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锁定钢板内固定与关节镜下双排锚钉缝合桥技术治疗肱骨大结节撕脱骨折的疗效对比研究*

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摘要目的: 对比肱骨大结节撕脱骨折分别采用关节镜下双排锚钉缝合桥技术、锁定钢板内固定后的疗效。**方法:** 按照治疗方法的不同,将74例肱骨大结节撕脱骨折患者分为A组(锁定钢板内固定治疗,n=35)和B组(关节镜下双排锚钉缝合桥技术,n=39)。对比两组美国肩肘外科医师评分(ASES)、肩关节活动度、视觉模拟评分(VAS)、围手术期相关指标、美国加州洛杉矶大学功能评分(UCLA)、术后并发症。**结果:** 两组骨折愈合时间及并发症发生率组间对比未见差异($P>0.05$)。B组术中出血量少于A组,住院时间短于A组,手术时间长于A组($P<0.05$)。B组术后VAS评分较A组更低,ASES、UCLA评分高于A组($P<0.05$)。B组术后后伸、前屈、外展、内收活动度大于A组($P<0.05$)。**结论:** 与锁定钢板内固定治疗肱骨大结节撕脱骨折相比,关节镜下双排锚钉缝合桥技术手术时间偏长,但其在减轻患者术后疼痛、改善肩关节功能、扩大肩关节活动度方面更具优势。

关键词: 肱骨大结节撕脱骨折; 双排锚钉缝合桥技术; 关节镜; 锁定钢板内固定; 疗效

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Comparative Study on the Efficacy of Locking Plate Internal Fixation and Arthroscopic Double-Row Anchor Suture Bridge Technique in the Treatment of Avulsion Fracture of Greater Tuberosity of Humerus*

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ABSTRACT Objective: To compare the effects of arthroscopic double-row anchor suture bridge technique and locking plate internal fixation on avulsion fracture of greater tuberosity of humerus. **Methods:** According to the different treatment methods, 74 patients with avulsion fracture of greater tuberosity of humerus were divided into group A (locking plate internal fixation, n=35) and group B (arthroscopic double-row anchor suture bridge technique, n=39). The American shoulder and elbow surgeon score (ASES), shoulder joint mobility, visual analogue scale (VAS), perioperative indicators, University of California Los Angeles functional score (UCLA) and postoperative complications were compared between two groups. **Results:** There was no difference in fracture healing time and complication rate between two groups ($P>0.05$). The intraoperative blood loss in group B was less than that in group A, the hospitalization time was shorter than that in group A, and the operation time was longer than that in group A ($P<0.05$). The postoperative VAS score in group B was lower than that in group A, and the ASES and UCLA scores were higher than those in group A ($P<0.05$). The range of motion of extension, flexion, abduction and adduction in group B was greater than that in group A ($P<0.05$). **Conclusion:** Compared with locking plate internal fixation for the treatment of avulsion fracture of greater tuberosity of humerus, arthroscopic double-row anchor suture bridge technique has longer operation time, but it has more advantages in reducing postoperative pain, improving shoulder joint function and expanding shoulder joint mobility.

Key words: Avulsion fracture of greater tuberosity of humerus; Double-row anchor suture bridge technique; Arthroscope; Locking plate internal fixation; Efficacy

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前言

肱骨大结节撕脱骨折临床表现为局部疼痛、肿胀,肩关节活动障碍,多由暴力引起,及时有效的固定治疗有助于患者肩功能恢复,获得良好的预后^[1,2]。既往临床针对此类骨折的固定常用锁定钢板内固定治疗,效果满意,但也有部分患者骨折块固定不牢固或复位不精准^[3]。随着关节镜技术的成熟,关节镜下双排锚钉缝合桥技术创伤小、恢复快,提高了骨折块的初始固定强度,有利于患者恢复;但该手术镜下观察及操作空间小,难以观察到骨折块全貌,可能影响治疗效果^[4,5]。本研究对比上述

两种方式治疗肱骨大结节撕脱骨折的疗效,报道如下。

1 资料与方法

1.1 一般资料

2021年4月~2023年3月期间,选择74例新沂市人民医院收治的肱骨大结节撕脱骨折患者,按照治疗方法的不同分为B组(n=39)、A组(n=35),分别接受关节镜下双排锚钉缝合桥技术、锁定钢板内固定治疗。两组基线资料均衡可比($P>0.05$),具有可比性。见表1。

表1 两组基线资料

Table 1 Baseline data of two groups

Groups	Male/Female	Age (years)	Cause of injury			Time to injury to surgery	
			Bruises	Motor accident	Sports injury		
Group A(n=35)	13/22	42.18±8.62	19	10	3	3	6.82±2.51
Group B(n=39)	15/24	42.25±7.91	17	11	6	5	6.84±2.63
χ^2/t	0.014	-0.036	0.845	0.001	0.802	0.345	-0.033
P	0.907	0.971	0.358	0.972	0.371	0.557	0.973

