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· 临床研究 ·

股骨干骨折合并同侧股骨颈骨折的手术治疗

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【摘要】 目的:探讨单结构和双结构治疗股骨干骨折合并同侧股骨颈骨折的疗效及其适应症。方法:2015 年 6 月至 2020 年 12 月收治同侧股骨干合并股骨颈骨折患者 21 例,男 14 例,女 7 例,年龄 23~69 (38.1±12.9)岁。根据不同股骨干骨折部位分别采用 InterTan 或 PFNA II 固定(单结构),以及逆行髓内钉+空心钉固定(双结构)。术后定期随访功能及并发症情况。单结构固定 10 例,股骨颈骨折均为基底型,股骨干骨折位于峡部近端;双结构固定 11 例,9 例为股骨颈基底型,2 例经颈型,股骨干骨折位于峡部及其远端。**结果:**所有患者获得随访,时间 12~27 个月。所有单结构固定患者未发生股骨头坏死、畸形、延迟和不愈合,股骨干骨折未发生延迟愈合、不愈合;末次随访 Harris 评分(91.8±4.1)分,优 8 例,良 2 例。所有双结构固定患者股骨颈骨折获得了良好的愈合,未发生股骨头坏死,1 例股骨干骨折延迟愈合;末次随访 Harris 评分(92.4±5.9)分,优 7 例,良 3 例,一般 1 例。**结论:**良好的复位和固定是治疗这类骨折的关键。单结构和双结构固定均是良好选择,应根据股骨干和股骨颈骨折部位选择适合的固定方式。对于股骨干骨折位于峡部近端而股骨颈骨折为基底型,可选择单结构固定,对于峡部及以下股骨干骨折合并同侧股骨颈骨折建议双结构固定。

【关键词】 股骨干骨折; 股骨颈骨折; 同侧; 骨折固定术; 解剖复位

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Surgical treatment for ipsilateral femoral neck and shaft fracture

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ABSTRACT Objective To retrospectively analyze efficacy of single structure internal fixation and double structure internal fixation in the treatment of ipsilateral femoral shaft and neck fracture, and analyze their indications. **Methods** From June 2015 to December 2020, 21 patients with ipsilateral femoral shaft and femoral neck fracture were treated, including 14 males and 7 females, aged 23 to 69 years old with an average of (38.1 ± 12.9) years old. According to different femoral shaft fracture sites, some patients were fixed with cephalomedullary implant for both femoral neck and the femoral shaft (single structure, InterTan or PFNA II), some patients were fixed with cannulated screws for the femoral neck and a retrograde locking nail for the femoral shaft (dual structure), and postoperative function and complications were recorded during follow-up. In 10 cases of single-structure fixation, the femoral necks were all basicervical fractures, and the femoral shaft fractures were located in the proximal isthmus; 11 cases were double-structure fixation, 9 cases in 11 were basal type of femoral neck, 2 cases in 11 were neck type, and the femoral shaft fractures were located in the isthmus and the distal isthmus. **Results** All patients were followed up for 12 to 27 months. No femoral head necrosis, deformity, delay or nonunion occurred in the patients with single-structure fixation, and no delayed union or nonunion occurred in femoral shaft fractures; At the final follow-up, Harris score of patients with single-structure fixation was 91.8 ± 4.1 , with 8 cases were excellent and 2 cases were good. The fractures of patients with dual-structure fixation achieved good union without femoral head necrosis, except 1 case of femoral shaft fracture had delayed union; At the final follow-up, Harris score of patients with dual-structure fixation was 92.4 ± 5.9 , 7 cases were excellent, 3 cases were good, and 1 case was fair. **Conclusion** Good reduction and fixation is the key to the treatment of such fractures. Both the single-structure fixation and the dual-structure fixation are good methods, and it should be selected according to the locations of femoral shaft and femoral neck fractures. Single-structure fixation is a good choice for femoral shaft fractures located at the proximal isthmus and basal femoral neck fractures. For isthmus and distal femoral shaft fractures combined with ipsilateral femoral neck fractures, dual-structure fixation is recommended.

