

· 临床研究 ·

帕金森病伴冻结步态患者行走过程中下肢表面肌电图实时分析

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[摘要] 目的: 探索帕金森病伴冻结步态患者胫骨前肌和腓肠肌在直线行走过程中表面肌电(surface electromyogram, sEMG)的改变及其与临床特征之间的相关性。方法: 选取符合入选标准的12例帕金森病伴冻结步态患者、13例帕金森病不伴冻结步态患者和11例健康对照受试者接受临床特征、步态时空参数和直线行走sEMG评估。分析步态周期各时段中重症侧胫骨前肌和腓肠肌内侧头的sEMG信号特征改变, 指标选用标准化均方根振幅(root mean square, RMS)值和共激活比值。同时, 探索sEMG改变与临床特征之间的相关性。结果: 与健康受试者和非冻结步态患者相比, 冻结步态患者的步速减慢、步幅缩短、摆动相减少、步态变异性增加($P < 0.05$)。在步态周期的单支撑相阶段, 冻结步态患者胫骨前肌标准化RMS较健康对照降低($P < 0.05$); 在摆动前期, 冻结步态患者胫骨前肌标准化RMS较非冻结步态患者显著下降($P < 0.01$), 但非冻结步态患者胫骨前肌标准化RMS较健康对照增加($P < 0.01$)。对于腓肠肌标准化RMS, 冻结步态患者在摆动前期较非冻结步态患者和健康对照均显著降低($P < 0.05$)。此外, 冻结步态患者的胫骨前肌-腓肠肌共激活比值在摆动相较非冻结步态患者降低($P < 0.05$)。冻结步态患者摆动前期腓肠肌标准化RMS与冻结步态严重程度($r = -0.758, P = 0.007$)、摆动相共激活比值和步幅变异性($r = 0.716, P = 0.013$)显著相关。结论: 直线行走步态周期中摆动前期胫骨前肌和腓肠肌的sEMG活动下降、摆动相胫骨前肌-腓肠肌共激活比值降低是帕金森病冻结步态患者的重要特征。

[关键词] 帕金森病; 冻结步态; 表面肌电图

[中图分类号] R742.5

[文献标志码] A

[文章编号] 1007-4368(2025)01-29-07

doi: 10.7655/NYDXBNSN231077

Real-time analysis of surface electromyography of lower limb muscles during gait in Parkinson's disease patients with freezing of gait

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[Abstract] **Objective:** To investigate the alterations in surface electromyogram (sEMG) of the tibialis anterior and gastrocnemius muscles during straight-line walking in Parkinson's disease (PD) patients with freezing of gait (FOG), and their correlations with clinical features. **Methods:** Twelve PD patients with FOG, thirteen PD patients without FOG, and eleven healthy controls (HC) underwent clinical assessments, gait kinematics acquisition, and sEMG evaluations during straight-line walking. The sEMG signal characteristics of the severely affected tibialis anterior and medial head of the gastrocnemius muscles during different phases of the gait

[基金项目] 国家自然科学基金(82271273); 江苏省社会发展项目(BE2022808); 江苏省自然科学基金(BK20240307); 无锡市卫生健康委员会青年科研项目(Q202344); 无锡市人民医院博士人才经费(BSRC202307)

