

• 临床论著 •

开放获取

固定与活动平台单髁置換术的近期结果比較

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摘要: [目的] 比较固定平台单髁置換 (fixed-bearing unicompartmental knee arthroplasty, FB-UKA) 与活动平台单髁置換 (mobile-bearing unicompartmental knee arthroplasty, MB-UKA) 治疗膝关节内侧间室骨关节炎的临床疗效。[方法] 回顾性分析2020年1月—2023年2月采用UKA治疗的98例膝关节内侧间室骨关节炎患者的临床资料。根据医患沟通结果, 43例采用FB-UKA, 使用Zimmer假体; 另外55例采用MB-UKA, 使用Oxford假体。比较两组围手术期、随访及影像结果。[结果] 所有患者均顺利完成手术, 两组手术时间、切口长度、术中失血量、下地行走时间、切口愈合等级、住院时间、治疗费用的差异均无统计学意义 ($P>0.05$)。随访时间平均 (12.7 ± 4.8) 个月。两组完全负重活动时间的差异无统计学意义 ($P>0.05$), 术后两组患者VAS、WOMAC评分均显著减少 ($P<0.05$), HSS、FJS评分及膝伸-屈ROM均显著增加 ($P<0.05$)。末次随访时, MB组的关节遗忘评分 (forgotten joint score, FJS) [(85.5 ± 3.5) vs (84.1 ± 2.7) , $P=0.032$]、膝伸-屈ROM [$(125.4\pm3.5)^\circ$ vs $(123.7\pm4.2)^\circ$, $P=0.031$] 显著优于FB组。影像方面, 术后两组HKAA、JICA均显著改善 ($P<0.05$), TPVA无显著变化 ($P>0.05$)。相应时间点, 两组间上述影像指标的差异均无统计学意义 ($P>0.05$)。[结论] 对于内侧室膝骨性关节炎, MB-UKA术后近期关节遗忘评分优于FB-UKA。

关键词: 膝, 骨关节炎, 单髁置換术, 关节遗忘评分

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Short-term outcomes of fixed-bearing unicompartmental knee arthroplasty versus mobile bearing counterpart for medial knee osteoarthritis // ZANG Wei¹, WANG Jian-hua¹, LIU Yu-hang¹, ZHANG Quan-bin². 1. Department of Orthopedics, Tianjin Teda Hospital, Tianjin 300457, China; 2. Department of Traumatic Orthopaedic, Zibo Central Hospital, Zibo 255000, Shandong, China

Abstract: [Objective] To compare the short-term clinical outcomes of fixed-bearing unicompartmental knee arthroplasty (FB-UKA) verus mobile bearing unicompartmental knee arthroplasty (MB-UKA) for medial knee osteoarthritis. [Methods] A retrospective study was conducted on 98 patients who received UKA for medial knee osteoarthritis from January 2020 to February 2023. According to the results of doctor-patient communication, 43 underwent FB-UKA with Zimmer prosthesis, while other 55 patients were treated with MB-UKA by using Oxford prosthesis. The data of perioperative period, follow-up and images were compared between the two groups. [Results] All patients in both groups had UKA performed successfully without statistically significant differences in operation time, incision length, intraoperative blood loss, ambulation time, incision healing grade, hospital stay and hospital cost between the two groups ($P>0.05$). All of them in both groups were followed up for (12.7 ± 4.8) months in an average, and there was no significant difference in the time to regain full weight-bearing activities between the two groups ($P>0.05$). The VAS and WOMAC scores significantly decreased ($P<0.05$), while HSS score, forgotten joint score (FJS) and knee extension-flexion ROM significantly increased in both groups at the latest follow-up compared with those preoperatively ($P<0.05$). At the last follow-up, the MB group was significantly better than the FB group in terms of FJS [(85.5 ± 3.5) vs (84.1 ± 2.7) , $P=0.032$], and knee extension-flexion ROM [$(125.4\pm3.5)^\circ$ vs $(123.7\pm4.2)^\circ$, $P=0.031$]. As for imaging, HKAA and JICA were significantly improved in both groups after surgery ($P<0.05$), while TPVA remained unchanged significantly ($P>0.05$). At corresponding time points, there were no significant differences in the above imaging items between the two groups ($P>0.05$). [Conclusion] For medial knee osteoarthritis, the MB-UKA has better forgotten joint score regarding to short-term clinical consequence over the FB-UKA.

