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保留髂骨外形与传统髂骨取骨术的病例对照研究

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【摘要】目的: 观察传统髂骨取骨和保留髂骨髂嵴两种取骨方式在自体植骨手术中的应用并探讨其有效性和安全性。**方法:** 自 2016 年 1 月至 2018 年 12 月 50 例需行自体植骨患者分别采用传统髂骨取骨方式和保留髂骨髂嵴取骨方式进行髂骨取骨, 每组 25 例, 其中传统髂骨取骨组, 男 18 例, 女 7 例, 年龄 (42.0 ± 7.9) 岁, 住院时间 (20.0 ± 5.5) d, 随访时间 (13.68 ± 1.60) 个月; 保留髂骨髂嵴取骨组, 男 16 例, 女 9 例, 年龄 (44.0 ± 8.2) 岁, 住院时间 (21.0 ± 6.5) d, 随访时间 (14.04 ± 1.54) 个月, 比较两组患者取骨手术时间、术中出血量、术后疼痛视觉模拟评分 (visual analogue scale, VAS), 观察骨折愈合情况以及并发症。**结果:** 传统髂骨取骨组手术时间为 (16.20 ± 2.51) min, 术中出血量 (63.20 ± 17.73) ml, 术后第 1 天 VAS 评分为 4.72 ± 1.21 , 骨折愈合时间 (4.84 ± 0.90) 个月。保留髂骨髂嵴取骨组手术时间为 (16.24 ± 3.00) min, 术中出血量 (62.80 ± 18.14) ml, 术后第 1 天 VAS 评分为 4.80 ± 1.29 , 骨折愈合时间 (4.68 ± 0.80) 个月。两组的手术时间、术中出血量、术后第 1 天 VAS 评分、骨折愈合时间比较, 差异无统计学意义 ($P > 0.05$)。**结论:** 与传统髂骨取骨手术相比, 保留髂骨外形的取骨方式, 简单方便, 在保证取骨量的同时, 尽可能的保留了髂骨的髂嵴外形, 减少术后局部不适症状, 值得推广。

【关键词】 髂骨; 骨移植; 髂嵴; 截骨术

中图分类号: R683

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开放科学(资源服务)标识码(OSID):

A case-control study of preserving the shape of iliac bone and traditional iliac osteotomy WANG Bing-gang and LIU

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ABSTRACT Objective: To compare and study the traditional iliac bone extraction and iliac crest preserving bone extraction, and to observe their curative effects. **Methods:** From January 2016 to December 2018, 50 patients were treated with traditional iliac bone extraction and iliac crest preserving iliac bone extraction, with 25 cases in each group. In the traditional iliac bone extraction group, there were 18 males and 7 females, aged (42.0 ± 7.9) years, hospitalized for (20.0 ± 5.5) days and followed up for (13.68 ± 1.60) months. There were 16 males and 9 females in the iliac crest preserving osteotomy group, aged (44.0 ± 8.2) years, hospitalized for (21.0 ± 6.5) days and followed up for (14.04 ± 1.54) months. The operation time, intraoperative bleeding, postoperative pain visual analog scale (VAS), fracture healing and complications were recorded and compared between the two groups. **Results:** In the traditional iliac bone extraction group, the operation time was (16.20 ± 2.51) min, the amount of bleeding was (63.20 ± 17.73) ml, the VAS score on the first day after operation was 4.72 ± 1.21 , and the fracture healing time was (4.84 ± 0.90) months. In the iliac crest preserving osteotomy group, the operation time was (16.24 ± 3.00) min, the amount of bleeding was (62.80 ± 18.14) ml, the VAS score was 4.80 ± 1.29 on the first day after operation, and the fracture healing time was (4.68 ± 0.80) months. There was no significant difference in operation time, bleeding volume, pain VAS on the first day after operation and fracture healing time between the two groups ($P > 0.05$). **Conclusion:** Compared with the traditional iliac bone removal surgery, this bone removal method of preserving the appearance of iliac bone is simple and convenient. While ensuring the amount of bone removal, it retains the appearance of iliac crest as much as possible and reduces local discomfort symptoms after operation. It is worth popularizing.