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cycle were analyzed using the normalized root mean square (RMS) and co-activation ratio. Additionally, the correlations between sEMG alterations and clinical features were explored. **Results:** Compared to the HC and PD patients without FOG, PD patients with FOG exhibited slower gait speed, shorter stride length, reduced swing phase, and increased gait variability ($P < 0.05$). During the single support phase of the gait cycle, the normalized RMS of the tibialis anterior in FOG patients was significantly lower than that of the HC ($P < 0.05$). In the pre-swing phase, the normalized RMS of the tibialis anterior in the PD patients with FOG was significantly reduced compared to the PD patients without FOG ($P < 0.01$), while the PD patients without FOG showed elevated normalized RMS of the tibialis anterior compared to the HC ($P < 0.01$). For the gastrocnemius, the normalized RMS during the pre-swing phase was significantly lower in the FOG patients compared to the patients without FOG and HC ($P < 0.05$). Moreover, the co-activation ratio of the tibialis anterior and gastrocnemius during the swing phase was reduced in the FOG patients compared to the patients without FOG ($P < 0.05$). In the FOG patients, the normalized RMS of the gastrocnemius during the pre-swing phase was significantly correlated with the severity of FOG ($r = -0.758, P = 0.007$), as well as the co-activation ratio during the swing phase and stride length variability ($r = 0.716, P = 0.013$). **Conclusion:** The decreased sEMG activity of the tibialis anterior and gastrocnemius during the pre-swing phase, along with a reduced co-activation ratio during the swing phase, are key features of FOG in PD during straight-line walking.

[Key words] Parkinson's disease; freezing of gait; surface electromyogram

[J Nanjing Med Univ, 2025, 45(01): 29-34, 55]

冻结步态 (freezing of gait, FOG) 是中晚期帕金森病 (Parkinson's disease, PD) 患者常见的运动症状之一, 表现为起步困难或行走过程中步伐短暂、突然中止或明显减少, 常持续数秒至数分钟不等^[1]。FOG 显著增加跌倒风险, 严重损害 PD 患者生活质量。近期本课题组研究发现 FOG 患者尤其是左旋多巴抵抗型 FOG 患者, 存在明显的感觉运动整合功能障碍及运动模式改变, 表现为步速减慢、步幅缩短等^[2]。不同于步态运动学和动力学特征, 表面肌电图 (surface electromyogram, sEMG) 信号通过 α 运动神经元直接与神经系统相连, 更能反映 FOG 患者中枢运动控制功能障碍的机制^[3]。多肌 sEMG 分析和肌间相干性分析可以提供更多关于全局控制网络的信息。譬如, 均方根 (root mean square, RMS) 振幅值通常反映肌肉的激活程度, 与感觉运动整合功能有关; 而关节周围成对肌肉的“共激活”程度与关节稳定性和协调能力有关。

既往已有一些研究探索了 PD 伴 FOG 患者的下肢肌肉 sEMG 改变。Breu 等^[4]发现, PD 伴 FOG 患者胫骨前肌和腓肠肌 a 和低 β 频段肌肉活动增强。结合脑电图 (electroencephalogram, EEG), Günther 等^[5]发现在步态停止和 FOG 发作时, EEG-EMG 耦合性显著增加。因此, sEMG 能较好地反映 PD 患者 FOG 发作前后的神经肌肉改变。但步态行走是一个复杂、连续、动态的过程, FOG 患者在完整步态周期的不同时段是否存在不同的肌电激活模式目前尚不清楚。仅有 Wang 等^[6]报道, FOG 患者存在腓肠肌活性降低, 但未能进一步识别在步态周期的具体时

段。因此, 本研究旨在探讨 PD 中 FOG 患者在步态周期不同时段中下肢肌肉 sEMG 活动和共激活程度的改变, 进一步加深对真实世界连续步态行走过程中 FOG 发生机制的理解。

1 对象和方法

1.1 对象

选取 2021 年 5—12 月在南京医科大学第一附属医院诊疗的 PD 患者 25 例, 根据新冻结步态问卷 (new freezing of gait questionnaire, NFOGQ) 是否 ≥ 1 , 分为 FOG 患者 12 例和非 FOG (non-FOG, nFOG) 患者 13 例。值得注意的是, 本研究中所有纳入的 FOG 患者为多巴胺抵抗型 FOG, 即在药物“开”期仍然存在 FOG 发作。此外, 11 例年龄、性别和教育程度匹配的健康对照 (healthy control, HC) 受试者参与了本研究。本研究经南京医科大学第一附属医院伦理委员会 (2021-SR-209) 批准, 所有受试者均签署书面知情同意书。