KEYWORDS Femoral shaft fracture; Femoral neck fracture; Ipsilateral; Fracture fixation; Anatomical reduction

股骨干骨折合并同侧股骨颈骨折临床罕见,占股骨干骨折的 1%~9%^[1],主要为高能量损伤,多合并胸腹部、颅脑损伤或其他部位骨折。股骨干骨折通常为粉碎性,而股骨颈骨折一般为基底部骨折,无移位,容易漏诊或延误诊断。由于同时存在 2 处骨折,治疗顺序及固定方式仍存在较多争议。本研究回顾分析 2015 年 6 月至 2020 年 12 月收治的 21 例股骨干合并同侧股骨颈骨折患者,对股骨干骨折位于峡部近端的患者采用 InterTan 或 PFNA II 固定,对股骨干骨折位于峡部及远端的患者采用空心钉+逆行髓内钉固定,现报告如下,以期为临床治疗方案的选择提供有益参考。

1 资料与方法

1.1 病例选择

纳入标准:影像学诊断为股骨干合并同侧股骨颈骨折;临床病历资料完整;随访资料完整。排除标准:开放性、陈旧性、病理性骨折患者;伴有严重基础疾病,无法耐受手术者;随访时间不满 1 年者。

1.2 临床资料与分组

2015 年 6 月至 2020 年 12 月共收治股骨干合并同侧股骨颈骨折患者 21 例,其中男 14 例,女 7 例,年龄 23~69 (38.1 ± 12.9) 岁。21 例均为高能量损伤,其中车祸伤 19 例,高处坠落伤 2 例。合并肋骨骨折 3 例,合并头部外伤 1 例,合并同侧胫腓骨骨折

1 例。所有患者为闭合骨折。股骨颈骨折依据骨折部位分型:基底型 19 例,经颈型 2 例;按照 GARDEN^[2]制定的分型(Garden 分型):I 型 1 例,II 型 16 例,III 型 4 例。股骨干骨折依据 WINQUIST^[3]制订的分型方法(Winquist 分型):I 型 4 例,II 型 7 例,III 型 6 例,IV 型 4 例。21 例患者依据内固定方式不同分为两组,其中 10 例患者股骨干骨折位于峡部近端,应用 InterTan 或 PFNA II 治疗,为单固定组;11 例股骨干骨折位于峡部或峡部以下,应用逆向髓内钉+空心螺钉治疗,为双固定组。两组患者一般资料比较差异无统计学意义,具有可比性,见表 1。本研究获得本院伦理委员会批准(批号:2015SQ004),所有患者知情并签署知情同意书。

1.3 治疗方法

1.3.1 单结构固定 麻醉后取仰卧位,置于牵引床上,透视确认骨折位置满意,如复位不理想,则消毒铺巾后小切口辅助复位。偏股骨颈前方打入 1 枚直径 2.0 mm 克氏针临时固定股骨颈骨折,透视确认避开髓内钉通道。在大转子近端约 5 cm 处切开,大转子顶点偏内 0.5 cm 处置入导针,充分扩髓,插入主钉,透视调整深度,按操作程序打入 PFNA II 螺旋刀片或拧入 InterTan 股骨颈组合钉至股骨头软骨下 0.5 cm,锁定远端螺钉,冲洗缝合(图 1)。

1.3.2 双结构固定 麻醉后取仰卧位,透视确认股

表 1 两组股骨颈骨折合并同侧股骨干骨折患者术前一般资料比较

Tab.1 Comparison of preoperative general data of patients with ipsilateral femoral neck and shaft fracture between two groups

| 组别 | 例数 (x±s)/岁 | 性别/例 | | 合并损伤/例 | | 按骨折部位分型/例 | | | Garden 分型/例 | | | | Winquist 分型/例 | | | |
|------|--------------|----------------|---|----------------|---|----------------|-----|-----|----------------|------|-------|------|----------------|------|-------|------|
| | | 男 | 女 | 有 | 无 | 头下型 | 经颈型 | 基底型 | I 型 | II 型 | III 型 | IV 型 | I 型 | II 型 | III 型 | IV 型 |
| 单固定组 | 10 37.8±14.8 | 7 | 3 | 2 | 8 | 0 | 0 | 10 | 1 | 8 | 1 | 0 | 2 | 3 | 3 | 2 |
| 双固定组 | 11 38.4±11.7 | 7 | 4 | 3 | 8 | 0 | 2 | 9 | 0 | 8 | 3 | 0 | 2 | 4 | 3 | 2 |
| 检验值 | $t=-0.097$ | $\chi^2=0.000$ | | $\chi^2=0.000$ | | $\chi^2=0.000$ | | | $\chi^2=1.836$ | | | | $\chi^2=0.464$ | | | |
| P 值 | 0.923 | 1.000 | | 1.000 | | 0.476 | | | 0.586 | | | | 1.000 | | | |

