

桥接系统治疗严重粉碎性股骨骨折

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【摘要】 目的:探讨应用桥接系统治疗严重粉碎性股骨骨折的临床疗效。方法:2016 年 3 月至 2018 年 10 月收治严重粉碎性股骨骨折患者 50 例,男 35 例,女 15 例,年龄 48~72(54.6±8.7)岁;均为股骨干粉碎性骨折,合并股骨近端骨折 16 例,远端骨折 7 例;均为单侧骨折,左侧 23 例,右侧 27 例;受伤至手术时间 5~60(26.7±13.3) h。致伤原因:交通意外 12 例,高处坠落 35 例,意外摔伤 3 例。采用桥接组合式内固定系统治疗,分析手术效果和骨折愈合情况。结果:50 例患者的手术均成功,无更改为其他固定术式,手术时间(75.8±12.3) min,出血量(356.4±64.8) ml,无严重术后并发症如感染、内固定移位、再骨折、骨折不愈合等。术后随访 6~36 个月,以 Warden 评分评价骨折愈合,随着观察时间延长,Warden 评分逐渐增加,骨性愈合时间(5.5±0.9)个月。术后采用 Harris 评分和 HSS 评分分别评估髋膝关节功能,随着时间延长,Harris 和 HSS 均逐渐升高,术后 6 个月 Harris 评分 83.5±11.2,HSS 评分 79.7±10.5。随访期间无严重并发症发生如内固定移位、再骨折、骨折不愈合、下肢深静脉血栓形成等。结论:桥接组合式内固定系统治疗严重粉碎性股骨骨折有较好的安全性和有效性;只要严格掌握局部解剖和生物力学要求,结合影像学充分评估手术风险,可实现较好的固定效果,手术创伤小、并发症少、操作简便,相信有较广泛的应用潜力。由于样本量和随访时间有限,未设置临床对照,研究结果仍需进一步前瞻性试验进行验证。

【关键词】 股骨骨折; 骨折,粉碎性; 骨折固定术,内

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ABSTRACT Objective: To explore the clinical effect of bridging system in the treatment of severe comminuted femoral fracture. **Methods:** From March 2016 to October 2018, 50 patients with severe comminuted femoral fracture including 35 males and 15 females, aged 48 to 72(54.6±8.7) years, were admitted. All cases were comminuted fractures of the femoral shaft, 16 with proximal femur fractures and 7 with distal femur fractures. All cases were all unilateral fractures, 23 on the left and 27 on the right. The time from injury to operation was 5 to 60 (26.7±13.3) hours. The cause of injury was traffic accident, 12 cases with high fall, 35 cases fell and 3 cases fell accidentally. The patients were treated with bridge combined internal fixation system, and the operative effect and fracture healing were analyzed. **Results:** The operation was successful in all patients. There was no change to other fixed operation. The operation time was (75.8±12.3) min, the amount of bleeding was (356.4±64.8) ml, and there was no serious postoperative complications such as infection, internal fixation displacement, re fracture and nonunion. After 6 to 36 months follow-up, the fracture healing was evaluated by Warden's score. With the extension of observation time, Warden's score gradually increased, and the time of bone healing was (5.5±0.9) months. Harris score and HSS score were used to evaluate the function of hip and knee joint respectively. With the extension of time, Harris score and HSS score increased gradually. Six months after operation, Harris score was 83.5±11.2, HSS score was 79.7±10.5. During the follow-up period, there were no serious complications such as internal fixation displacement, re-fracture, nonunion of fracture and deep vein thrombosis of lower extremity. **Conclusion:** The bridge combined internal fixation system has better safety and effectiveness in the treatment of severe comminuted femoral fracture. As long as the requirements of local anatomy and biomechanics are strictly mastered and the operation risks are fully evaluated in combination with imaging, the better fixation effect can be achieved. The operation has less trauma, fewer complications and simple operation, which is believed to have a wider application potential. Due to the limited sample size and follow-up time, no clinical control was set up, the results of the study still need to be further

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verified by prospective trials.