纳入标准: ①临床诊断为原发性 PD 患者, 疾病诊断符合 PD 临床诊断标准; ②能独立行走 30 m 以上。排除标准: ①因感染、中毒、脑动脉硬化等所致的帕金森综合征及帕金森叠加综合征; ②有下肢骨折或其他影响下肢肌力和 sEMG 信号采集者; ③有严重的精神或者认知障碍无法配合评估者。

1.2 方法

所有 PD 患者均在药物“开”期接受临床评估、5 m 计时起立行走 (timed up and go, TUG) 步态时空参数评估和行走 sEMG 数据采集。

1.2.1 临床评估

评定指标包括性别、年龄、教育程度等人口学资料和病程、Hoehn&Yahr分期、统一帕金森病评定量表第3部分(part III of the unified Parkinson's disease rating scale, UPDRS-III)、Tinetti平衡和步态量表(Tinetti balance and gait scale, TBGS)、NFOGQ、左旋多巴等效日剂量(levodopa equivalent daily dose, LEDD)等临床资料。

1.2.2 步态动力学评估

采用便携式惯性测量单元系统(深圳臻络科技公司)评估所有受试者在5 m TUG过程中的运动时空学参数。每名受试者被要求从椅子上站起来,向前行走5 m,转弯180°,再反向行走5 m后坐下。尽管正式测试只进行了1次,但在之前每位受试者均进行了2次练习。采集每位受试者在5 m TUG测试中重症侧步速、步幅、步频及其变异性(coefficient of variation, CV)和摆动相占比。

1.2.3 表面肌电信号的采集与处理

采用配备高清摄像头的sEMG(Flex Comp Infinity, Thought Technology, 加拿大)仪器采集受试者直线行走中至少3个完整步态周期中的小腿肌肉活动信号。清洁皮肤后,将电极双侧贴于胫骨前肌和腓肠肌内侧头肌腹,电极间距为20 mm。随后,在患者行走过程中以1 500 Hz采样率记录肌电信号。借助高清录像划分步态周期及其各时段:第一双支撑阶段(同侧脚跟着地到对侧脚趾离地)、单支撑阶段(对侧脚趾离地到对侧脚跟着地)、第二双支撑阶段(对侧脚跟着地到同侧脚趾离地,又称为“摆动前期”)和摆动相(同侧脚趾离地到同侧脚跟着地)(图1)。采用仪器配套的分析软件对原始肌电数据进行处理,提取出各步态周期分相中小腿肌肉的

RMS,并标准化至每个步态周期的最大RMS值,定义为标准化RMS。此外,参考Bello等^[7]的方法,计算每个时段踝关节处成对拮抗肌肉(胫骨前肌和腓肠肌)的共激活比值(共激活比值=成对肌中活性较低肌肉的标准化RMS/成对肌中活性较高肌肉的标准化RMS)。最后,将3个步态周期各分相中上述指标的进行平均,得到最终结果。

1.3 统计学方法

运用SPSS 26.0版软件对数据进行统计分析,采用单因素方差分析3组受试者间的步态时空参数的差异性,采用重复测量方差分析比较3组受试者间步态周期不同时段中sEMG信号的差异性。由于步速会影响下肢肌肉活动的强度^[8],因此在比较3组sEMG信号时,将步速纳入协变量。事后分析采用错误发现率(false discovery rate, FDR)进行多重比较校正。由于多巴胺能药物会影响PD患者的肌肉活动^[9],因此在PD组间比较时将LEDD也纳入协变量。最后,控制LEDD后,采用偏相关分析探讨sEMG指标与临床特征之间的相关性。 $P < 0.05$ 为差异有统计学意义。

2 结果

2.1 临床与步态时空学特征

3组受试者在年龄、性别、教育程度和认知评分方面差异无统计学意义。FOG组和nFOG组患者的病程和LEDD相匹配。但与nFOG组患者相比,FOG组患者的UPDRS-III和Hoehn&Yahr分期得分较高, TBGS得分较低。3组受试者的步速、步速CV、步幅、步幅CV、步频CV和摆动相差异有统计学意义。与HC组和nFOG组比较,FOG组患者的步速减慢、步幅缩短、摆动相减少,步速CV、步幅CV、步频CV增高(表1)。

