’ renal function. So acupoint application combined with acupoint massage means a huge gospel for patients. The study obtained clinical data with objective value through data analysis, and the research results are consistent with views of Liu Hai and Liu [9] in their book, indicating that the results of this study have certain clinical application value. Further expansion of its application range in clinical medicine is recommended so that more patients benefit from it.

In summary, relatively effective treatment program should be taken for basketball players’ ankle sprain, otherwise patients’ post-rehabilitation will be affected and treatment will be delayed. According to studies, acupoint application combined with acupoint massage enjoys good clinical efficacy for ankle sprain, which not only shortens patients’ hospital stay, reduce their degree of pain, improve their nursing satisfaction, but also, more importantly, reduce amount of drug use and avoid damage to their liver function. As a result, active expansion of its application range in future clinical medicine is recommended.

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References


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