

· 临床研究 ·

直接前入路全髋关节置换术治疗强直性脊柱炎
髋关节屈曲畸形的短期疗效观察朱勋兵¹, 袁伶俐¹, 韩冠生¹, 韩俊柱¹, 周建生²

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【摘要】 目的: 探讨强直性脊柱炎(ankylosing spondylitis, AS)髋关节屈曲畸形行直接前入路(direct anterior approach, DAA)全髋关节置换术(total hip arthroplasty, THA)的短期临床疗效, 评估 DAA 入路在 AS 患者 THR 中的运用价值。方法: 2014 年 9 月至 2017 年 6 月对 15 例 AS 髋关节屈曲畸形患者采用 DAA 入路行 THR, 男 12 例(17 髋), 女 3 例(4 髋); 年龄 21~57 岁, 平均 34.4 岁。手术前后采用髋关节 Harris 评分系统(Harris hip scoring, HHS)评估髋关节功能, 以髋关节总活动度及视觉模拟疼痛评分(visual analogue scale, VAS)评价临床效果。结果: 15 例患者均获得随访, 时间 8~32 个月, 平均 26.2 个月。术中 1 例大粗隆撕脱给予钢丝捆扎, 1 例股骨距线性劈开给予钢丝捆扎。患者切口均 I 期愈合, 无血肿、神经损伤及下肢深静脉血栓形成等并发症发生。术后随访 X 线片未见假体松动、下沉等现象发生。术后无异位骨化, 术后髋关节疼痛完全缓解 18 髋, 存在髋关节行走时疼痛 3 髋, 均满足日常生活自理要求。术后 1 个月时 Harris 评分、髋关节总活动度及 VAS 疼痛评分与术前比较差异有统计学意义($P < 0.05$); 术后 1、6 个月的 HHS 评分、髋关节总活动度及 VAS 疼痛评分比较差异无统计学意义($P > 0.05$)。结论: DAA 入路 THR 治疗 AS 髋关节非功能位强直效果良好, 创伤小, 恢复快, 可有效提高患者的生活质量, 短期疗效确切。

【关键词】 脊柱炎, 强直性; 髋; 关节畸形; 关节成形术, 置换, 髋

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ABSTRACT Objective: To investigate the short term clinical efficacy of direct anterior approach (DAA) total hip arthroplasty for the treatment of ankylosing spondylitis with hip flexion deformity. **Methods:** From September 2014 to June 2017, 15 cases of ankylosing spondylitis with flexion deformity of the hip were treated with total hip arthroplasty through DAA approach including 12 males (17 hips) and 3 females (4 hips) with an average age of 34.4 years old ranging from 21 to 57 years old. Harris score system was used before and after operation to evaluate hip function, total hip activity and visual analogue scale (VAS) were used to evaluate the clinical efficacy. **Results:** All 15 patients were followed up for an average of 26.2 months. In the operation, 1 case of great trochanter avulsion was given wire binding, and 1 case of linear split of the femur were given by wire binding. There were no hematoma, nerve injury and deep vein thrombosis of lower extremity. No prosthesis loosening and sinking were observed in the follow-up of X-ray film after operation. There was no heterotopic ossification after operation. After operation, 18 hips pain were relieved completely, and 3 hips pain were found when walking, which all satisfied with the daily life self-care requirements. Harris hip score, total hip motion and VAS score at 1 week after operation were significantly different from those before operation ($P < 0.05$). There was no significant difference in the scores of HHS, total hip motion and VAS at 1, 6 months after operation ($P > 0.05$). At the final follow-up, the Harris score was 91.2 ± 5.3 , the total hip mobility was $(217.1 \pm 29.7)^\circ$, and the postoperative VAS pain score was 1.2 ± 0.5 , which was significantly different from the preoperative score ($P < 0.05$). **Conclusion:** DAA approach THA has good effect in treating AS hip nonfunctional ankylosis with less trauma, less pain and quick recovery. It has a good short term effect, which can effectively improve the quality of life of patients.