Key words: knee, osteoarthritis, unicompartmental knee arthroplasty, forgotten joint score

单室膝关节置換术 (unicompartmental knee arthroplasty, UKA) 对膝内侧骨关节炎患者具有良好的疗效^[1]。目前, 单髁假体的设计分为固定平台假体和

活动平台假体, 两种假体经过不断的优化改进, 均获得良好的临床效果。但哪种设计能够更有利于提高患者感受和膝关节运动功能恢复仍存在争议^[2]。Zhang

等^[3]对17项研究涉及2612个膝关节的荟萃分析显示,固定平台单髁置换(fixed-bearing unicompartmental knee arthroplasty, FB-UKA)和活动平台单髁置换(mobile-bearing unicompartmental knee arthroplasty, MB-UKA)假体在临床和放射学结果上没有显著差异,只是在失败模式和时间存在差异,MB假体多为早期的衬垫脱位,而FB假体为后期聚乙烯磨损。Peersman等^[4]认为两者在术后5年评分上没有差别,但术后10~15年,MB假体显示出较低的膝关节评分和功能评分。但Huang等^[5]认为,与FB-UKA组相比,MB-UKA的优势在于能够实现术后中性肢体对齐,而FB-UKA在美国膝关节协会评分(Knee Society score, KSS)、西安大略和麦克马斯特大学骨关节炎指数(Western Ontario and McMaster Universities, WOMAC)以及活动度方面优于MB-UKA。

膝关节术后患者报告结果评价(patient reported outcome measures, PROMs)工具多集中在疼痛、活动度、稳定性、行走功能等客观指标^[6]。但随着假体设计优化,手术技术提高,特别是机器人手术开展已将假体安装精度做到极致^[7]。Blyth等^[8]报告Mako机器人辅助UKA与传统组比较能够显著降低术后8周的疼痛评分,这就导致常规的评价工具容易产生“天花板效应”,影响术者对手术效果的评价。关节遗忘评分(forgotten joint score, FJS)侧重于评估患者的主观感受,具有较低的“天花板效应”^[9]。本研究旨在通过关节遗忘评分比较FB与MB术后患者关节恢复情况的近期差异。

1 资料与方法

1.1 纳入与排除标准

纳入标准:(1)年龄50~75岁;(2)术前诊断为单纯膝关节内侧间室骨关节炎;(3)膝关节内翻畸形<15°,无明显屈曲挛缩;(4)膝关节韧带功能良好。

排除标准:(1)髌股关节退变,髌骨软骨损伤3~4级;(2)前交叉韧带损伤或严重松弛;(3)既往有膝关节手术史、严重关节外畸形;(4)有类风湿性关节炎、膝关节感染等病史。

1.2 一般资料

回顾性分析2020年1月—2023年2月收治的98例UKA患者的临床资料,根据医患沟通结果,将患者分为两组,FB组43例,使用Zimmer假体;MB组55例,使用Oxford假体。两组患者年龄、性别、

BMI、病程、侧别等一般资料的比较差异均无统计学意义($P>0.05$)。本研究获医院伦理委员会批准(批准号:[2023]伦审第(33)号),患者术前均签署知情同意书。

表1. 两组患者术前一般资料比较
Table1. Comparison of preoperative general data between the two groups

指标	FB组(n=43)	MB组(n=55)	P值
年龄(岁, $\bar{x} \pm s$)	63.2±4.1	62.8±4.3	0.642
性别(例,男/女)	29/14	32/23	0.348
BMI(kg/m ² , $\bar{x} \pm s$)	27.1±2.2	27.3±3.2	0.727
病程(年, $\bar{x} \pm s$)	3.3±0.4	3.4±0.7	0.280
侧别(例,左/右)	18/25	21/34	0.712