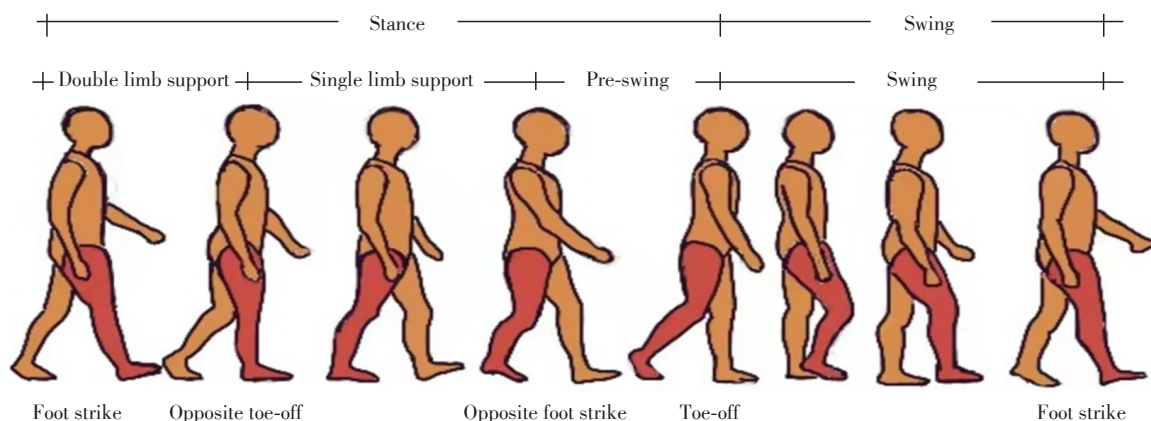


图1 一个完整步态周期的示意图

Figure 1 The schematic diagram of a complete gait cycle

表1 人口学和临床资料
Table 1 The demographic and clinical data of the participates

Characteristic	HC(n=11)	nFOG(n=13)	FOG(n=12)	P
Male/Female(n/n)	5/6	5/8	9/3	0.159 ^a
Age(years, $\bar{x} \pm s$)	65.82 ± 8.28	69.77 ± 5.88	70.50 ± 9.66	0.338 ^b
Education(years, $\bar{x} \pm s$)	8.55 ± 5.85	9.62 ± 6.23	9.08 ± 5.32	0.901 ^c
MMSE($\bar{x} \pm s$)	28.18 ± 2.04	28.31 ± 2.21	27.42 ± 2.75	0.591 ^c
Disease duration(years, $\bar{x} \pm s$)	NA	5.27 ± 2.51	6.67 ± 2.57	0.182 ^d
H&Y stage($\bar{x} \pm s$)	NA	1.96 ± 0.56	2.63 ± 0.53	0.009 ^c
UPDRS-III ($\bar{x} \pm s$)	NA	21.62 ± 8.65	31.17 ± 5.72	0.004 ^d
LEDD(mg/d, $\bar{x} \pm s$)	NA	677.88 ± 157.96	709.38 ± 285.60	0.740 ^d
TBGS($\bar{x} \pm s$)	NA	24.85 ± 2.88	16.00 ± 4.97	<0.001 ^d
NFOGQ($\bar{x} \pm s$)	NA	NA	22.25 ± 3.41	NA
Gait speed(m/s, $\bar{x} \pm s$)	1.10 ± 0.10	1.00 ± 0.25	0.55 ± 0.28	<0.001 ^b
Gait speed CV(% , $\bar{x} \pm s$)	0.08 ± 0.07	0.07 ± 0.03	0.15 ± 0.08	0.008 ^c
Stride length(cm, $\bar{x} \pm s$)	122.02 ± 8.38	108.37 ± 23.30	62.14 ± 27.19	<0.001 ^b
Stride length CV(% , $\bar{x} \pm s$)	0.06 ± 0.07	0.06 ± 0.03	0.15 ± 0.08	0.001 ^c
Cadence(step/min, $\bar{x} \pm s$)	107.31 ± 10.07	106.91 ± 7.57	105.59 ± 20.70	0.952 ^b
Cadence CV(% , $\bar{x} \pm s$)	0.05 ± 0.02	0.05 ± 0.03	0.10 ± 0.05	0.003 ^c
Swing phase(% , $\bar{x} \pm s$)	41.51 ± 1.82	40.55 ± 3.73	35.57 ± 4.94	0.001 ^b