KEYWORDS Spondylitis, ankylosing; Hip; Joint deformities; Arthroplasty, replacement, hip

强直性脊柱炎(ankylosing spondylitis, AS)是病

因不明的慢性结蹄组织病, 主要引起骶髋关节、脊柱和髋关节的炎症及融合。特别是髋关节融合固定在非功能位, 出现疼痛、活动度受限, 生活自理困难。全髋关节置换术(total hip arthroplasty, THA)可以矫正

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髋关节畸形,恢复关节活动度,减轻髋部疼痛,提高患者生活质量^[1-2]。2014 年 9 月至 2017 年 6 月采用直接前入路(direct anterior approach, DAA)对 AS 髋关节疾病患者行 THA,现报告如下。

1 资料与方法

1.1 一般资料

本组 15 例患者,男 12 例(17 髋),女 3 例(4 髋);年龄 21~57 岁,平均 34.4 岁。患者均按新修订的纽约标准确诊为 AS^[3],合并髋关节病变 52~247 个月,平均 89 个月。右侧 9 例,左侧 6 例,双侧 6 例。所有病例髋关节存在不同程度屈曲畸形,畸形角度 30°~90°(53.2±12.5)°,伸屈活动度 0°~45°(26.5±4.1)°,髋关节总活动度 0°~67.6°(34.3±21.5)°。患者均伴有不同程度髋关节疼痛,生活质量差。手术前髋关节 Harris 评分^[4]15~40(26.4±5.1)分,术前疼痛 VAS 评分 5.6~8.3(6.7±1.6)分。所有病例行单侧髋关节置换,Ⅱ期行另一侧关节置换。

1.2 手术方法

所有病例采用静气全身麻醉,取健侧卧位,通过调节手术床使躯干稍后仰 30°,在髂前上棘远端 3 cm 并向外 3 cm 处为切口起点,向腓骨小头连线方向,切开皮肤 7~9 cm,注意保护股外侧皮神经。触摸到缝匠肌与阔筋膜张肌及股直肌之间的 Huter 间隙作纵向往切开,将缝匠肌牵向内侧,阔筋膜张肌牵向外侧,必要时松解股直肌返折头,电凝或缝扎旋股外侧动脉升支,钝性分离直至显露前方关节囊。切除前侧关节囊、周围脂肪组织及增生的骨赘,显露股骨颈及小转子。在股骨头下和距小转子上 1~1.5 cm 处分两次垂直于股骨颈中心轴线截断股骨颈,取出截断的股骨颈,取出股骨头。有时髋关节融合无法取出,可以骨刀及髋臼锉清理残余股骨头,参照髋臼切迹、髋臼横韧带和卵圆窝,避免损伤髋臼骨质。清理髋臼周围增生的骨赘并松解髋臼侧挛缩的关节囊。将手术床复位,使患者标准侧卧位,根据真臼位置,髋臼锉挫至卵圆窝底部,残余髋臼软骨彻底挫除,见松质骨均匀渗血。注意参照髋臼横韧带、臼顶及壁,定位髋臼前倾角、外展角,安装臼杯、内衬。如果术中定位有困难,可在透视辅助安装假体。待臼杯安装结束后,再次调节手术床使患者后仰约 45°,骨钩提起股骨近端,保持髋关节后伸,内收外旋下肢,骨撬撬起股骨近端后侧,根据后外侧关节囊的挛缩情况逐渐松解,使股骨近端髓腔抬高至切口缘,用髓腔锉逐级扩髓至适合股骨假体大小,置入股骨柄假体及股骨头试模后复位,测试关节的稳定性、活动度、肌肉张力及下肢长度满意后,置入匹配的股骨头假体,复位髋关节。缝合前寻找出血点,彻底止血,反复冲洗后,常规

留置引流管,缝合浅筋膜和皮肤。

1.3 围手术期处理

术前 30 min 静脉给予 I 代头孢抗生素 1 次,术后继续使用 24 h;术后 24~48 h 给予镇痛泵;术后即刻就在床上行股四头肌等长收缩和踝关节屈伸活动,术后 48 h 内拔除引流管。术后 12~48 h 开始给予低分子肝素钠,预防下肢静脉血栓发生。卧床时患肢外展中立位,术后第 2 天可行髋关节的主、被动康复锻炼。所有患者术后 3~5 d 疼痛缓解后,可扶拐或助行器开始下床行走。

1.4 观察项目与方法

观察记录术前后髋关节总活动度和疼痛程度视觉模拟评分(VAS)。手术前后采用髋关节 Harris 评分系统(Harris hip scoring, HHS)^[4],从疼痛、功能、畸形和活动度等方面评估髋关节功能。