KEYWORDS Ilium; Bone transplantation; Iliac crest; Osteotomy

自体髂骨移植是骨科常用术式，广泛应用于各种骨不连、骨缺损等疾患的治疗^[1]。因为髂骨翼表浅，解剖简单，骨量大，既有大量的松质骨，又有皮质骨，髂骨松质骨内含有较多的骨髓间充质干细胞，成为主要的自体骨供区^[2]。但是，取骨处因为骨缺损造成髂骨外型改变，影响美观，造成不适，为了尽量减少取骨造成的不良反应，2016年1月至2018年12月采用保留髂嵴的取骨方式，无须专用器械，操作简单，以达到尽量保留了髂嵴外型，保留了骨膜，也保留了肌肉附着部分，为骨再生提供了一定条件，对比同期传统髂骨翼取骨术与保留髂嵴髂骨翼取骨术，评价此种取骨方式的有效性和安全性。

1 资料与方法

1.1 病例选择

纳入标准：(1)需要进行自体植骨的病例。(2)采用髂骨翼取骨的病例。(3)年龄18~60岁。排除标准：(1)有明确手术禁忌证，术区有感染、合并严重的内科疾病等。(2)双侧髂骨翼有骨折或者畸形等。

(3)18岁>年龄>60岁。(4)随访资料不全或随访时间<12个月。

1.2 一般资料

自2016年1月至2018年12月，将需行髂骨取骨植骨的50例患者分为两组，25例采用传统髂骨取骨(传统髂骨取骨组)，男18例，女7例，年龄22~58(42.0 ± 7.9)岁。股骨干骨折不愈合12例，其中，髓内钉固定9例，钢板固定3例，均为萎缩型骨折不愈合，内固定物无折断；胫骨干骨折不愈合11例，其中髓内钉固定10例，钢板固定1例，内固定物无折断，均为萎缩型骨折不愈合；尺骨干骨折不愈合2例，均为钢板固定，发生内固定物折断1例，萎缩型骨折不愈合1例和肥大型骨折不愈合1例。车祸伤12例，高处坠落伤3例，走路摔伤7例，骑自行车摔伤3例。住院时间14~28(20.0 ± 5.5)d；随访时间12~16(13.68 ± 1.60)个月。25例采用保留髂嵴髂骨取骨(保留髂嵴髂骨取骨组)，男16例，女9例，年龄21~58(44.0 ± 8.2)岁。胫骨干骨折不愈合10例，其中，髓内

表1 两组需髂骨取骨植骨患者临床资料比较

Tab.1 Comparison of clinical data between two groups of patients requiring iliac bone graft

组别	例数	性别(例)		年龄 ($x \pm s$, 岁)	病程 ($x \pm s$, d)	骨折不愈合部位(例)				致伤原因(例)				随访时间 ($x \pm s$, 月)
		男	女			股骨 干	胫骨 干	肱骨 干	尺骨 干	车祸伤	走路摔 伤	骑自行 车摔伤	高处坠 落伤	
传统髂骨取骨组	25	18	7	42.0 ± 7.9	20.48 ± 3.93	12	11	0	2	12	7	3	3	13.68 ± 1.60
保留髂嵴取骨组	25	16	9	44.0 ± 8.2	21.24 ± 3.98	12	10	2	1	10	6	4	5	14.04 ± 1.54
检验值		$\chi^2 = 0.667$	$t = -0.662$	$t = -0.679$		$\chi^2 = 2.000$				$\chi^2 = 0.833$				$t = -0.810$
P值		0.881	0.511	0.500		0.849				0.991				0.442

钉固定 9 例,钢板固定 1 例,内固定物无断裂,均为萎缩型骨折不愈合;股骨干骨折不愈合 12 例,其中,髓内钉固定 10 例,钢板固定 2 例,内固定物无断裂,均为萎缩型骨折不愈合;肱骨干骨折不愈合 2 例,其中,髓内钉固定 1 例,钢板固定 1 例,发生内固定物断裂 1 例,萎缩型骨折不愈合 1 例和肥大型骨折不愈合 1 例;尺骨干骨折不愈合 1 例,钢板固定 1 例,萎缩型骨折不愈合 1 例。车祸伤 10 例,高处坠落伤 5 例,走路摔伤 6 例,骑自行车摔伤 4 例;住院时间 13~28(21.0±6.5) d;随访时间 12~16(14.04±1.54) 个月。两组基线资料比较差异无统计学意义。见表 1。所有患者术前签署知情同意书,本研究经我院医学伦理委员会审批通过(编号:20151210056)。