HC: healthy controls; nFOG: without freezing of gait; FOG: freezing of gait; MMSE: mini-mental state examination; NA: not applicable; LEDD: levodopa equivalent daily dose; H&Y stage: Hoehn& Yahr stage; UPDRS: unified Parkinson's disease rating scale; TBGS: Tinetti balance and gait scale; NFOGQ: new freezing of gait questionnaire; CV: coefficient of variation. a: Chi square test; b: One-way analysis of variance; c: Kruskal-Wallis test; d: Two-sample t-test; e: Mann-Whitney test.

2.2 表面肌电图特征

对于胫骨前肌标准化RMS,重复测量方差分析发现存在明显的交互作用($F=4.717, P < 0.001$)。事后分析发现在单支撑相阶段,FOG组较HC组显著下降($P=0.038$);摆动前期,nFOG组胫骨前肌标准化RMS较HC组显著增加($P=0.004$),FOG组的胫骨前肌标准化RMS较nFOG组显著下降($P=0.010$,图2A)。

腓肠肌内侧头标准化RMS存在显著的组别主效应($F=3.530, P=0.041$),但时间主效应和交互作用差异无统计学意义。事后分析发现,在摆动前期,FOG组的腓肠肌内侧头标准化RMS较nFOG组($P=0.012$)和HC组($P=0.022$)均明显下降(图2B)。

而对于胫骨前肌-腓肠肌共激活比值,存在显著的组间差异($F=3.350, P=0.048$);表现为在摆动相FOG组较nFOG组踝关节共激活程度显著下降($P=0.045$,图2C)。

2.3 相关性分析

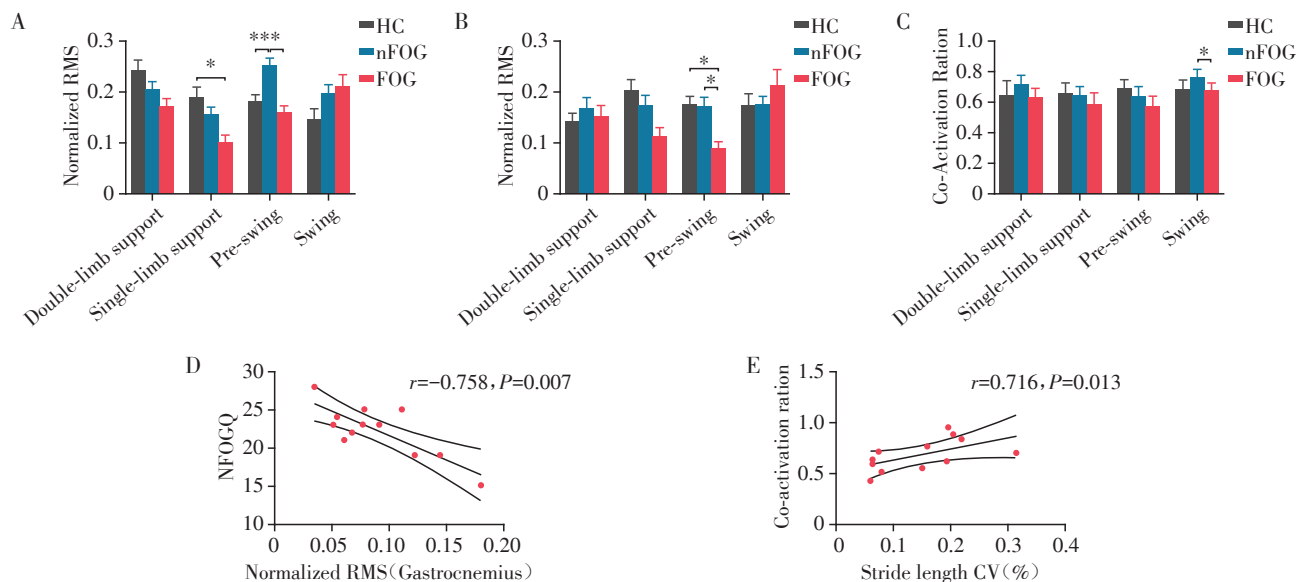
相关性分析发现在FOG组中,摆动前期腓肠肌标准化RMS与NFOGQ得分显著负相关($r=-0.758$,