KEYWORDS Femoral fractures; Fractures, comminuted; Fracture fixation, internal

股骨骨折是临床较常见的骨折类型,分股骨干、股骨髁间骨折、转子下骨折、远端骨折,以及合并胫骨平台骨折、髌骨骨折等,此外,高能量暴力如高空坠落、交通意外,还易导致较严重的粉碎性骨折,处理不当将导致截肢甚至危及生命。外科处理骨折主要有内、外固定两种,愈来愈多研究认为^[1-2],内固定较外固定在改善关节功能,恢复生物力学性能方面可能获益更多。随之发展的多种内固定技术,如髓内钉、锁定钢板、外固定支架等,较多学者认为^[3],髓内钉固定属于中心性,尤其适用于股骨干骨折,效果可靠、稳定性好、创伤小;但临床同样发现^[4],对于复杂骨折较难实现解剖复位、易损伤髓腔内血供、扩髓易增加脂肪栓塞综合征等并发症风险。近期开发的桥接组合式内固定系统属于髓外固定,钉棒长度可自行设计,与锁定结构相组合具有较好的生物力学效应,应力分散更好,受力节段分布均匀,有效降低了内固定再骨折、移位、断裂的风险^[5-6]。王文等^[7]进一步分析了采用桥接内固定系统结合 3D 打印手术导板技术可满足不同类型的骨折缺损需要,临床效果较好。孙志波等^[8]还将其应用于股骨骨折内固定术后发生再骨折的患者,同样实现了较好的临床预期。因此,通过回顾 2016 年 3 月至 2018 年 10 月诊断严重粉碎性股骨骨折患者 50 例,应用桥接组合式内固定系统治疗的临床疗效及应用经验,以提高该类患者的临床预后。

1 资料与方法

1.1 病例选择

纳入标准:新鲜骨折,骨折时间 <72 h;不合并其他部位骨折,如骨盆骨折、脊柱骨折;无严重下肢血管或神经损伤;综合评估病情,有内固定指征,无需截肢等处理;内固定顺利完成,无严重并发症;取得知情同意,临床资料完善。排除标准:多次骨折、再发骨折、陈旧性骨折;合并严重感染、失血性休克、下肢静脉血栓形成;严重肝肾功能障碍、凝血功能异常;不能配合术后康复,随访资料不完善。所有患者均知情同意并获得医院伦理委员会批准。

1.2 临床资料

回顾 2016 年 3 月至 2018 年 10 月诊断为严重粉碎性股骨骨折患者共 50 例,男 35 例,女 15 例,年龄 $48\sim 72(54.6\pm 8.7)$ 岁;均为股骨干粉碎性骨折,合并股骨近端骨折 16 例,远端骨折 7 例;均为单侧骨折,左侧 23 例,右侧 27 例;受伤至手术时间 $5\sim 60(26.7\pm 13.3)$ h。致伤原因:交通意外 12 例,高处坠落 35 例,意外摔伤 3 例。

1.3 治疗方法

入院完善相关检查,患肢均行胫骨结节牵引,综合评估病情和手术指征,采用桥接组合式内固定系统治疗,主要流程是:全身麻醉,平卧位,患肢垫高,根据影像学提示首先手法复位;根据骨折类型、长度结合 X 线或 CT 测量选择匹配长度的桥接固定系统组装,先从骨折两端各作一长约 6 cm 切口,将固定系统从一侧切口骨膜上插入,手法或功能床牵引复位患肢长度和角度,透视下确认装置位置和长度良好,无短缩、侧方、旋转移位;根据需要可安装滑动连接块,恰当调整后期骨折康复所需要的力学支撑,经电钻钻孔、测深后,拧入螺钉固定;放置硅胶引流管引流,逐层缝合。术后积极抗感染、镇痛、输液、抗凝等治疗,术后根据恢复情况尽早进行功能锻炼,如患肢被动或主动功能训练、肌肉按摩、髌膝关节被动或主动活动,拔出引流管后可部分负重活动,进行关节功能位活动,如髌膝关节外旋、内旋、内收、外展、屈曲、前伸等,也可在 CPM 机上完成训练;缝线拆除后可进行适当负重训练。