1.3 手术方法

两组患者均由同一组医师完成手术,采用全身麻醉联合股神经阻滞。

FB组:平卧位,胫骨侧髓腔外定位,于胫骨内侧平台最低处下方2 mm截骨,前交叉韧带的内侧缘轻度内旋垂直截骨,沿胫骨导板水平截骨,测量伸直间隙,固定伸直间隙块,完成股骨侧第1刀垂直截骨,测量股骨假体大小,完成股骨侧的后髁截骨,安装试模,测量屈伸间隙,使伸直位外翻有2 mm间隙,调制骨水泥,安装FB的股骨和胫假体,以及聚乙烯衬垫。

MB组:胫骨髓外定位,半月板拉钩保护内侧副韧带,沿胫骨导板水平截骨,内侧副韧带前方1 cm定位股骨髓腔,插入髓内定位杆,安放导向器,股骨后髁截骨,使用0号研磨钻使股骨髁初步成型,放置股骨及胫骨模板,测量屈曲90°和屈曲30°的间隙差值,对股骨髁进行加磨,安装试模,屈伸膝关节查看是否存在撞击,调制骨水泥,安装MB股骨和胫骨假体,以及衬垫。

两组术前30 min及术后24 h均静脉应用抗生素预防感染,术后采用物理方法(足底静脉泵)联合药物预防血栓(利伐沙班10 mg,1次/d)的方式预防下肢深静脉血栓。

1.4 评价指标

记录围手术期情况,包括手术时间、切口长度、术中失血量、下地行走时间、切口愈合等级、住院时间、治疗费用及早期并发症。采用完全负重活动时间、疼痛视觉模拟评分(visual analogue scale, VAS)评价临床疗效。随访结果包括再次肿痛、感染、脱位、僵硬,翻修手术等情况。记录术后6、12个月的膝关节活动度(range of motion, ROM)、美国特种外科

医院 (Hospital for Special Surgery, HSS) 膝关节评分、WOMAC 评分、FJS 评分^[10] 及膝伸-屈活动度 (range of motion, ROM)。行影像学检查, 记录髋膝踝角 (hip-knee-ankle angle, HKAA)、胫股关节面角 (joint line convergence angle, JICA)、胫骨平台内翻角 (tibial prosthesis varus angle, TPVA), 外翻为正值, 内翻为负值^[11, 12]。

1.5 统计学方法

采用 SPSS 25.0 统计软件对数据进行统计分析, 计量数据以 $\bar{x} \pm s$ 表示, 资料呈正态分布时, 两组间比较采用独立样本 *t* 检验; 组内比较采用配对 *T* 检验; 资料呈非正态分布时, 采用秩和检验。计数资料采用 χ^2 检验或 Fisher 精确检验。等级资料两组比较采用 Mann-Whitney U 检验。*P*<0.05 为差异有统计学意义。

2 结果

2.1 围手术期资料

所有患者均顺利完成手术, 术中均无神经、血管损伤等严重并发症。两组围手术期资料见表 1。两组手术时间、切口长度、术中失血量、下地行走时间、切口愈合等级、住院时间、治疗费用的差异均无统计学意义 (*P*>0.05)。两组术后均无深静脉血栓形成等

并发症。

表 2. 两组患者围手术期资料比较
Table 2. Comparison of perioperative data between the two groups

指标	FB 组 (n=43)	MB 组 (n=55)	P 值
手术时间 (min, $\bar{x} \pm s$)	62.3±5.7	61.6±4.8	0.511
切口长度 (cm, $\bar{x} \pm s$)	10.5±1.2	10.8±1.8	0.349
术中失血量 (ml, $\bar{x} \pm s$)	21.8±3.4	22.6±3.1	0.227
下地行走时间 (h, $\bar{x} \pm s$)	1.4±0.3	1.3±0.5	0.249
切口愈合等级 (例, 甲/乙/丙)	40/3/0	51/4/0	0.955
住院时间 (d, $\bar{x} \pm s$)	6.7±0.9	6.8±1.1	0.630
治疗费用 (万元, $\bar{x} \pm s$)	2.3±0.4	2.4±0.8	0.455