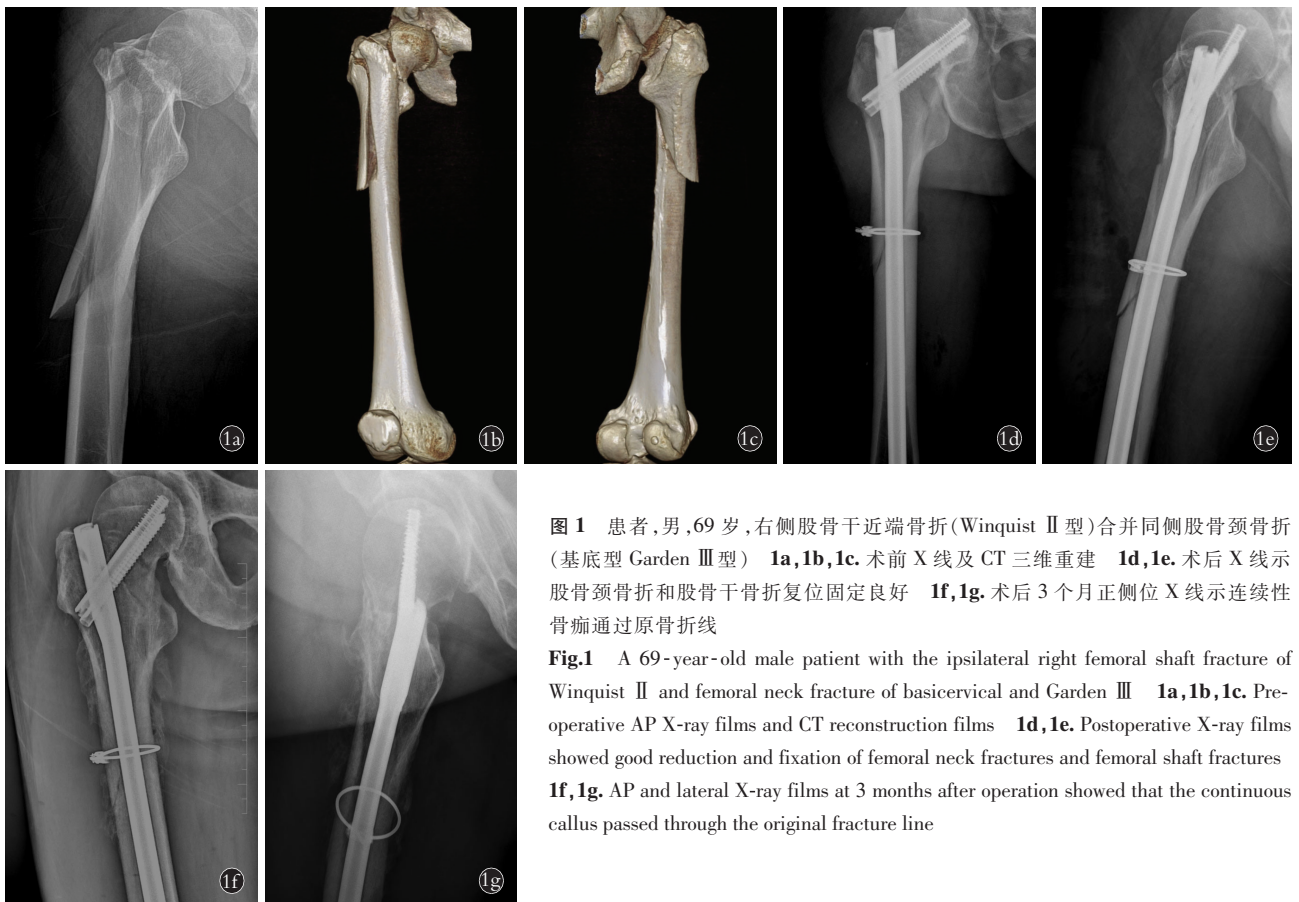


图 1 患者,男,69 岁,右侧股骨干近端骨折(Winquist II 型)合并同侧股骨颈骨折(基底型 Garden III 型) 1a,1b,1c. 术前 X 线及 CT 三维重建 1d,1e. 术后 X 线示股骨颈骨折和股骨干骨折复位固定良好 1f,1g. 术后 3 个月正侧位 X 线示连续性骨痂通过原骨折线

