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· 手法介绍 ·

手法整复儿童肱骨近端骨骺骨折伴肩关节脱位 1 例

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关键词 肩骨折; 肩脱位; 肱骨; 正骨手法; 儿童(6-12)

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A report of manipulative reduction for the proximal humeral epiphyseal fracture with shoulder dislocation REN Guiyang, CHEN Qi-yi, HU Xiao-chuan, LIU Xin, YUAN Rong-xia. Emergency Department, Orthopaedic Hospital of Sichuan, Chengdu 610041, Sichuan, China

KEYWORDS Shoulder fractures; Shoulder dislocation; Humerus; Bone setting manipulation; Child(6-12)

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患儿, 女, 9 岁。2010 年 2 月, 因车祸致右肩疼痛、肿胀、功能障碍。急送当地医院, X 线片示右肱骨近端骨折伴脱位, 未作任何处理, 2 d 后到我院急诊科就诊。专科检查: 右肩肿胀、瘀斑、压痛、功能障碍, 局部肌肉较僵硬; 右上肢感觉血运未见异常, 右桡动脉搏动可触及, 右肘腕指主被动活动未见异常。急诊 DR 片示: 右肱骨近端骨骺骨折伴肩关节前下脱位 (Salter-Harris II 型, Neer 和 Horowitz IV 度)(见图 1a-1b)。处理: 急诊臂丛麻醉下行手法整复, 超肩夹板固定术。手法整复方法: 助手将患儿右肩外展 90°, 中立位, 稍外旋, 屈肘位拔伸

牵引, 术者用双拇指顶压脱位的肱骨头纠正脱位, 再纠正侧方移位和前后移位。复位后在骨折端外侧加一方形垫防止向外成角, 超肩夹板固定。复位后 DR 片示右肩关节脱位纠正, 骨折对位对线良好, 肩峰肱骨头距离略大(见图 1c-1d)。入院后, 患儿平卧位, 右肩外展 90°中立位, 屈肘位, 我院儿童骨科自制多功能外固定架制动 4 周, 见连续外骨痂形成, 无骨位丢失, 盂肱关节对合关系良好(见图 1e-1f)。

讨论

儿童肱骨近端骨折, 约占所有儿童骨折的 0.45%^[1], 占到儿童骺板损伤的 4%~7%^[2]。婴幼儿多为 Salter-Harris I 型损伤, 移位轻; 大龄儿童多为 II 型损伤, 移位重。治疗方法有手法



图1 患儿,女,9岁,肱骨近端骨骺骨折伴肩关节脱位 1a,1b.手法复位前右肩关节正侧位X线片 1c,1d.手法复位后即刻右肩关节正侧位X线片 1e,1f.手法复位后4周右肩关节正侧位X线片

Fig.1 A 9-year-old girl, proximal humeral epiphyseal fracture with shoulder dislocation 1a,1b. AP and lateral X-rays of the shoulder before manipulative reduction 1c,1d. AP and lateral X-rays of the shoulder immediately after manipulative reduction 1e,1f. AP and lateral X-rays of the shoulder at the 4 weeks after manipulative reduction

复位、颈腕吊带、夹板或石膏固定、皮牵引、经皮闭合穿针固定、手术切开复位内固定等^[3]。肱骨近端的生长塑形潜力巨大,骨折愈合能力强,肱骨近端骺板还存在1年保持开放的时间,就有足够的潜力使骨折愈合部位得到充分的塑形;对此部位的骨折不必过分追求解剖复位,骨折对位对线可以接受的程度依年龄不同而异,但并非不要求复位^[3]。对于移位骨折,以闭合复位为主的措施是主要的方法,惟一的手术指征是开放性损伤需要清创,同时行骨折切开复位内固定。多发骨折中,此骨折不稳定影响其他骨折的治疗,是切开复位的相对指征。国内对儿童肱骨近端骨骺骨折中既存在完全移位骨折又伴肩关节脱位的病例报道不多见^[4-10]。本例受伤暴力大致肱骨近端骨骺骨折,折端完全移位,向外成角约45°,远折端向后外上移位,肱骨头向前下脱位。且骨折已2d,出血凝固,局部肿胀严重,肩部僵硬,复位难度大。对于此类骨折脱位,由于儿童骨折的特点及手术创伤较大且有其相关风险,宜首选非手术治疗。应在充分的麻醉下减轻疼痛并使肌肉放松,并由经验丰富的医师施行手法整复。整复时牵引力量要足够,牵引时间要稍长。先纠正脱位,再纠正侧方移位和前后移位。此为不稳定骨折,因儿童依从性较差,复位夹板固定后需适当制动,必要时行泡沫带或尺骨鹰嘴骨牵引,密切观察骨位,防止再移位。注重早期监督下的功能锻炼,方可取得良好的疗效。

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