

· 经验交流 ·

经皮加压螺旋钉治疗股骨颈骨折

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摘要 本文介绍经皮加压螺旋钉治疗股骨颈骨折56例, 随诊34例1~7年, 优良率占73%, 骨折不愈合率9%, 股骨头坏死率17%。该手术特点是切口小, 手术简便, 住院日期短。作者强调持续缓慢平行牵引复位, 术中两枚克氏针临时固定股骨头的的作用, 并介绍了术中股骨颈侧位透视方法的改进。

关键词 经皮, 股骨颈骨折, 平行牵引复位

我院1984~1990年以来单纯应用经皮加压螺旋钉治疗股骨颈骨折56例, 经过随访观察, 取得满意疗效, 报告如下。

临床资料

56例皆为新鲜骨折, 男23例, 女33例, 年龄15~87岁, 55岁以上38例, 占68%; 骨折类型: 头下型37例, 经颈型12例, 基底型7例; 按照Garden氏分型: II型8例, III型22例, IV型26例; 一般于伤后1~14天手术, 手术时间20~50分钟, 平均25分钟; 住院时期2~32天; 骨折愈合时间4~9个月, 平均6个月; 术后得到随访的共34例, 1年者6例, 1~4年者15例, 4年以上者13例, 最长者7年, 其中5例经骨牵引复位及手法复位, 骨折对位仍不理想行切开复位内固定。

治疗方法

1. 患者入院后立即行胫骨结节或股骨髁上骨牵引, 一般开始重量为6~8kg, 3天后拍片复查基本达满意复位时, 在牵引下局麻后床头经皮旋入3枚克氏针, 再拍正、侧位片选择一最理想的作为导针, 然后将其余2枚继续打入髓白, 以固定位置及防止旋入螺旋钉时股骨头旋转, 随后将病人抬入手术室, 局麻下沿理想导针切开皮肤0.7cm, 直达骨膜, 用皮质开口器套入导针, 将骨皮质凿一小孔, 选择适当长度的加压螺旋钉旋入。经电视X光透视满意后, 拔除3枚导针, 皮肤全层缝合1针。

2. 患者入院后经全身检查无重要脏器病变后直接抬入手术室, 在硬膜外麻醉下将病人放在自制的股骨颈牵引复位床上或足蹬会阴部牵引复位, 置患肢于外展中立位, 持续缓慢平行牵引, 在电视X线透视指导下, 使骨折达到满意复位, 同前法打入导针及旋入螺旋钉。

术后均常规应用抗菌素, 患肢固定在外展中立位, 或作皮牵引或穿防旋丁字鞋1月左右, 允许坐位或半坐位, 可轻度活动髋膝关节, 术后4~6个月根据X线片显示骨折愈合情况逐渐下地负重。

治疗结果

1. 骨折愈合情况: 随访34例中, 31例骨折愈合。3例不愈合者均为头下型骨折, 按Garden氏分型为III型1例, 58岁; IV型2例, 60及62岁。均有反复暴力复位史且未能达到满意复位。

2. 股骨头坏死情况: 本组术后合并股骨头坏死6例, 占17%。其中经颈型骨折2例, 头下型4例; 年龄40岁1例, 40~50岁3例, 50~60岁2例; 按Garden氏分型为III型2例, IV型4例。股骨头坏死者最早发生于术后1年, 最晚于术后4年, 4例轻度坏死, 股骨头X线示骨质密度增高, 可见少量囊变区; 2例重度坏死, 股骨头塌陷, 变扁, 吸收。

3. 功能情况: 优: 能下蹲, 患髋无痛, 基本恢复伤前状况者18例, 占53%; 良: 能半

蹲，一般患肢无痛，生活自理者7例，占20%；可：跛行，不能下蹲，行走时患髓有轻度疼痛，生活基本自理者6例，占17%；差：患髓痛，不能离拐，生活不能自理3例，占9%，

讨 论

1. 本组采用骨牵引缓慢复位及自制股骨颈复位床上持续牵引复位，先打入3枚克氏针，选最佳1枚作为导针，其它2枚继续打入髓白，以便固定股骨头，待拧进加压螺旋钉时，防止股骨头旋转，以免破坏股骨头残存血管，加之应用加压螺旋钉（天津），骨折断端嵌插较好，骨折愈合率大大提高。我们认为缓慢牵引复位及术中2点股骨头固定（2枚克氏针固定），对防止股骨头残存血管的损伤，预防骨不连接及股骨头缺血坏死的发生，有其积极作用。

对于骨折复位不理想的病例，不要勉强经皮作内固定，最好作切开复位，直视下打导针及拧入加压螺旋钉。

2. 骨折类型与预后的关系：本组3例不愈合，6例股骨头坏死，多为头下型及Garden氏Ⅲ

或Ⅳ型病例，而其余几型发生股骨头坏死及不愈合率很低。骨折移位越严重，其残存血管及支持带损伤也就越重，进一步提示我们治疗过程中不能施以旋转暴力，尽可能的平行缓慢牵引复位，特别是在治疗预后欠佳的头下型和Ⅳ型骨折更要注意保护残存血管，以提高疗效，减少并发症的发生。

3. 术中股骨颈X线侧位透视拍片方法的改进：本组在进行手术治疗股骨颈骨折术中，在电视X线后前位监视下打入3枚导针后（针尖均不超过关节面），不活动X线机之C型臂结构的球管，将患肢持续牵引下缓慢屈曲，外展，外旋各90°，成单侧“蛙式位”或叫“开排位”，此时，在后前位电视X线荧光屏上所显示的图象正好是股骨颈之侧位象。这样很容易观察3枚导针是否打入股骨头，位置是否理想，而不会发生偏前或偏后的现象，亦可拍片观察。然后在牵引下缓慢恢复平卧位，继续内固定。我们认为此法简单适用，便于股骨颈骨折内固定时准确而理想的拧进加压螺旋钉。