1.5 统计学处理

采用 SPSS 20.0 软件进行统计分析,定量资料以均数±标准差($\bar{x}\pm s$)表示,术前与术后 1 个月比较采用配对 *t* 检验,检验水准 $\alpha=0.05$ 。术前、术后 1、6 个月采用重复测量方差分析,检验水准 $\alpha=0.05$ 。

2 结果

15 例患者均获得随访,时间 8~32 个月,平均 26.2 个月。术中 1 例大转子骨折给予钢丝捆扎,1 例股骨距线性劈开给予钢丝捆扎。患者切口均 I 期愈合,无血肿、神经损伤及下肢深静脉血栓形成等并发症发生。术前腰痛患者术后不同程度减轻,术后髋关节功能改善,髋关节疼痛完全缓解 18 髋,存在髋关节行走时疼痛 3 髋,均满足日常生活自理要求。术后无髋关节脱位,随访 X 线片未见假体松动、下沉等现象发生。术后未见髋关节异位骨化病例发生。典型病例见图 1。

手术前后髋关节活动度及疼痛评分情况见表 1。髋关节总活动度及 VAS 评分,在术后 1 个月达到较为理想的水平,与术前比较差异有统计学意义($P<0.05$)。DAA 术后创伤较小,疼痛恢复快,髋关节活动范围快速趋于稳定,术后没有随着时间推移发生变化,可以满足患者早日离床,早日功能锻炼,早日出院,早日实现基本生活需求。

Harris 评分结果见表 2。疼痛、非功能位畸形的髋关节经过关节置换术后,疼痛缓解,关节活动度及关节功能获得了最大程度的恢复。手术前后 Harris 评分变化说明关节置换手术对 AS 患者髋关节功能改善有较好疗效,术后评分在短时间内就达到一个较高水平,术后 1 个月评分与术前比较,差异有统计学意义。DAA 入路行关节置换,创伤小,术后对髋关节功能恢复更有利,体现出较好的治疗价值。



图 1 患者,男,45 岁,强直性脊柱炎伴髋关节屈曲畸形 1a. 术前 X 线髋关节强直,关节间隙模糊 1b. 术前 CT 关节间隙狭窄,部分融合 1c,1d. 术前 X 线脊柱呈竹节样融合 1e. 术前髋关节屈曲畸形 1f. 手术体位侧卧,调节手术床后仰 1g. 股骨颈两刀截骨,避免骨折 1h. 骨钩牵拉,松解转子后外侧角 1i. 术后 24 周 X 线假体位置良好,无骨折、骨溶解和松动

ankylosing spondylitis and hip flexion deformity 1a. Preoperative X-ray showed ankylosis of hip, joint space blurred 1b. Preoperative CT showed narrow joint space and partial fusion of hip joint 1c,1d. Preoperative X-rays showed spine slub like fusion 1e. Preoperative hip flexion deformity 1f. Operation position; lateral position, adjusting the operation table backward 1g. Femur neck osteotomy, avoiding bone fracture 1h. By bone hook pulling, loosening the posterolateral corner of great trochanter 1i. X-ray at 24 weeks after operative showed the prosthesis in good position, no loosening, no osteolysis and no fracture

3 讨论

AS 髋关节受累患者髋关节疼痛、活动明显受限、生活自理困难,可行 THA 来达到缓解疼痛、改善关节功能及恢复生活自理能力的目的^[5]。前入路在 19 世纪 80 年代就有人提出,当时称为 Hurter 间隙入路^[6],经过 Smith-Petersen^[7]改良经过阔筋膜张肌与缝匠肌之间的间隙进入才称为 DAA。DAA 入路是真正的神经-肌肉间隙入路,基本不影响髋关节后方的软组织,尤其不损伤控制髋关节精细动作的臀中肌和臀小肌。避免后外侧入路导致患侧髋关节肌肉损伤,引起下肢健-患肌力失衡,产生行走步态改变^[8]。本组术后 1 个月 Harris、VAS 评分与术前比较差异明显,且术后波动不明显,说明 DAA 入路存在

