

· 技术创新 ·

关节囊成形联合骨盆截骨治疗大龄儿童先天性髋脱位[△]

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摘要: [目的] 介绍关节囊成形联合骨盆截骨治疗大龄儿童先天性髋脱位 (congenital dislocation of the hip, CDH) 的手术技术和初步临床结果。[方法] 2017年9月—2021年8月联合应用 Colonna 关节囊成形术及 Chiari 骨盆内移截骨术治疗大龄儿童头臼不匹配型 CDH 患儿 19 例 19 髋。手术经 Bikini 入路显露髋关节囊前方, 保护旋股内侧动脉升支, 依次切开关节囊前方、内缘下方、内缘上方及后方, 松解白底横韧带。修剪关节囊包裹股骨头, 而后逐级扩臼以匹配头囊复合体。复位股骨头, 行骨盆内移截骨术以获得满意覆盖。[结果] 19 例患儿均获随访, 随访时间平均 (1.9±0.8) 年。随访时 RI 为 (0.02±0.06), CEA 为 (40.2±4.3)°。末次随访时患儿步态和关节功能均稳定, 均未出现股骨头缺血坏死、断钉等并发症。根据改良 Severin 分类, 优良率 84.2%。根据 McKay 标准, 优良率 78.9%。[结论] 联合应用 Colonna 关节囊成形术和 Chiari 骨盆内移截骨术治疗大龄儿童头臼不匹配型 CDH 早期效果良好。

关键词: 关节囊成形术, 骨盆截骨术, 儿童, 先天性髋关节脱位

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Capsuloplasty combined with pelvic osteotomy for congenital hip dislocation in older children // LIU Shuai¹, ZHANG Ming-gang², LI Tian-you², ZHU Li-chao², YAO Yang-yang². 1. Ninth People's Hospital of Wuxi City, Wuxi 214062, Jiangsu, China; 2. Shandong Provincial Hospital, Shandong First Medical University, Jinan 250021, Shandong, China

Abstract: [Objective] To introduce the surgical techniques and preliminary clinical results of capsuloplasty combined with pelvic osteotomy for the treatment of congenital dislocation of the hip (CDH) in older children. [Methods] A total of 19 older children (19 hips) received Colonna capsuloplasty combined with Chiari pelvic osteotomy for mismatched CDH from September 2017 to August 2021. The Bikini approach was used to expose the anterior hip capsule and protect the ascending branch of the medial femoral circumflex artery. The capsule was cut at anterior surface, inferomedial margin, superomedial margin and posterior surface successively to release the transverse ligament at the base of the acetabulum. The capsule was trimmed to enclose the femoral head, and then acetabulum was reamed step by step to match the head capsule complex. Finally, the pelvic transverse transportation was conducted as pelvic osteotomy finished to enhance coverage of the head capsule complex. [Results] All the 19 patients were followed up for an average of (1.9±0.8) years. At the latest follow-up, RI was of (0.02±0.06), while the CEA was of (40.2±4.3)°. At the last follow-up, all children achieved stable gait and joint motion, and had no complications, such as avascular necrosis of the femoral head and implant broken. According to the improved Severin classification the excellent and good rate was of 84.2%, while based on the McKay criteria, the excellent and good rate of 78.9%. [Conclusion] The Colonna capsuloplasty combined with Chiari pelvic osteotomy for mismatched CDH in older children does achieve satisfactory early clinical outcome.