$P=0.007$,图2D);摆动相胫骨前肌-腓肠肌共激活比值与步幅CV呈正相关($r=0.716, P=0.013$,图2E)。

3 讨论

本研究中,FOG组患者单支撑相胫骨前肌活动较HC组降低;在摆动前期,FOG组胫骨前肌活动较nFOG组显著下降,nFOG组胫骨前肌活动较HC组增强。对于腓肠肌活动,FOG组患者在摆动前期较nFOG组和HC组均显著降低。此外,FOG患者的胫骨前肌-腓肠肌共激活程度在摆动相较nFOG组降低。FOG组患者摆动前期腓肠肌肉标准化RMS与FOG严重程度、摆动相共激活比值与步幅CV显著相关。

步态行走通常依赖于多水平运动活动的功能整合。在微观层面,运动单元根据“大小原则”进行招募,以确保逐步收缩和运动平稳^[10];在宏观层面,协同肌、拮抗肌,作用于关节同、对侧肌肉间的肌肉收缩时序被精确调控,最终确保动态稳定地向前推进人体重心,实现行走。感觉运动整合是高效运动神经网络的关键组成部分,协调着不断变化的肌肉激活模式^[11]。步态接受大脑运动皮层(包括初级运动皮



A: Normalized RMS of the tibialis anterior muscle. B: Normalized RMS of the gastrocnemius. C: The co-activation ratio of the tibialis anterior and gastrocnemius. D: Correlation analysis between the normalized RMS of gastrocnemius during the pre-swing phase and NFOGQ in patients with FOG. E: Correlation analysis between tibialis anterior-gastrocnemius co-activation ratio during the swing phase and stride length CV in FOG patients. * $P < 0.05$, ** $P < 0.001$, post-analyses were corrected by FDR. RMS: root mean square amplitude value. HC: healthy controls ($n=11$); nFOG: without freezing of gait ($n=13$). FOG: freezing of gait ($n=12$). NFOGQ: new freezing of gait questionnaire. CV: coefficient of variation.

图2 3组受试者的表面肌电特征及其相关性

Figure 2 The sEMG characteristics and their correlations of the three groups of subjects

层和辅助运动区)的控制和基底神经节的调节^[1]。FOG可能归因于运动皮层和基底节间的解耦,引起丘脑底核病理性活动及苍白球介导的抑制功能过度增加,最终影响了下肢肌肉的放电活动^[12]。大脑 β 频带(12~35 Hz)活动反映了运动准备水平,与运动皮层、丘脑底核和内侧苍白球活动有关,运动开始前在健康人感觉运动区可以观察到 β 频带事件相关去同步化(event-related desynchronization, ERD),而PD患者 β 频带ERD下降导致运动抑制的发生^[13-15]。多巴胺能药物和丘脑底核-脑深部电刺激能抑制皮层-丘脑底核的 β 频带相关性,增强 β 频带皮层肌肉相干,与更强的肌肉活动有关^[16-18]。此外, Karimi等^[19]发现FOG患者 β 频带活动增强,中央区 β 频带ERD缺乏,伴随足背屈任务中胫骨前肌、腓肠肌的sEMG活动下降。