1.3 治疗方式

两组患者均需要自体髂骨骨移植的手术治疗,合并手术包括骨折端清理及固定等,取骨方法均为髂骨翼取骨术。

1.3.1 传统髂骨取骨组 麻醉成功后,术前常规消毒铺单,沿髂前上棘后 2 cm,做切口,根据取骨量设计切口长度,依次切开皮肤、皮下、筋膜,暴露髂骨,分离髂骨骨板内外侧骨膜,通常采用骨膜翘和 1 块纱布结合,然后,利用骨刀在髂前上棘后 2 cm 做纵向第 1 刀劈开,并视情况在与第 1 刀间距一定距离处做第 2 刀纵向劈开,根据需要取骨量在距离髂骨髂嵴一定距离做横行劈开的第 3 刀,这样 3 刀之间形成游离骨块,取出,修剪用于植骨,冲洗伤口,电刀止血,缝合保留髂嵴的筋膜,缝合伤口。见图 1。

1.3.2 保留髂嵴取骨组 麻醉成功后,术前常规消毒铺单,髂骨从髂前下棘到髂嵴,再到髂后上棘,是一个弧形的拱桥型结构,这是此取骨方式的解剖学基础。沿髂前上棘后 2 cm,做切口,根据取骨量设计切口长度,依次切开皮肤,皮下,筋膜,暴露髂骨,保留髂骨髂嵴的筋膜,于外侧骨板做骨膜下剥离,通常采用骨膜翘和 1 块纱布结合,然后,与髂骨髂嵴下 5 mm 左右处水平用骨刀进行第 1 刀劈开,翻起髂嵴,做内侧骨膜剥离,尽量保留髂骨内外侧骨膜,再次确定髂前上极位置,在其后 2 cm 处纵向第 2 刀劈开,并视情况在与第 2 刀间距一定距离处做第 3 刀纵向劈开,根据取骨量在距第 1 刀相距一定距离处做第 4 刀横向劈开,经过 4 刀操作后,形成游离髂骨块,取出,修剪

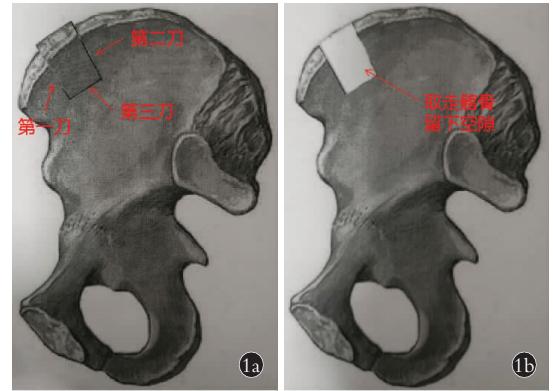


图 1 传统髂骨取骨 1a. 沿髂骨翼内外侧骨膜下剥离,一共用 3 刀游离髂骨块 1b. 取走髂骨块后,留下的空缺

Fig.1 Traditional iliac bone extraction 1a. The iliac bone was dissected under the periosteum along the inner and outer sides of the iliac wing, and a total of 3 knives were used to free the iliac bone mass **1b.** After removing the iliac bone block, the vacancy left behind

用于植骨,冲洗伤口,电刀止血,缝合保留髂嵴的筋膜,缝合伤口。见图 2。

1.3.3 术后处理 术后预防应用抗生素 24~72 h。术后第 1 天坐起活动,依据手术部位,进行功能康复锻炼。取髂骨伤口常规更换敷料,2 周后拆线。

1.4 观察项目与方法

比较两组患者取骨手术时间、术中出血量、术后疼痛视觉模拟评分 (visual analogue scale, VAS)(由 2 名临床医师测量后取均值)。术后每月定期复查,行骨盆及骨折处 X 线检查,观察骨折愈合情况、骨盆取骨处变化及并发症发生情况。