1.4 观察指标与方法

观察记录手术时间、术中出血量、围术期并发症。术后 1、3、6 个月,以后间隔 6 个月行 X 线摄片观察骨折愈合情况,采用 Warden 评分^[9]定量评估骨折愈合:0~4 分,其中 0 分为骨折断端边缘趋于模糊,骨折线可见,骨膜反应轻微,无骨痂形成;1 分为骨折断端边缘模糊,骨折线仍可见,骨膜反应浅淡,骨痂密度低、量少,骨折断端未形成桥接;2 分为骨折线接近消失,骨膜反应明显,骨痂增多,边缘清楚;3 分为骨痂增多致密,尚未完全填满骨折断端缺损处,有部分连续性骨痂通过骨折线;4 分为骨折线消失,骨痂致密体积缩小,骨痂边缘清楚,断端间有连续性骨痂通过,密度与骨皮质基本相同。分值越高,骨性愈合越明显,记录完全骨性愈合时间。术后采用 Harris 和 HSS 评分分别评估髌膝关节功能,Harris 评分^[10]包括疼痛(44 分)、功能(33 分)、畸形(14 分)、运动范围(9 分);HSS 评分^[11]包括疼痛(30 分)、功能(22 分)、活动度(18 分)、肌力(10 分)、屈曲畸形(10 分)、稳定性(10 分);总分均为 100 分,分值越高,功能越佳, ≥ 85 分为优,70~84 分为良,60~69 分为中, <59 分为差。临床疗效分为优、良、中 and 差 4 个等级,两项评分均为优则临床疗效定义为优,至少有 1 个为良则效果定义为良,至少有 1 个为中则效果定义为中,否则为差;总有效率= $[(\text{优}+\text{良}+\text{中})\text{例数}/\text{总例数}]\times 100\%$ 。