一种新基质型外贴膏的研制与临床应用

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笔者经多年的实验研究，制出了一种工艺简单，实用方便的配膏基质和外用贴膏，现简介如下。

基质选材及配制方法

处方：松香、黄蜡、羊毛脂等组成。

配制方法：取松香100g 黄蜡5g 羊毛脂10g 牛皮胶30g 邻苯二甲酸二丁酯50g，置于特制的水浴器中加热融化，充分搅匀打浆，然后加入一定比例的治疗药粉148g，再度充分搅均，乘热将药摊在裱背材料上，（用布或牛皮纸均可）药量要均匀相等，边缘整齐，每贴重量12~15g，厚度1.5~2.0mm，然后放入恒温器内“上光”，10分钟后取出，表面呈黑褐色，光亮照人，喷撒芳香药料，上盖透明无毒塑料

膜，密闭包装备用。

基质膏特点：

1. 本基质膏不用食油做原料（香油、豆油、麻油等），不用下丹（黄丹、铅丹、氧化铅），可避免煎药时蒸发有毒气体，污染环境和危害人体健康，还可避免患者吸收铅及焦油致癌的弊端。

2. 工艺简单，节省燃料，缩短煎熬时间。可省略浸泡、炸枯、浓缩过程，不用去火毒，掌握配方后不受经验条件的限制。

3. 制出的膏药呈黑褐色，光亮柔软，贴后粘度大，贴体后平行拉力7cm²，4.5~5.0kg，垂直拉力7cm²，2.0kg，有一定弹性和吸水性，受气候影响小，贴前不用加温，接触人体温度

Abstracts of Original Articles

A cellular immunocytochemical study on pituitary TSH and GH during experimental healing process treated with calcined dog bone

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For determination of the cellular structural and functional changes of the anterior lobe of pituitary thyroid stimulating hormone and growth hormone during the course of promoting fracture healing ability of calcined dog bone, fifty four rabbits were selected to make models of standard fracture of bilateral radius. They were divided into calcined dog bone treating group and control group. Materials were taken for every week postoperatively. The pituitary glands were prepared with paraffin embedding and sections as routinely and stained with immunocytochemical method. The results showed that in control group after fracture, there were decreasing of amount of pituitary TSH and GH cells. There was no such inhibitory changes in the calcined dog bone group. The amount of TSH cellular maintained within a rather high level. Especially the GH cells were elevated in a large scale along with prolongation of the course postoperatively. So it indicates that the calcined dog bone bears the action of promoting the function of pituitary TSH and GH cells and facilitates bone healing.

Key words Calcined dog bone Bone healing

Thyroid stimulating hormone Growth hormone

Experimental study

(original article on page 5)

A quantitative measurement of late stage callus growing treated with Sun Shang Fu Yuan Tang Jiang With X-ray micro-computer figure system

Huang Bo-ling(黄伯灵)et al

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Seventy cases of distal end fracture of the radius were divided into Sun Shang Fu Yuan Tang Jiang (experimental) group and starch capsule control group. X ray films were taken for 20th, 30th and 40th day after fracture of the patients with X-ray microcomputer figure system. Quantitative measurements were made with callus growing, degree of displacement which influenced callus formation and quantitative analysis of secondary osteoporosis after fracture. It is proved that this Chinese herb has prominent action in accelerating bone healing. The mechanism may be due to acceleration of calcium transportation between fractured ends.

Key words Chinese herbs Fracture healing Callus

X ray micro-computer figure system

Experimental study

(original article on page 7)

Seventy eight cases of cervical spondylosis treated by medicinal pillow

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Jiangsu Province Hospital of Traditional Chinese Medicine(210029)

In this article, medicinal pillow, Tuina and medicine therapy served as observed group, Tuina and medicine therapy as control group. Seventy eight cases of cervical spondylotic patients were observed. The effective rate of medicinal pillow group was 97.56%, and with that of the control group being 83.78%. The therapeutic course of the observed group was shorter than that of the control group. It indicates that the medicinal pillow has the action in helping the recovery of the physiological curve of cervical spine. It can be served as a therapeutic treatment of cervical spondylosis.

Key words Cervical spondylosis Tuina therapy

Chinese medicinal therapy

Medicinal pillow Therapeutic application

(Original article on page 10)

Fracture of femoral neck treated with percutaneous pressor screw

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In this article, fifty six cases of fracture of femoral neck were treated with percutaneous pressor screw, the rate of excellent and good was 73%, the rate of non-union, 9%; rate of aseptic necrosis of the femoral head was 17%. The characteristics of the method are small incision, simple to be manipulated. An improving method in taking X ray film of the femoral neck from lateral view was introduced.

Key words Fracture of femoral neck Fracture fixation

(Original article on page 12)

Thirty cases of central type of protrusion of lumbar intervertebral disc treated by mild Tuina under nerve root block anesthesia

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In this article, thirty cases of central and para-central type of protrusion of lumbar intrvertebral disc were treated with mild Tuina under nerve root block anesthesia. The results were cure in 6 cases; marked effectiveness, 9; effectiveness, 6; ineffectiveness, 9; with an effective rate of 70%.

Key words Protrusion of lumbar intervertebral disc Tuina therapy

(Original article on page 24)