Fig.1 A 69-year-old male patient with the ipsilateral right femoral shaft fracture of Winquist II and femoral neck fracture of basicervical and Garden III 1a,1b,1c. Pre-operative AP X-ray films and CT reconstruction films 1d,1e. Postoperative X-ray films showed good reduction and fixation of femoral neck fractures and femoral shaft fractures 1f,1g. AP and lateral X-ray films at 3 months after operation showed that the continuous callus passed through the original fracture line

骨颈位置良好,先固定股骨颈:大转子下方外侧小切口切开,经股骨颈向股骨头方向打入 3 枚导针,透视导针位置满意,拧入 3 枚空心拉力螺钉。如位置不佳,经 Smith-Peterson 入路切开复位。再固定股骨干:患肢屈髋屈膝,对抗牵引复位,复位困难时小切口辅助复位。髌下纵形切开,在内外髌中间开口,插入导针,扩髓,比常规扩髓大 1 号,植入主钉。透视确认位置满意,植入交锁钉,冲洗缝合(图 2)。

1.4 观察项目与方法

记录两组患者的手术时间和术中出血量,术后常规抗生素预防感染,术后第 1 天康复医师指导下开始踝泵及股四头肌等长收缩锻炼,术后 3 个月内无负重下髌关节和膝关节逐渐由被动活动到主动活

动。术后 3 个月根据复查 X 线情况,如未发现对线不良及股骨头坏死,骨折端有骨痂形成,开始部分负重。然后每 3 个月复查 1 次,当 X 线片提示正侧位均有连续性骨痂通过后完全负重,直至患者临床及影像学痊愈,术后随访至少 1 年。

1.5 疗效评价方法

临床疗效采用 HARRIS^[4]制订的评分方法(Harris 评分)进行评价,评分范围包括疼痛程度、髌关节活动度、下肢畸形及功能。满分 100 分,90 分以上为优,80~89 分为良,70~79 分为一般,<70 分为差。

1.6 统计学处理

采用 SPSS 28.0 软件进行统计学分析,年龄、时间、术中失血量、评分等数据为符合正态分布的定量

资料,以均数±标准差($\bar{x}\pm s$)表示,采用成组设计定量资料的 t 检验进行统计学分析;性别、分型、并发症等定性资料的比较采用 χ^2 检验。检验水准 $\alpha=0.05$,以 $P<0.05$ 为差异有统计学意义。

2 结果

所有患者获得随访,时间 12~27 个月。两组患者随访时间、受伤至手术时间、手术时间、术中出血量、骨折愈合时间比较,差异无统计学意义($P>0.05$)。见表 2。

所有患者股骨颈骨折骨性愈合,未出现延迟愈合,至末次随访无股骨头坏死。20 例股骨干骨折骨性愈合,未发生延迟愈合,无短缩、成角及旋转畸形。

双结构固定组中 1 例出现股骨干骨折延迟愈合,在术后 11 个月达到骨性愈合。21 例均未发生伤口感染。

末次随访采用 Harris 评分评定疗效,单固定组 10 例患者 Harris 评分(91.8 ± 4.1)分,优 8 例,良 2 例;双固定 11 例患者 Harris 评分(92.4 ± 5.9)分,优 7 例,良 3 例,一般 1 例。两组患者 Harris 评分比较,差异无统计学意义($P<0.05$)。见表 2。

3 讨论

3.1 骨折形态特征及受伤机制

股骨干合并同侧股骨颈骨折多为高能量损伤,常有严重合并伤,青壮年居多,老年人低能量损伤也



图 2 患者,男,63 岁,右侧股骨干中段骨折(Winquist IV 型)合并同侧股骨颈骨折(基底型 Garden II 型)以及同侧胫腓骨骨折 2a,2b。术前正侧位 X 线片 2c,2d,2e。术后 X 线示片股骨颈骨折和股骨干骨折复位固定良好 2f,2g,2h。术后 11 个月正侧位 X 线片示连续性骨痂通过原骨折线