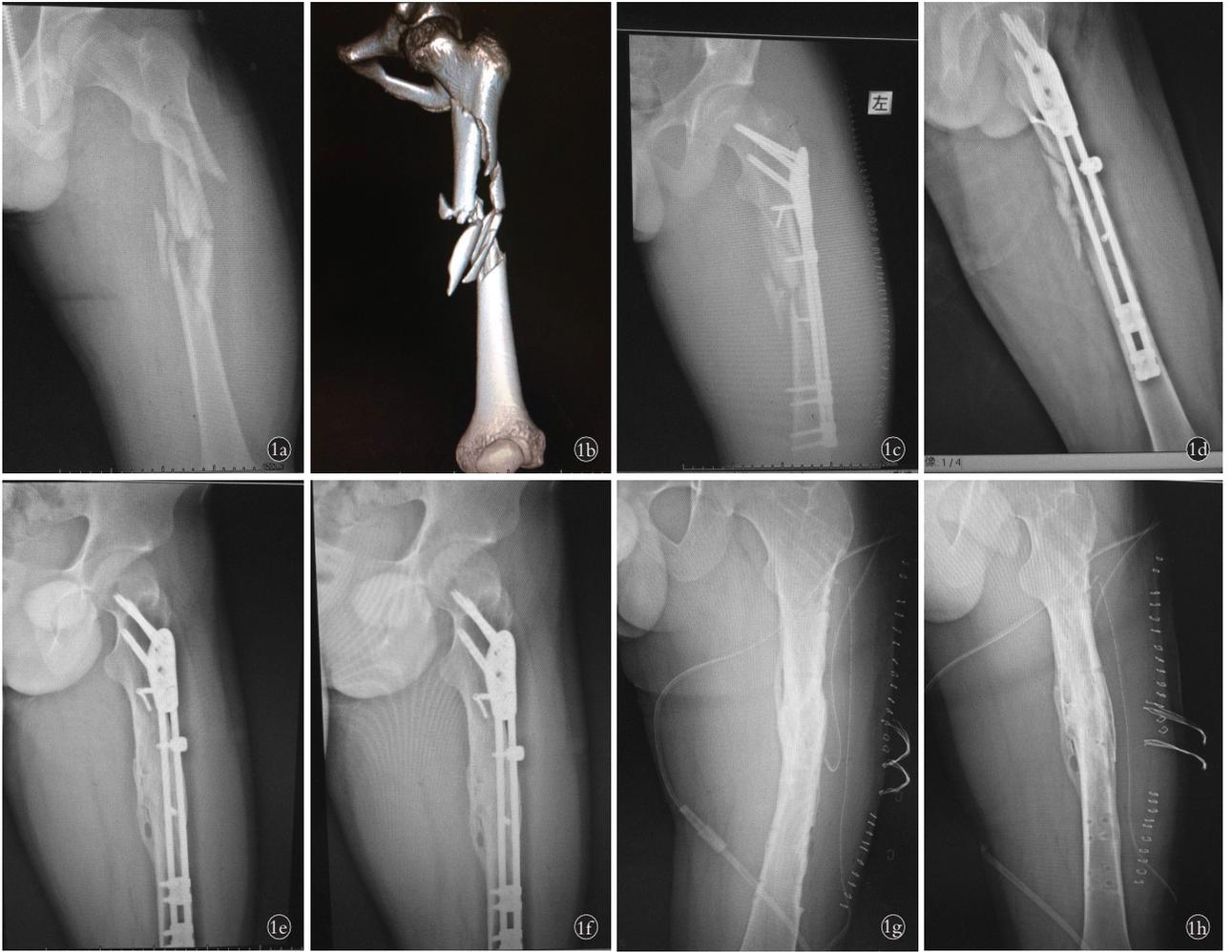


图 1 患者,男,52 岁,高空坠落致股骨干严重粉碎性骨折,合并股骨转子下骨折,行桥接组合式内固定 **1a**. 术前侧位 X 线片 **1b**. 术前三维 CT 重建 **1c**. 术后 1 周侧位 X 线片示内固定位置良好 **1d**. 术后 3 个月侧位 X 线片示内固定位置良好 **1e**. 术后 9 个月侧位 X 线片示内固定位置良好,骨折线模糊 **1f**. 术后 20 个月侧位 X 线片示骨折愈合 **1g,1h**. 术后 2 年内固定装置取出后正侧位 X 线片示骨折愈合

Fig.1 A 52-year-old male patient suffered from severe comminuted fracture of the femoral shaft caused by falling from high altitude and combined with subtrochanteric fracture of the femur was treated with bridge combined internal fixation system **1a**. Preoperative lateral X-ray **1b**. Preoperative 3D CT reconstruction **1c**. One week after operation, lateral X-ray showed good internal fixation position **1d**. Three months after operation, lateral X-ray showed good internal fixation position **1e**. The lateral X-ray film showed that the internal fixation position was good and the fracture line was fuzzy **1f**. Lateral X-ray showed fracture healing 20 months after operation **1g,1h**. Two years after operation, the internal fixation device was taken out and the X-ray films showed the fracture healing

波等^[8]还将其应用于股骨骨折内固定术后发生再骨折的患者,同样实现了较好的临床预期。

桥接组合式内固定系统可实现更加智能化设计,如滑动连接块的填充,利用 3D 打印技术设计任意长度的钉棒,适应范围更广^[17]。只要严格掌握局部解剖和生物力学要求,结合影像学充分评估手术风险,可实现较好的固定效果,手术创伤小、并发症少、操作简便,相信有较广泛的应用潜力^[18]。综上所述,桥接组合式内固定系统治疗严重粉碎性股骨骨折有较好的安全性和有效性;由于样本量和随访时间有限,未设置临床对照,研究结果仍需进一步前瞻性试验进行验证。

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