2.2 随访结果

98 例患者均获得随访, 随访时间 6~18 个月, 平均 (12.7±4.8) 个月。两组随访结果见表 3。两组完全负重活动时间的差异无统计学意义 (*P*>0.05), 与术前相比, 末次随访时, 两组患者 VAS、WOMAC 评分均显著减少 (*P*<0.05), HSS、FJS 评分及膝伸-屈 ROM 均显著增加 (*P*<0.05)。术前两组上述指标的差异均无统计学意义 (*P*>0.05), 末次随访时, MB 组 FJS 评分、膝伸-屈 ROM 显著优于 FB 组 (*P*<0.05)。但两组 HSS、WOMAC 评分的差异无统计学意义 (*P*>0.05)。

表 3. 两组患者随访资料 ($\bar{x} \pm s$) 与比较

Table 3. Comparison of follow-up data between the two groups ($\bar{x} \pm s$)

指标	时间点	FB 组 (n=43)	MB 组 (n=55)	P 值
完全负重活动时间 (d)		5.3±0.8	5.5±1.1	0.319
VAS 评分 (分)	术前	6.1±1.2	6.2±1.5	0.722
	末次随访	0.6±0.9	0.7±0.5	0.487
	P 值	<0.001	<0.001	
HSS 评分 (分)	术前	46.4±3.6	45.8±3.1	0.378
	末次随访	85.6±2.1	86.3±1.6	0.064
	P 值	<0.001	<0.001	
WOMAC 评分 (分)	术前	49.8±6.6	50.1±7.3	0.834
	末次随访	11.9±2.3	11.5±1.5	0.168
	P 值	<0.001	<0.001	
FJS 评分 (分)	术前	52.9±3.6	53.1±4.8	0.820
	末次随访	84.1±2.7	85.5±3.5	0.032
	P 值	<0.001	<0.001	
膝伸-屈 ROM (°)	术前	115.4±6.3	115.9±5.4	0.674
	末次随访	123.7±4.2	125.4±3.5	0.031
	P 值	<0.001	<0.001	

2.3 影像评估

两组影像评估结果见表 4。与术前相比, 末次随访

时, 两组 HKAA、JICA 均显著改善 (*P*<0.05), TPVA 无显著变化 (*P*>0.05)。相应时间点, 两组间上述影像

指标的差异均无统计学意义 ($P>0.05$)。两组术后拍摄X线片示假体位置满意，力线恢复良好。两组随访期间均未出现假体衬垫脱位、骨-骨水泥界面明显透亮带。FB组和MB组典型影像分别见图1、图2。

表4. 两组患者影像资料 ($^{\circ}$, $\bar{x} \pm s$) 与比较Table 4. Comparison of imaging data between the two groups ($^{\circ}$, $\bar{x} \pm s$)

指标	时间点	FB组 (n=43)	MB组 (n=55)	P值
HKAA	术前	172.5±4.1	172.1±3.5	0.604
	末次随访	175.6±1.9	176.2±1.8	0.113
	P值	<0.001	<0.001	
JICA	术前	4.5±0.8	4.8±1.1	0.136
	末次随访	1.2±0.9	0.9±0.7	0.064
	P值	<0.001	<0.001	
TPVA	术前	-1.8±2.8	-1.7±2.9	0.864
	末次随访	-2.1±3.3	-1.9±3.6	0.778
	P值	0.651	0.749	