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

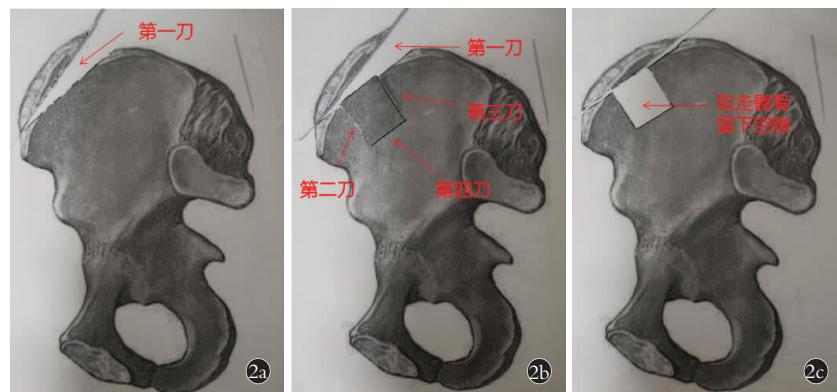


图 2 保留髂嵴取骨 2a. 第 1 刀劈开髂嵴,保留一定骨量 2b. 推开劈开的髂嵴,沿内外侧骨膜下剥离,一共用 3 刀取下髂骨块 2c. 取走劈开的髂骨块后,将推开的髂嵴利用骨膜缝合在原来位置

Fig.2 Preserving iliac crest for bone extraction 2a. The first knife splits the iliac crest and retains a certain amount of bone **2b.** Push the split iliac crest and peel it off along the medial and lateral periosteum. Remove the iliac bone block with 3 knives **2c.** After the split iliac bone block is removed, the pushed iliac crest is sutured in its original position with periosteum

均数±标准差($\bar{x}\pm s$)表示,采用独立样本 t 检验;定性数据采用卡方检验。检验水准 $\alpha=0.05$ 。

2 结果

传统髂骨取骨组 25 例行传统髂骨取骨,不保留髂嵴,手术时间为(16.20±2.51) min,术中出血量为(63.20±17.73) ml,术后第 1 天 VAS 评分为 4.72±1.21,术后 2 周 VAS 评分均为 0 分,植骨处骨折愈合时间(4.84±0.90)个月。保留髂嵴取骨组 25 例,保留髂嵴髂骨取骨,取髂骨手术均成功保留髂嵴,手术时间为(16.24±3.00) min,术中出血量(62.80±18.14) ml,术后第 1 天 VAS 评分为 4.80±1.29,术后 2 周 VAS 评分均为 0 分,植骨处骨折愈合时间(4.68±0.80)个月。两组手术时间、术中出血量、术后第 1 天 VAS 评分、骨折愈合时间比较,差异无统计学意义差异($P>0.05$),见表 2。

两组伤口均愈合,无明显区别,在保留髂嵴的取骨组,术后 3 个月复查,均发现保留的髂嵴与髂骨愈合,术后 6 个月发现取骨区面积有所减小,而传统取髂骨组未发现取骨区面积减小,保留的髂嵴组髂骨翼外型完整,无不适存在,而传统取髂骨组髂骨翼外型不完整,有凹陷畸形,有不适感觉存在。典型病例见图 3~4。

两组取髂骨切口均为 I 期愈合,传统髂骨取骨术后伤口出血较多 1 例,1 例伤口拆线后发生渗液,所有患者均未出现股外侧皮神经损伤。无伤口感染,骨折,腹部疝等并发症发生。

3 讨论

目前,临幊上髂骨取骨的技术较多:(1)微创经髂嵴环钻取骨技术^[2]。(2)髂骨翼半板取骨术^[3]。(3)髂骨全板取骨术,即为传统的髂骨取骨术^[4]。(4)髂嵴“H”形截骨的髂骨翼取骨技术^[5]。(5)髂骨内外侧开窗取骨术^[6~7]等。本研究采用的取骨方式,利用两侧髂骨翼部是一个圆弧形的像拱桥一

样的结构特点,作为此种取骨方法的理论基础^[8],通过用骨刀将髂骨外缘整体切割开,然后取骨,取骨后将切割开的髂嵴边缘原位复位回取骨处,将周围骨膜原位缝合,这样切割开的髂嵴就牢固的固定在原位置,保持了髂骨外缘的形状,同时保存了髂骨内外侧骨膜,周围会有一定的髂骨再生,降低了形成疝的风险,与普通取骨的方式对比,尽可能的保留了髂骨外形,在取骨量、术中出血、手术时间和术后疼痛与传统髂骨取骨组无区别。