Fig.2 A 63-year-old male patient with the ipsilateral right femoral shaft fracture of Winquist IV and femoral neck fracture of basicervical and Garden II 2a,2b. Pre-operative AP and lateral X-ray films and CT reconstruction film 2c,2d,2e. Postoperative X-ray films showed good reduction and fixation of femoral neck fractures and femoral shaft fractures 2f,2g,2h. AP and lateral X-ray films at 11 months after operation showed the continuous callus passed through the original fracture line

表 2 两组股骨颈骨折合并同侧股骨干骨折患者相关临床及评价指标比较($\bar{x}\pm s$)

Tab.2 Comparison of relevant clinical and evaluation indexes of patients with femoral neck fracture and ipsilateral femoral shaft fracture between two groups($\bar{x}\pm s$)

| 组别 | 例数 | 受伤至手术时间/d | 手术时间/min | 术中失血/ml | 股骨颈愈合时间/月 | 股骨干愈合时间/月 | 随访时间/月 | Harris 评分/分 |
|-------|----|-----------|-----------|------------|-----------|-----------|----------|-------------|
| 单固定组 | 10 | 3.3±1.5 | 83.3±12.4 | 221.0±40.1 | 4.1±1.0 | 5.2±1.2 | 15.0±2.5 | 91.8±4.1 |
| 双固定组 | 11 | 3.6±1.9 | 95.3±18.6 | 275.4±73.4 | 3.6±0.8 | 5.9±1.9 | 17.2±4.3 | 92.4±5.9 |
| t 值 | | -0.434 | -1.714 | -2.078 | 1.177 | -0.995 | -1.406 | -0.253 |
| P 值 | | 0.669 | 0.103 | 0.052 | 0.254 | 0.332 | 0.176 | 0.803 |

可发生^[5]。股骨干骨折常为粉碎性,多位于中部,15%~33%的病例为开放性骨折^[6]。颈部骨折常位于基底部,方向垂直,Pauwels 角 $>50^{\circ}$ ^[7],60%的病例中没有移位^[8]。能量传导衰减机制似乎更能解释这种形态特征^[9-10],股骨干骨折吸收了大部分能量,传递到股骨颈时已急剧衰减,所以颈部骨折较少移位或无移位^[11],但仍需生物力学研究进一步证实。

3.2 诊断

这类损伤中股骨颈骨折容易延误诊断或漏诊,延误诊断的发生率为 19%~50%^[12],漏诊的发生率为 13%~31%^[13]。这与股骨颈骨折多为基底部、无移位、早期症状较轻有关^[14],医生常常更关注危及生命的损伤。笔者治疗病例中 1 例股骨颈基底部骨折即为手术中发现。因此,对于高能量暴力导致的股骨干骨折,应提高警惕,全面细致查体,注意同侧髋部有无损伤。尽管有报道高分辨 CT 是最有效的诊断方式,但有研究发现 CT 并不能降低股骨颈骨折的漏诊率,即使术前进行了标准的放射学检查(X 线和 CT 扫描),仍有可能漏诊^[5,10]。因此,建议在术中和术后立即进行标准的放射学检查^[5]。快速 MRI 可识别薄层 CT 上未诊断出的股骨颈骨折^[15],对高度怀疑股骨颈骨折而 CT 未发现的患者建议髋关节 MRI 检查^[10]。20%~40% 的患者合并同侧膝关节损伤^[16],所以膝关节也需详细检查。

3.3 手术时机选择

手术稳定骨折一直被认为是此类损伤最合适的治疗方法,医生需要考虑以下 3 点以制定最佳手术方案:手术时机,首先稳定哪处骨折,最佳内固定方式^[17]。由于存在股骨颈骨折,此类损伤大多建议尽早手术,但并不强调急诊手术,因为此类骨折常合并其他部位损伤。笔者所有病例受伤至手术时间平均 3.5 d,其中 16 例在受伤后 72 h 内手术,其余 5 例因合并伤在病情平稳后 1 周内手术。