Key words: capsuloplasty, pelvic osteotomy, children, congenital dislocation of the hip

先天性髋关节脱位 (congenital dislocation of the hip, CDH) 是儿童髋部重要的畸形之一, 早期的超声筛查工作已显著降低了该疾病的手术率^[1], 然而仍有各种原因导致漏诊的 CDH 患儿不能得到早期诊治^[2], 或术后半脱位未能及时纠正, 晚期发现时可能

已失去最佳的干预时机。由于长期脱位, 髋臼内无应力刺激, 髋臼窝发育差、臼内异常组织增生并继发“三角臼”及股骨近端畸形, 大龄儿童 (≥10 岁) CDH 不仅闭合复位困难, 切开也往往因头臼不匹配而无法获得中心性复位。

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在以往的报道中,多种骨盆截骨或髋臼成形术均曾用于该类患儿的治疗^[3,4]。就当下的研究结果而言,对头臼匹配的可复性半脱位和髋臼发育不良,临床多采用骨盆三联截骨术治疗,可以获得满意疗效^[5,6]。然而对于头臼不匹配的大龄CDH,其手术治疗尤为困难:真臼浅小而无法闭合复位、切开复位易导致关节僵硬、假臼明显而无法行重建手术等,均是制约临床疗效的因素^[7,8],因而目前临床对该类CDH尚缺乏广泛认可的治疗方案。作者近年来采用Colonna关节囊成形术获得头臼匹配和复位^[9],并联合Chiari骨盆内移截骨术加强头臼覆盖,治疗大龄儿童头臼不匹配型CDH取得满意的早期疗效,报道如下。

1 手术技术

1.1 术前准备

患儿术前均摄骨盆正位及外展内旋位X线片,证实股骨头不可闭合复位,并行3D CT模拟复位证实头臼不匹配,无法行常规切开复位手术,如图1a, 1b。

1.2 麻醉与体位

患儿均采用气管插管全麻,取侧卧位,患侧完全消毒以允许术中活动。

1.3 手术操作

Colonna关节囊成形术,参照Ganz等^[9]于2012年报道的改良方法中关节囊切开、扩臼和包裹股骨头的方法。由于原文图示不详,易致误解,故本文结合实际开展的手术入路予以重绘。

取患侧髋关节Bikini切口,寻找阔筋膜张肌、缝匠肌间隙,于其外侧约5 mm处劈开阔筋膜张肌并剥离髂骨外板附着肌肉,保留阔筋膜张肌内侧份与缝匠肌筋膜相延续以保护股外侧皮神经。暴露髋关节囊前外侧,向其内下方显露髂腰肌,松解其腱性部分,完整显露髋关节囊前方。于小转子内上方紧贴髋关节囊下方插入Hoffman拉钩以保护旋股内侧动脉升支。自关节囊前方基底部分切开至髋臼前缘,关节囊外侧游离至小转子水平,内侧沿关节囊髂骨附着处继续向内下方切开,直至臼底横韧带处。向上切开部分关节囊,屈髋内收并适度外旋,使股骨头远离髋臼区域,充分显露髋臼后缘,将后方关节囊沿其髂骨附着处切开至髋臼切迹,尽量保护关节囊,使股骨头-关节囊复合体与髋臼骨性结构分离,如图1c, 1d。显露过程中需始终注意保护旋股内侧动脉升支,分离后股骨头钻孔,见持续渗血,证实股骨头血运未破坏。松解臼底

横韧带,完整显露髋臼窝,咬除窝内异常增生之软组织。适当修剪充分游离的关节囊,使其包裹股骨头,关节囊不宜太厚。若无法充分覆盖,则尽量包裹股骨头内上方负重区,外侧缺损处可劈开增厚的关节囊或者取阔筋膜补片移植修复,如图1e, 1f。测量关节囊包裹股骨头后外径大小,以髋臼锉逐级扩大髋臼(直径由36 mm逐级增大),直至髋臼底红白相间,髋臼扩大至与包裹后的股骨头-关节囊复合体相匹配。扩臼时应注意逐级透视,以避免穿透髋臼内壁,并注意保护旋股内侧动脉升支。测量股骨头向上脱位高度,行股骨近端截骨以适当短缩,并矫正前倾角、颈干角。复位股骨头,行Chiari骨盆内移截骨术^[10]。