髂骨是重要的自体供骨区,骨量多,富有松质骨,取骨后对本身功能影响较小,髂骨的松质骨内含有较高比例的间充质干细胞,髂骨取骨术后容易发生一些并发症,如骨折、血肿、感染、神经损伤、腹部疝形成等。不过,并发症通常与手术操作有关,熟练的手术技术能够最大可能的避免并发症^[9],这也与临床经验相同。取髂骨的手术方式和部位有多种,取骨区可以为髂前上棘后部,髂后上棘前侧等处^[10],临幊上的各种取骨方式各有优缺点:微创经髂嵴环钻取骨技术,操作微创,但是取骨量少,仅可取少量松质骨;髂骨翼半板取骨术取骨量少,出血多;传统的



图 3 患者,男,45岁,采用不保留髂骨外形方式取骨,取骨后 6 个月骨盆正位 X 线片示取骨处凹陷畸形明显(箭头所指的是传统方式取髂骨后留下的骨缺损) 图 4 患者,女,39岁,采用保留髂骨外形方式取骨,取骨后 6 个月骨盆正位 X 线片示取骨处保留正常外形轮廓,没有凹陷畸形(箭头所指的是保留髂嵴取骨后所留下的骨缺损,可见髂嵴完全保留)

Fig.3 A 45-year-old male patient took the bone without retaining the shape of iliac bone. Six months after taking the bone, the AP X-ray film of pelvis showed that the depression deformity at the bone taking place was obvious (the red arrow refers to the bone defect left after taking the iliac bone in the traditional way) **Fig.4** A 39-year-old female patient took the bone by preserving the shape of the iliac bone. Six months after the bone removal, the AP X-ray film of the pelvis showed that the normal shape and contour were retained at the bone removal site without concave deformity (the blue arrow refers to the bone defect left after the iliac crest was retained, which shows that the iliac crest was completely retained)

表 2 两组髂骨取骨患者一般临床指标观察随访结果($\bar{x}\pm s$)

Tab.2 Postoperative results between two groups of patients requiring iliac bone graft($\bar{x}\pm s$)

组别	例数	手术时间(min)	术中出血量(ml)	术后第 1 天 VAS(分)	骨折愈合时间(月)
传统髂骨取骨组	25	16.20±2.51	63.20±17.73	4.72±1.21	4.84±0.90
保留髂嵴取骨组	25	16.24±3.00	62.80±18.14	4.80±1.29	4.68±0.80
<i>t</i> 值		-0.051	0.079	-0.226	0.664
<i>P</i> 值		0.960	0.937	0.822	0.510

髂骨取骨术,取骨量大,可取松质骨,皮质骨,但是破坏髂嵴外型,影响美观,尤其是取骨量大时,周围的软组织也失去支撑;髂嵴“H”形截骨的髂骨翼取骨技术:可以保持外形,但是其髂嵴截骨步骤复杂,需同时剥离髂骨的内外板,取骨后需应用钢丝缝合髂嵴截骨部等,因为髂嵴表浅,钢丝可能需要取出,增加手术次数;髂骨侧方行开窗取骨术,可以保留髂骨外形,但是在侧方操作,操作并不是很方便,髂嵴下的松质骨丰富,越远离髂嵴,骨板变薄,松质骨就越少,一定程度影响取骨量,周围肌肉需要剥离较多,影响肌肉止点,并有异位骨化风险,往往需要专有器械。本研究推荐的取骨方式,外缘需要保留的骨量少,直接将髂骨上部的髂嵴劈开,掀起髂嵴,可以等同于传统的全层取骨方式,又较少的影响取骨量,术者操作更容易掌握,不需要特殊器械,通过普通骨刀结合锤子就可以完成操作,与其他取骨方式相比,具有一定的优点。

取髂骨的并发症一般是由于医源性操作不当造成的^[11]。取骨时必须确定好髂前上棘,确保髂前上棘后 2 cm 进行取骨,能最大可能地避免髂前上棘发生骨折,同时,也可以避免股前外侧皮神经损伤,研究表明,收获骨量越多,就越容易发生并发症^[11]。

此种保留髂骨外形的取骨方式,简单方便,在保证取骨量的同时,尽可能的保留了髂骨的髂嵴外形,减少术后局部不适症状,值得推广。

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