明显优势。Maffiuletti 等^[9]对步态分析认为 DAA 入路从手术后到术后 6 个月髋关节灵活性优于后外侧入路,步态恢复更快,患者能够更快地适应植入的人工关节,术后体验好,更符合快速康复的理念。

AS 髋关节屈曲畸形患者,股骨颈及大转子向前移位,后入路时操作通道深在,股骨头后脱位困难,由于大转子遮挡,不利于股骨颈截骨和松解操作^[10]。同时髋关节软组织挛缩主要位于前方,经后方入路很难彻底松解前方软组织。多位学者^[11-12]探索经前方(改良)入路对软组织松解较后入路要方便很多,效果良好,非常适用于髋关节屈曲挛缩、强直的患者。同时 DAA 入路常规以平卧位手术,但对 AS 患者存在髋关节屈曲畸形,平卧位不利于麻醉管理和

表 1 强直性脊柱炎 15 例患者手术前及术后 1、6 个月髋关节活动度和 VAS 评分结果比较 ($\bar{x}\pm s$)

Tab.1 Comparison of the total hip motion and VAS of patients with ankylosing spondylitis before and 1, 6 months after operation ($\bar{x}\pm s$)

观察项目	术前	术后 1 个月	术后 6 个月
髋关节活动度(°)	34.3±21.5	207.1±26.7	212.3±23.0
VAS 评分(分)	6.7±1.6	0.6±0.4	0.4±0.3

注: 髋关节总活动度各时间点比较: 术后 1 个月与术前相比, $t=16.417, P=0.000$; 术前、术后 1、6 个月比较, $F=3.546, P=0.645$ 。VAS 评分各时间点比较: 术后 1 个月与术前相比, $t=17.221, P=0.000$; 术前、术后 1、6 个月比较, $F=3.546, P=0.645$

Note: Comparisons of total hip motion at different time points: 1 month after operation vs before operation, $t=16.417, P=0.000$; comparison of before operation, 1, 6 month after operation, $F=3.546, P=0.645$. Comparison of VAS scores at different time points: 1 month after operation vs before operation, $t=17.221, P=0.000$; comparison of before operation, 1, 6 month after operation, $F=3.546, P=0.645$

表 2 强直性脊柱炎 15 例患者手术前及术后 1、6 个月 Harris 评分各项指标比较 ($\bar{x}\pm s$, 分)

Tab.2 Comparison of Harris scores of 15 patients with ankylosing spondylitis before and 1, 6 months after operation ($\bar{x}\pm s$, score)

时间	疼痛	功能	畸形	活动度	总分
术前	1.2±3.5	0.2±0.3	0.2±0.1	0.3±0.4	1.9±3.2
术后 1 个月	41.0±1.6	33.1±3.4	4.1±0.3	2.0±0.2	80.1±3.8
术后 6 个月	42.6±2.1	36.0±2.8	4.2±0.4	2.0±0.3	84.8±2.6

注: 术后 1 个月与术前在疼痛、功能、畸形、活动度及 Harris 总分相比较, $t=48.411, P=0.000; t=24.810, P=0.000; t=9.012, P=0.000; t=3.831, P=0.008; t=53.728, P=0.000$ 。术前、术后 1、6 个月各时间点疼痛、功能、畸形、活动度及 Harris 总分相比较, $F=2.398, P=0.056; F=2.468, P=0.038; F=0.905, P=0.852; F=3.546, P=0.094; F=8.389, P=0.026$

Notes: One month after operation, compared with preoperative pain, function, deformity, mobility and total Harris score, $t=48.411, P=0.000; t=24.810, P=0.000; t=9.012, P=0.000; t=3.831, P=0.008; t=53.728, P=0.000$. Comparing the pain, function, deformity, activity and Harris total score before and 1 and 6 months after operation, $F=2.398, P=0.056; F=2.468, P=0.038; F=0.905, P=0.852; F=3.546, P=0.094; F=8.389, P=0.026$

手术操作, 通过侧卧体位, 髋关节呈自然屈曲位, 同时通过调节手术床, 使肢体后仰, 便于创面观察和操作。

对 AS 髋关节屈曲畸形患者, 髋关节活动度较差, 同时此类患者往往存在明显的骨质疏松, 在手术操作扭转患肢的过程中, 容易造成转子区和股骨近端骨折。术中为使髋关节有相对好的活动空间, 在显露股骨颈后, 先行股骨颈 1~2 次截骨, 先在小转子下方 1~1.5 cm 截断股骨颈, 再在股骨头下进行二次截骨。截骨后大转子活动度增加, 可避免扭转下肢引起