3.4 骨折处理顺序

由于同时存在 2 处骨折,哪处优先处理目前尚无共识^[8]。鉴于股骨颈骨折一旦骨不连或股骨头坏死处理困难且预后不佳,而先处理股骨干有可能造成颈部骨折进一步损伤和移位,大多数医生认为应先处理颈部骨折,通过闭合或切开复位临时固定,避免骨折移位^[18]。还有一些医生则认为移位股骨颈骨折的结局取决于解剖复位和坚强固定,主张首先固定股骨干,这会使颈部骨折的复位变得简单^[19]。还有医生则倾向于根据股骨颈骨折类型进行选择,无移位则先处理股骨颈,原位固定,防止移位;有移位则先固定股骨干,以便在复位颈部骨折时更好地控制腿部^[17]。由于同时存在颈和干两部分骨折,中间骨折

段呈漂浮状态,颈部骨折移位时其断端更加不稳,且股骨干内固定操作中可能会加重颈部骨折的损伤,因此,笔者将股骨颈骨折的处理放在首位,然后处理股骨干。随访中股骨颈骨折均获得骨愈合,未发生股骨头坏死。

3.5 内固定植入物的选择

对于此类骨折内固定方案文献报道有 60 多种,主要为带有或不带有颈部抗旋转螺钉的单结构固定(如头髓钉、重建钉或顺行髓内钉),以及双结构固定(滑动髋螺钉或拉力螺钉加钢板或逆行髓内钉),但没有一种方法被证明比其他方法更有效^[20]。一些骨科医生认为单结构固定具有良好的生物力学功能、微创、减少失血和缩短手术时间等优点^[8,21-22]。另一些骨科医生则建议使用双结构进行固定,手术操作较为灵活,固定容易,生物力学稳定性更好^[18,23],而使用单结构固定常导致更多的并发症^[24]。还有些医生则认为两种固定方式均可获得良好的治疗效果,可根据患者具体情况选择术者熟悉的固定方式^[25]。

当股骨干骨折位于峡部近端,其与颈部骨折距离太近,使用逆向髓内钉时其钉尾容易产生应力集中,易发生应力性骨折。向飞帆等^[25]报道 10 例逆向髓内钉加空心螺钉双结构固定组 1 例发生再骨折,骨折位于转子下。因此,笔者采用单结构一体化固定治疗此类骨折。随访中股骨干骨折都获得了骨性愈合,未发生应力性骨折、不愈合或延迟愈合。当股骨干骨折位于峡部以下,股骨干骨折的不愈合率更高^[26]。股骨远端髓腔较大,顺行钉很难实现绝对稳定性,易发生“钟摆现象”,增加股骨干骨不连的可能性^[26]。对这类患者,笔者采用逆向髓内钉+空心螺钉双结构固定,避免“钟摆现象”,且在近端为滑动髋螺钉或空心螺钉留有足够空间。相对于头髓钉,空心螺钉或滑动髋螺钉对股骨颈骨折具有更好的拉力和抗旋转作用,固定更加牢靠。

良好的复位和坚强的固定是骨折获得良好愈合的保证。如股骨颈骨折为经颈型,在固定过程中可能会发生旋转,不建议单结构固定,笔者治疗的单结构固定患者均为基底型。使用头髓钉时,漂浮的大转子骨块常外旋,易导致复位不良,术中需加该骨块的内旋。如颈部复位不良,应及时切开,可借助骨钩、顶棒等辅助复位,股骨颈内侧也可植入钢板以弥补重建钉的力学缺陷,增加力学稳定^[27]。股骨干骨折复位时需注意长度的恢复和旋转的控制,必要时小切口辅助复位。扩髓要充分,应比正常增大一号,插入主钉时避免暴力,防止骨折分离或医源性骨折。笔者治疗的所有患者获得良好的复位和固定,除 1 例股骨干延迟愈合,其余均愈合良好,无髓内翻、股骨头坏死,

无骨不连。该延迟愈合患者合并同侧胫腓骨骨折,考虑与该患者同侧下肢多节段骨折,损伤严重相关。

综上所述,股骨干骨折时需警惕同侧股骨颈骨折,避免漏诊或延误诊断。治疗上建议优先处理股骨颈骨折。良好的复位和固定是减少术后并发症的关键,必要时小切口辅助复位。如股骨干骨折位于峡部近端,可选择 InterTan 或 PFNA II 固定;如股骨干骨折位于峡部或峡部以下,建议逆行髓内钉+空心拉力螺钉。由于本研究为回顾性分析,且样本量较小,对该类损伤的治疗仍有局限性,不同固定术式的优劣仍需生物力学研究以及大量临床病例资料前瞻性随机对照试验对比分析。

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