1.2 纳入与排除标准

纳入标准:(1)单肩骨折,患者有肌肉剧烈收缩,或是有暴力牵拉;出现撕脱性骨折的症状,局部肿胀、疼痛、活动受限等;通过X线检查,出现骨连续性中断,即可明确肱骨大结节撕脱骨折;(2)临床资料完整;(3)骨折移位程度II~III型,均为新鲜骨折。排除标准:(1)骨折部位曾有骨折和(或)手术史者;(2)合并病理性骨折或其它肩关节损伤;(3)伴有严重心、肝、肾等脏器功能不全;(4)存在钢板内固定、关节镜下双排锚钉缝合桥技术禁忌者。

1.3 方法

术前完善影像学检查,择期接受手术处理。A组接受锁定钢板内固定治疗,选择自肩关节缝外缘侧开始缓慢向下纵形作长约4cm的切口,将患者治疗部位的皮肤组织及皮下组织逐层切开,暴露骨折部位、肩袖组织。选择大结节尖端的正下方、二头肌肌间沟外侧两处位置放置锁定钢板,在C臂机辅助透视下,施术者进行多角度复位观察,取得最佳复位状态后,进行螺钉固定,将手术位进行逐层冲洗消毒并缝合切口。B组接受关节镜下双排锚钉缝合桥技术,选择自肩峰后外侧缘开始向下1.5cm处位置,将关节镜缓慢放入,在肱骨头肩袖足印区前方、大结节撕脱骨块上方进行打孔,选用2枚肩关节带线锚钉沿孔道分别置入,然后用缝合线配合使用LASSO缝合器,通过肩袖

穿过,将其拉入肩峰下间隙,交叉缝线。缝合后,对关节腔进行充分冲洗,并对伤口进行处理、包扎。

1.4 观察指标

(1)比较两组住院/骨折愈合/手术时间和术中出血量。(2)手术前、后6个月比较两组的美国肩肘外科医师评分(ASES,总分100分,评分越高,肩关节功能越好)^[6]、视觉模拟评分(VAS,总分10分,评分越高,疼痛越严重)^[7]、美国加州洛杉矶大学功能评分(UCLA,总分35分,评分越高,肩关节功能越好)^[8]。(3)记录两组手术前和手术后6个月的后伸、外展、前屈、内收等肩关节活动度。(4)记录两组术后并发症。

1.5 统计学方法

采用SPSS27.0进行分析,计量资料(围术期指标、量表评分等)和计数资料(受伤原因、性别等)分别以($\bar{x}\pm s$)和例(%)表示,并分别实施t检验和卡方检验,以 $P<0.05$ 为差异有统计学意义。

2 结果

2.1 围术期指标

B组术中出血量少于A组,手术时间长于A组,住院时间短于A组($P<0.05$)。两组骨折愈合时间组间对比未见差异($P>0.05$)。见表2。

表2 围术期指标

Table 2 Perioperative indicators

Groups	Intraoperative bleeding(ml)	Operation time(min)	Hospitalization time(d)	Fracture healing time(week)
Group A(n=35)	71.27±5.26	72.73±6.46	8.58±1.32	13.06±0.47
Group B(n=39)	52.54±6.15	97.14±7.35	6.64±0.98	12.87±0.41
t	13.998	-12.635	7.226	1.857
P	0.000	0.000	0.000	0.067

2.2 两组量表评分对比

两组术前 ASES、VAS、UCLA 评分组间对比未见差异 ($P>0.05$)。两组术后 VAS 评分下降, ASES、UCLA 评分升高

($P<0.05$)。B 组术后 ASES、UCLA 评分高于 A 组, VAS 评分低于 A 组($P<0.05$)。见表 3。

表 3 量表评分(分)

Table 3 Scale scores (scores)

Groups	Time	ASES	VAS	UCLA
Group A(n=35)	Before operation	37.19±3.26	5.48±1.18	15.74±3.82
	After operation	48.75±4.63*	3.26±0.96*	21.12±4.61*
Group B(n=39)	Before operation	37.26±4.41	5.53±1.37	15.36±2.73
	After operation	57.46±5.34**	1.95±0.92**	26.44±5.66**

Note: *compared with after operation, $P<0.05$. **compared with before operation, $P<0.05$.