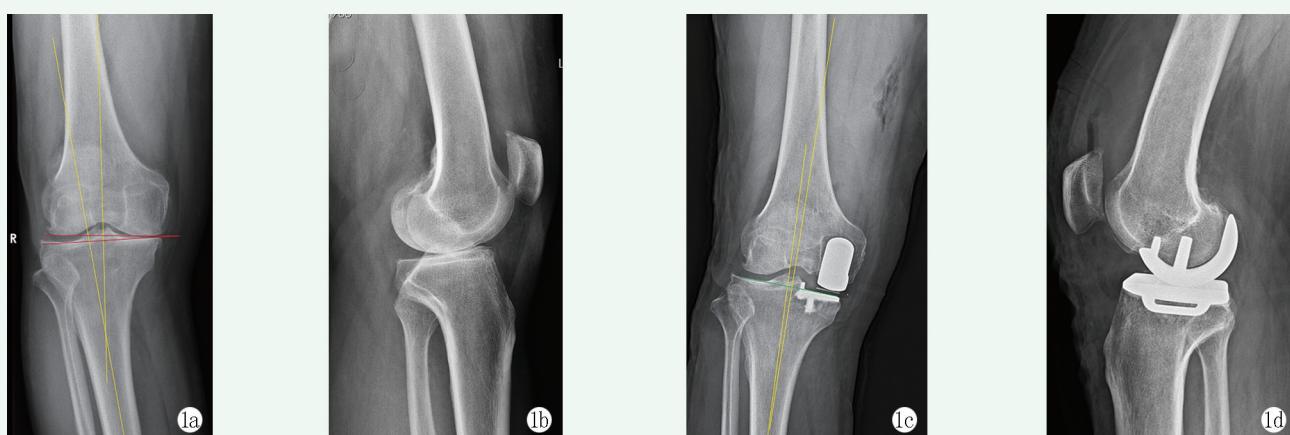


图1. 患者男性, 53岁。1a: 术前正位X线片显示K-L分级III级, HKAA=170.0°(黄线标识), JICA=3.7°(红线标识); 1b: 术前侧位X线片; 1c: 末次随访正位X线片示HKAA=177.5°, JICA=3.6°, TPVA=0.6°(绿线标识); 1d: 末次随访侧位X线片。

Figure 1. A 53-year-old male. 1a: Preoperative anteroposterior (AP) X-ray showed K-L grade III, HKAA=170.0° (indicated by the yellow line), JICA=3.7° (indicated by the red line); 1b: Preoperative lateral X-ray; 1c: AP X-ray at the latest follow-up revealed HKAA=177.5°, JICA=3.6°, TPVA=0.6° (indicated by the green line); 1d: Lateral X-ray at the last follow-up.

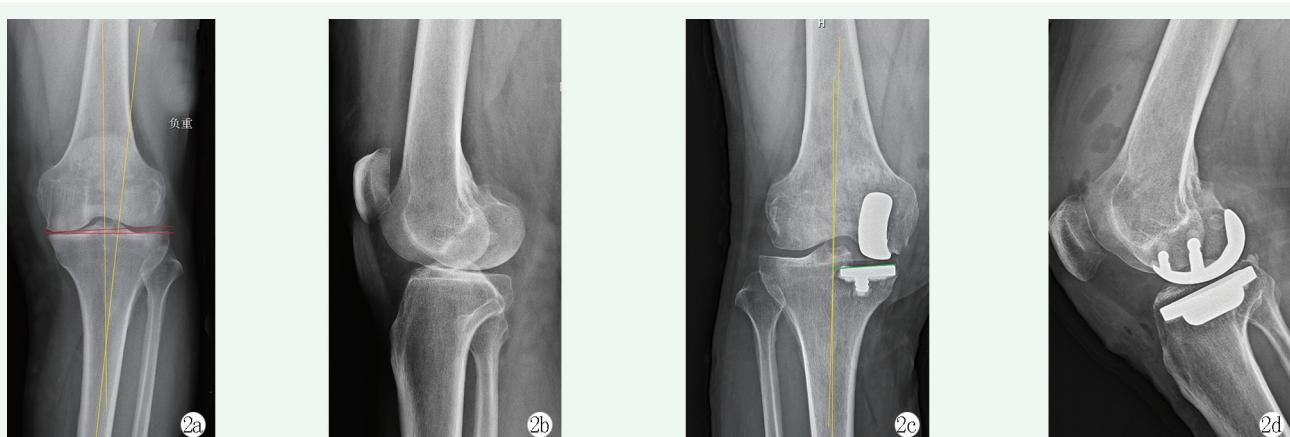


图2. 患者男性, 59岁。2a: 术前正位X线片显示K-L分级III级, HKAA=174.6°(黄线标识), JICA=3.4°(红线标识); 2b: 术前侧位X线片; 2c: 末次随访正位X线片示HKAA=177.9°, JICA=2.1°, TPVA=-2.3°(绿线标识); 2d: 末次随访侧位X线片。

Figure 2. A 59-year-old male. 2a: Preoperative AP X-ray showed K-L grade III, HKAA=174.6 ° (yellow line), JICA=3.38 ° (red line); 2b: Preoperative lateral X-ray; 2c: AP X-ray at the latest follow-up revealed HKAA=177.9°, JICA=2.1° and TPVA=-2.3° (green line); 2d: Lateral X-ray at the last follow-up.