股骨骨折。通过边截骨边松解髋臼周缘的关节囊, 逐步显露髋臼, 注意截骨和清理残余的股骨头时不要损伤正常的髋臼缘。股骨颈截骨后不能完全去除头和颈者可采用骨刀小块切除的办法切除, 或以最小髋臼锉打磨, 寻找臼头的交界区。对于髋关节融合的患者, 可通过髋臼切迹、髋臼横韧带及卵圆窝等相对恒定结构判断。笔者感觉后方关节囊的松解尤为重要, 在为松解前, 股骨髓腔的扩髓通道很难建立, 如果过度的撬拨和逆转股骨近端, 容易造成骨折。笔者提供专门的股骨钩, 在小转子下向上牵引转子区后侧, 再借助 Hoffman 拉钩的撬拨, 可以触及后方转子区紧张的关节囊, 电刀松解, 可以观察大转子逐渐上移接近切口缘。若发现外旋肌群挛缩明显, 可适当松解。股骨近端显露时应该采用边松解边外旋的办法来充分显露股骨近端, 严禁暴力露股骨近端、开髓和假体复位, 动作应轻柔持续为宜, 避免骨折发生。2 例股骨骨折, 均是在手术早期阶段暴力操作引起。文献报道 AS 患者行后外侧入路 THA 异位骨化的发生率 40%~76%^[13], 而 DAA 入路为肌间隙入路, 无肌肉损伤, 理论上可减少异位骨化的发生, 本组无异位骨化患者可能与此有关, 同时术中彻底去除骨屑, 反复生理盐水冲洗, 亦可预防异位骨化发生。

AS 患者骨盆往往存在倾斜和前倾, 髋臼假体的放置角度是手术的难点^[14]。Hamilton 等^[15]将 DAA 入路与后外侧入路下安放髋臼位置前倾角和外展角比较, 发现 DAA 入路下髋臼安放前倾角小于后外侧入路, 髋臼外展角的安放二者差异无统计学意义, 但采用 DAA 入路进行 THA 髋臼安放角度的变异率更小。Tang 等^[16]研究发现 AS 患者骨盆在矢状面上后倾 20°, 髋臼角增大 30°, 外展角增大 55°, 所以在显露时注意髋臼的前倾角和外展角的变异, 术中调节手术床, 使骨盆保持完全侧卧位, 有利于判断脊柱-骨盆-股骨之间的关系, 必要时术中 C 形臂 X 线透视定位, 避免臼杯安放的前倾角和外展角过大或过小, 造成髋关节前脱位或后脱位。

DAA 入路在相同条件下术后脱位率低^[17], 可以不限制髋关节前屈活动。特别对于同时存在脊柱畸形不能平卧的患者, 术后可采取半卧体位, 既可以减轻前方切口软组织的牵拉而减轻疼痛, 又不会增加因关节屈曲发生后脱位的风险。术后早期疼痛改善优于外侧入路^[18]。患者术后康复行走时使用辅助工具时间明显短于后外侧入路^[19]。Yue 等^[20]采用 Meta 分析发现: 与传统后入路相比 DAA 入路住院总时间短, 术后康复好。本组术后第 2 天建议患者下床持拐行走, 髋关节半屈曲卧位, 练习穿袜子等, 未见髋关节脱位发生。DAA 入路较后外侧及外侧入路具明显

优点^[21],但同样存在手术的缺点:(1)手术建立股骨通道困难,学习曲线长,需要熟练的手术技巧。(2)有的建议提供特殊手术器械、手术床,开展此类手术将增加医院资金投入。(3)在学习早期易出现损伤股外侧皮神经、阔筋膜张肌及切口问题,更为严重者出现股骨近端骨折、大量出血等严重并发症。

综上所述,DAA 入路 THA 治疗 AS 髋关节屈曲畸形短期疗效确切,创伤小、疼痛轻、并发症少,能够明显改善髋关节功能,缓解疼痛、增加髋关节活动度,提高患者的生活质量,短期临床效果满意。

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