Chiari骨盆内移截骨术,按Anwar等^[11]于1993年报道的改良方法(最初由Kawamura改良,又称穹顶式骨盆内移截骨术)。于髂前下棘下缘、扩容后的髋臼上缘标记截骨线,沿髋臼弧形向后止于髋臼后缘坐骨大切迹远端,向头侧倾斜10°~20°,以直骨刀完全截断髂骨,截骨面外侧观呈穹顶样。截骨完成后,外展、内推股骨头,使截骨远端内移约50%。透视确认股骨头覆盖满意,以3.5 mm皮质骨螺钉2~3枚固定。典型病例见图1。

1.4 术后处理

冲洗后留置引流,逐层缝合各切口,无菌敷料包扎,单髋人字石膏或支具固定。术后2~3 d拔除引流管。4周后拆除石膏或支具,逐步功能锻炼,术后2个月患肢逐渐负重,术后3个月完全负重。

2 临床资料

2.1 一般资料

回顾分析2017年9月—2021年8月采用Colonna关节囊成形术联合Chiari骨盆内移截骨术治疗的大龄儿童头臼不匹配型CDH患儿共19例,其中男12例,女7例,年龄10岁3个月~13岁9个月。左侧8例,右侧11例。术前存在髋关节疼痛者11例,Harris评分平均(81±6)分(71~89分)。初诊17例,骨盆截骨术后再脱位2例。19例均同期行股骨近端(短缩)截骨矫正颈干角至约120°、矫正前倾角至约20°。本研究经医院伦理委员会审核通过(批准号:KS2024043),所有患儿法定监护人均知情同意。

2.2 初步结果

患者均顺利完成手术,平均手术时间(292.3±15.8) min,术中失血量(529.6±82.1) mL。19例患

儿均获随访，随访时间平均 (1.9 ± 0.8) 年，术前患髋均无有效覆盖，故 RI 均为 1，CEA 不可测，随访时 RI 为 (0.02 ± 0.06) ，CEA 为 $(40.2 \pm 4.3)^\circ$ 。术前 19 髋 Shenton 线均不连续，随访时 13 髋恢复连续性。术前 19 髋 Trendelenburg 征均 (+)，术后 17 髋转为 (-)。术前 11 髋疼痛，术后均获缓解。随访时 19 髋存在双下肢不等长，均为患侧肢体短缩；其中

3 髋 ≤ 1 cm，14 髋 > 1 cm 且 ≤ 2 cm，2 髋 > 2 cm 且 ≤ 3 cm，对肢体长度差异 > 1 cm 者 (16 例) 行补高垫治疗。末次随访时患儿步态和关节功能均已稳定，均未出现股骨头缺血坏死、断钉等并发症。根据改良 Severin 分类，优 2 髋、良 14 髋、可 3 髋，优良率 84.2%。根据 McKay 标准，优 4 髋、良 11 髋、可 4 髋，优良率 78.9%。