3 讨论

目前,关于UKA术后的PROMs均是以专业人员为主的客观评价标准,往往因评分员与患者之间知识差异,影响评分的内容效度和结构效度。如Baker等^[13]对23 393例TKA和505例UKA术后6个月的PROMs分析显示,TKR的OKS和EQ-5D的改善明显大于UKR,即使进一步对病例组合差异和术前评分进行调整,两者的评分改善情况亦没有显著差异。然而,Wilson等^[14]研究近20年发表的60篇文献荟萃分析发现,UKA与TKR在疼痛评分改善方面没有显著差异,而UKA的功能性PROMs评分明显优于TKA。FJS是调查关节置换术临床效果的新系统,其优势在于该评分完全通过术后患者日常生活能力的主观感觉进行评价,不仅减少了评分员的参与,而且有效避免了因客观指标微小差异引起的上限效应。Ladurner等^[15]研究显示,即使在健康人中,FJS的平均分也仅为88分。本研究亦显示,FB组、MB组的HSS、WOMAC评分和影像检查无显著差异,但中期随访MB组术后FJS评分优于FB组。本研究末次随访时FB组的FJS评分(84.3±2.7)分显著低于MB组的(86.3±3.5)分。Wang等^[17]对193例UKA患者术后最少1年的随访显示,FJS的阈值为84.4分,本研究中MB组FJS评分显著高于该阈值。影响UKA术后关节功能的因素较多,如下肢力线、关节线、性别、体重等^[16]。本研究中两组患者术前HKAA均符合UKA的手术适应证,术后均显著纠正。JICA结果显示亦无明显的内侧过度填塞情况。Wang等^[17]报告术前HKAA>172.0°,术后HKAA为176.0°~178.5°,ΔHKAA<5.5°,达到遗忘关节的概率最高。但Itou等^[18]认为,MB-UKA对膝关节内翻较大的患者具有良好的短期结果,并且与轻度内翻没有显著差异。由此笔者认为,在正常范围内的HKAA及JICA变化并不是影响关节功能的重要因素。

本研究中两组患者术后随访显示,MB组的ROM均显著大于FB组。Harris等^[19]对87例FB-UKA、MB-UKA患者随访发现,MB组ROM显著优于FB组。ROM是膝关节功能的重要指标^[20]。UKA患者多为活动量较大的中老年患者,生活质量要求高,日常生活中的爬楼梯、坐椅子等动作的完成程度都会影响患者术后的自身感觉和满意度,而FJS-12中第5、6、7、8、12条与膝关节ROM相关,也体现了对ROM的重视。Kubo等^[21]认为,患者满意度

不仅与术后屈曲角度有关,还与ROM的改善程度有关。关于ROM改善程度的范围,廖法学等^[22]研究发现,膝关节FJS评分与ROM之间存在负相关,而Ha等^[23]报道屈曲角度改善的最小阈值为5°,本组患者中MB组术后ROM较FB组平均增加3.1°,笔者认为这可能是MB-UKA患者FJS提高的主要因素。

本研究对两种UKA术后的近期FJS评分进行了随访,但影响UKA临床效果的因素较多,除FJS中涉及的12个条目外,还包括患者生活方式、依从性、经济水平等外在因素都会影响患者对FJS的评价^[9, 24]。并且随着假体使用时间的延长,假体磨损程度、翻修比例等均会影响后期FJS评分结果,这些有待进一步观察随访。

综上所述,MB术后近期随访的关节遗忘评分优于固定FB,临床工作中应重视对患者术后关节功能的康复指导,以提高关节遗忘评分。

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