2.3 肩关节活动度对比

两组术前后伸、外展、前屈、内收活动度组间对比未见差异 ($P>0.05$)。两组术后后伸、前屈、外展、内收活动度扩大($P<0.$

05)。B 组术后后伸、前屈、外展、内收活动度大于 A 组($P<0.$

05)。见表 4。

表 4 肩关节活动度(°)

Table 4 Shoulder joint activity(°)

Groups	Time	Extension	Flexion	Abduction	Adduction
Group A(n=35)	Before operation	26.09±4.27	64.13±5.26	62.31±5.16	27.81±3.28
	After operation	35.19±6.75*	78.57±7.32*	81.87±5.23*	36.87±4.34*
Group B(n=39)	Before operation	26.53±5.41	63.76±6.37	61.29±5.28	27.79±2.53
	After operation	42.51±7.44**	89.13±8.36**	93.45±4.51**	48.72±5.61**

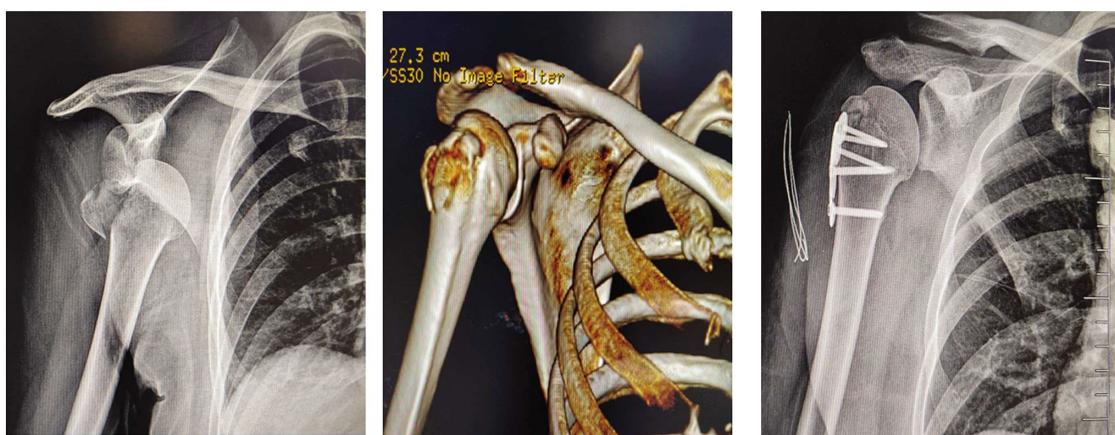
Note: Same with table 3.

2.4 并发症发生率

A 组出现 2 例肩关节僵硬, 3 例疼痛, 并发症发生率为 14.29%(5/35)。B 组出现 1 例肩关节僵硬, 1 例疼痛, 并发症发

生率为 5.13%(2/39)。两组并发症发生率组间对比未见差异 ($P>0.05$)。

2.5 病例分析



1a

1b

1c

图 1 因摔伤致右肩关节脱位伴肱骨大结节骨折,女 45 岁,复位后接受骨折切开复位钢板内固定术治疗。1a: X 线时候右肩关节脱位伴肱骨大结节骨折。1b: 手法复位后肩关节复位,肱骨大结节撕脱骨折。1c: 切开复位钢板内固定术后示骨折复位及内固定位置良好。

Fig.1 A 45-year-old female with right shoulder dislocation and fracture of greater tuberosity of humerus caused by fall injury received open reduction and plate internal fixation after reduction. 1a: right shoulder dislocation with greater tuberosity of humerus fracture in X-ray.

1b: shoulder joint reduction after manual reduction, avulsion fracture of greater tuberosity of humerus.

1c: good position of fracture reduction and internal fixation after open reduction and plate internal fixation.