本研究发现,FOG组患者的胫骨前肌sEMG活动在单支撑相阶段和摆动前期较HC组或nFOG组显著降低;FOG组患者的腓肠肌活动在摆动前期较HC组和nFOG组显著下降,且与NFOGQ得分呈负相关。胫骨前肌的激活引起大腿下部向前弯曲和踝关节背屈,对支撑相中期促进身体前移、摆动相实现足廓清至关重要^[20]。因此,FOG患者胫骨前肌激活减少可能引起单支撑相和摆动前期身体前移

动力不足,导致小碎步和FOG。既往研究证实,在药物“关”期,PD患者胫骨前肌在初始负荷阶段、支撑相中期和摆动相肌肉活动显著下降^[21]。但多巴胺能药物能增强PD患者的远端下肢肌肉,尤其是胫骨前肌的sEMG活动^[21-22]。若拮抗肌不同步增加,那么胫骨前肌增强引起作用于关节的力增加,角速度增加,最终促使步速增加、步幅增长^[23]。这可能解释了本研究中nFOG组患者在药物“开”期步态时空参数与HC组差异无统计学意义,摆动前期胫骨前肌较HC组活动增加的现象。本研究同时发现,FOG组患者摆动前期显著下降的腓肠肌活动与NFOGQ负相关,腓肠肌司踝关节趾屈,是摆动前期将脚向前推进的重要肌肉,其激活下降会使人体重心前移不足,引起前进速度不足、减速,最终导致FOG的运动中断。

本研究中FOG患者在摆动相胫骨前肌-腓肠肌共激活比值较nFOG显著降低,且与步幅CV显著相关。胫骨前肌和腓肠肌共同控制踝关节,相互协调收缩以实现向前迈进。当步速减慢、稳定性变差时,胫骨前肌-腓肠肌共收缩会增强,通过增强踝关节刚度来维持良好的速度和稳固的姿势,因此健康老年人的胫骨前肌-腓肠肌共激活程度较年轻人增强^[24]。此外, Keloth等^[25]发现,PD患者的胫骨前肌-

腓肠肌共激活程度较健康老年人进一步增高。值得注意的是,本研究发现FOG患者的这种代偿作用较nFOG明显降低,但是相关分析结果提示这种代偿机制仍然存在,即FOG患者的步态变异性增高(稳定性降低)可以通过增强胫骨前肌-腓肠肌共同收缩以维持步态稳定。

本研究存在一定的局限性。首先,本研究样本量较小且PD患者是在药物“开”期进行的步态和sEMG检测,未来应该增大样本量探索不同状态下FOG患者的sEMG改变。但是本研究中FOG均为左旋多巴抵抗型,一定程度上减少了药物的影响。同时,数据分析将LEDD纳入协变量以进一步降低药物的影响。此外,尽管本研究在同一任务状态下采集步态时空学参数和sEMG数据,且2次检查间隔时间不超过10 min,但是步态参数和sEMG并不是同步采集的,这可能会干扰相关性分析的结果。未来同步采集有助于更好地探索sEMG和步态特征之间的相关性。

综上,本研究发现FOG患者的胫骨前肌和腓肠肌在摆动前期sEMG活动明显降低,尤其腓肠肌sEMG降低与FOG严重程度相关,这可能是FOG的一个关键特征。此外,在PD中FOG患者在摆动相的胫骨前肌-腓肠肌共激活程度下降。

利益冲突声明:

所有作者声明无利益冲突。

Conflict of Interests:

The authors have no conflicts of interest to declare.

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Author's Contributions:

ZHU Xiaolei was responsible for research planning and implementation; JI Min contributed to research implementation and data analysis; SHI Dongyan and SUN Huimin were involved in research implementation; WANG Lina handled research planning, implementation, and writing; ZHANG Kezhong was in charge of research planning, financial support, and overall responsibility for the work.

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(本文编辑:唐震)

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(本文编辑:唐震)