3 讨论

肱骨大结节是肩袖的附着点, 日常功能在于维持肩关节稳定性^[9]。若撕脱性骨折部位移位较小一般采用保守治疗, 但骨

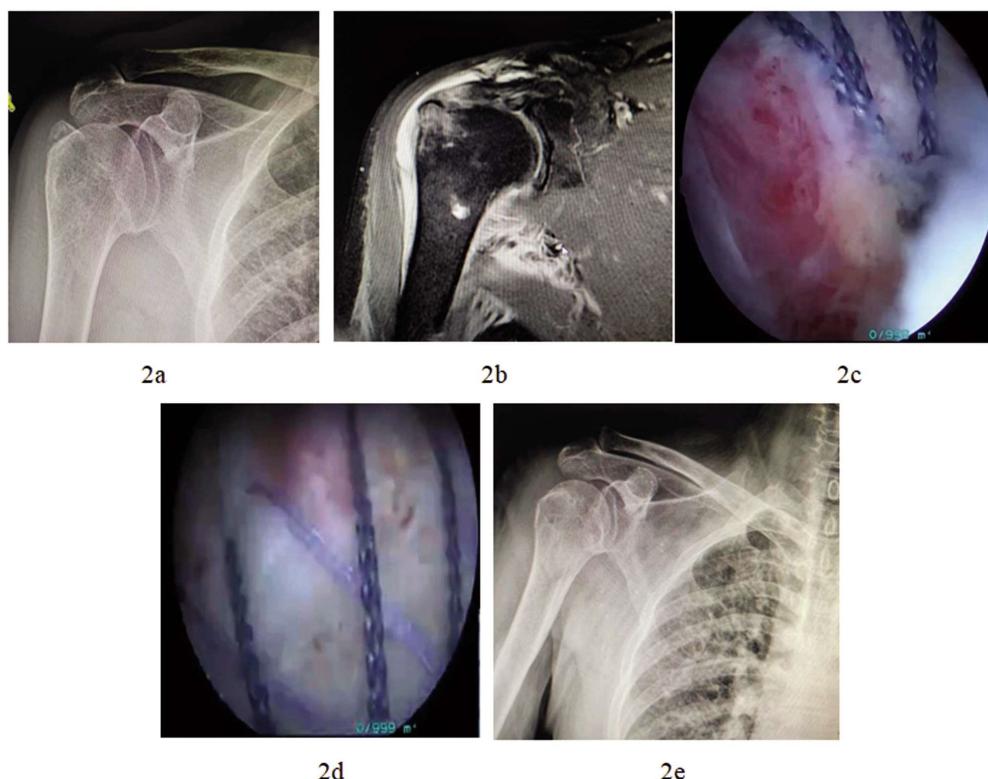


图 2 女,57岁,因摔伤致右肱骨大结节撕脱骨折,接受关节镜下双排缝线桥固定技术治疗。2a: X线示右肱骨大结节撕脱骨折,骨折移位明显。
2b:术前MRI检查示右肱骨大结节撕脱骨折,冈上肌腱完整。2c:肩关节镜辅助复位双排缝线桥固定技术中第一枚外排钉植入情况。
2d:双排缝线桥固定大结节撕脱骨折镜下示骨折复位及缝线位置分布良好。
2e:术后X线示肱骨大结节撕脱骨折复位满意(Pink材质螺钉在X线上不显影)。

Fig. 2 A 57-year-old female patient with avulsion fracture of the greater tuberosity of the right humerus caused by fall injury was treated with arthroscopic double-row suture bridge fixation. 2a: X-ray showed avulsion fracture of the right greater tuberosity of the humerus, and the fracture displacement was obvious. 2b: preoperative MRI examination showed avulsion fracture of the right greater tuberosity of the humerus, and the supraspinatus tendon was intact. 2c: arthroscopic assisted reduction of double-row suture bridge fixation technique The first row of nail implantation. 2d: double-row suture bridge fixation of the greater tuberosity showed good fracture reduction and suture position distribution. 2e: postoperative X-ray showed satisfactory reduction of avulsion fracture of the greater tuberosity of the humerus (Pink material screw was not developed on X-ray).

折块如果出现移位情况较严重时,则通常表现为复位不佳,会造成三角肌承受的前负荷进一步加重,影响肩关节功能^[10-12]。锁定钢板内固定治疗是此类骨折患者的常用固定方案,可以通过分布、缓解压力来促进患者骨折加速愈合^[13]。但在临床实际操作时发现,肱骨大结节撕脱骨折的大结节骨块常常呈不规则或粉碎为多块,且锁定钢板内固定治疗手术过程中对机体创伤严重,术后需要长时间制动,部分患者恢复效果一般^[14,15]。关节镜下双排锚钉缝合桥技术可在关节镜监视下进行,可增加重建组织的初始强度,提高愈合率^[16-18]。

本研究结果显示,关节镜下双排锚钉缝合桥技术手术时间相较于锁定钢板内固定偏长,但术中出血量、骨折愈合时间均减少,从而减少住院的时间。分析原因:关节镜下双排锚钉缝合桥技术较为复杂,手术过程更为繁琐,时间也更长,但术中及术后创伤小,更利于患者恢复,本研究也发现两种方法在骨折愈合时间方面相差不大,可能与两种方式的长久固定度效果相当有关^[19-21]。此外,本次研究结果还显示:关节镜下双排锚钉缝合桥技术在减轻患者术后疼痛、改善肩关节功能、扩大肩关节活动度方面更具优势。这可能是因为关节镜下双排锚钉缝合桥技

术具有以下优点:(1)固定牢靠^[22]。(2)可有效降低张力,同时增加骨折块接触面积,有利于促进骨质愈合,促进肩关节功能恢复^[23-24]。(3)可在直视下操作,解剖复位更精准^[25];(4)患者术后2天即可尝试进行逐步的被动活动,无需外固定,极大缩短肩关节功能恢复时间^[26]。另观察两组并发症发生率可知,两组并发症发生率组间对比未见差异,可见关节镜下双排锚钉缝合桥技术安全性较好。

综上所述,与锁定钢板内固定治疗肱骨大结节撕脱骨折相比,关节镜下双排锚钉缝合桥技术手术时间偏长,但其在减轻患者术后疼痛、改善肩关节功能、扩大肩关节活动度方面更具优势。

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