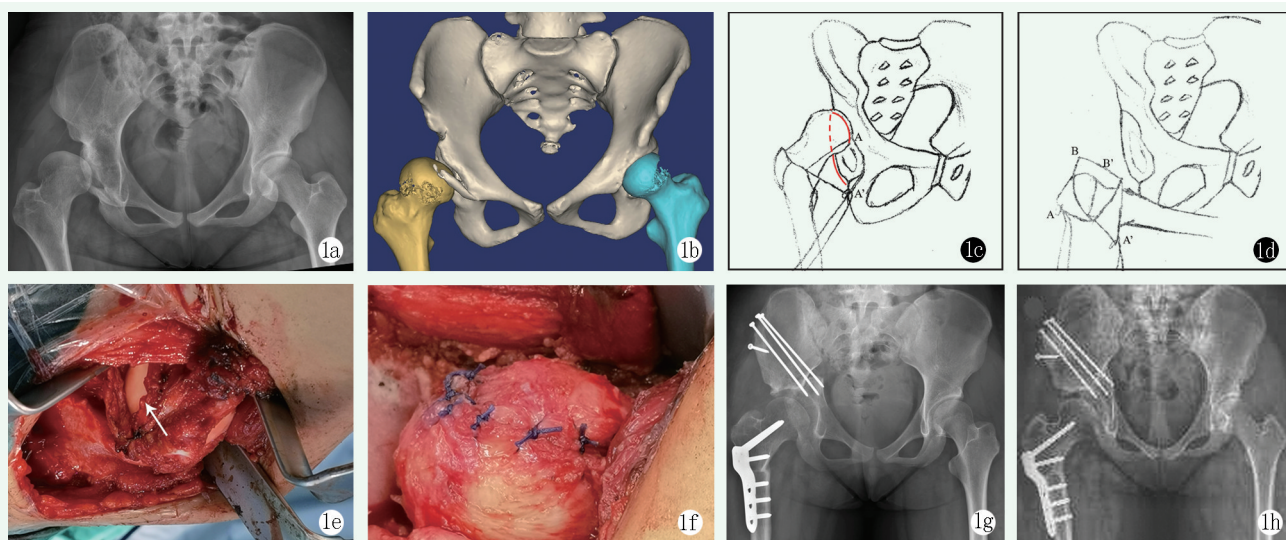


图 1. 患儿女性，13 岁 9 个月。1a：术前 X 线片示右侧 CDH 术后再脱位，髋臼发育差，股骨头无明显骨性覆盖；1b：应用 3D CT 模拟股骨头复位并获得足够包容 (CEA=25°)，此时股骨头已突破髋臼内壁，提示单纯关节囊成形术无法获得足够包容；1c：自髋臼缘切开发节囊，屈髋内收外旋使股骨头远离髋臼；1d：修剪关节囊并包裹股骨头，适度扩臼；1e：术中先行缝合内侧关节囊以覆盖头臼交界处；1f：后缝合前外侧关节囊；1g：联合应用关节囊成形术和 Chiari 截骨术，术后头臼匹配，骨性覆盖充分；1h：术后 2 年 X 线片示右髋关节包容良好，未发生缺血性坏死。

Figure 1. A 13 years and 9 months girl. 1a: Preoperative X ray showed re-dislocation after primary surgery for the right CDH, with poor acetabulum development, and absent bony covering of the femoral head; 1b: 3D CT was used to simulate femoral head reduction and sufficient inclusion was obtained with CEA of 25°, whereas the femoral head had broken through the acetabular wall, suggesting that sufficient inclusion could not be obtained by capsuloplasty alone; 1c: As capsule was cut along the acetabular rim, bending the hip in adduction and rotation to keep the femoral head away from the acetabulum; 1d: Trim the capsule, wrap the femoral head with the capsule, and then ream the acetabulum properly; 1e: Suture the medial articular capsule first to cover the junction of head and acetabulum; 1f: Then, suture of anterolateral capsule; 1g: X ray after operation revealed proper head - acetabulum matching and adequate bone coverage of the head; 1h: X ray 2 years postoperatively showed good inclusion of the right hip and without avascular necrosis of the femoral head.

3 讨论

关节囊成形术通过逐级扩臼获得匹配的头臼关系，并使股骨头复位于相当于真臼的位置，而后关节囊与髋臼松质骨粘连，逐渐化生为纤维软骨，起到包容股骨头的作用^[12]。当关节囊成形术无法获得满意的包容时，须加行其他手术以增加覆盖。由于原髋臼软骨已在扩臼时被刨削去除，起实际覆盖作用者为臼顶松质骨，因此已无再次手术行髋臼周围截骨或三联截骨之必要，故本研究采用 Chiari 截骨术进行替代。Chiari 截骨术可增加股骨头覆盖、降低负荷、内移负重线、改善外展肌功能，迅速而持续地缓解关节疼

痛^[13]，也能在一定程度上改善 Trendelenburg 步态，适用于 CDH 的姑息治疗^[10, 11, 14, 15]，在以往不区分髋臼形态的研究中，其保髋效能甚至优于髋臼周围截骨术^[16, 17]。本组病例通过联合应用关节囊成形术与骨盆截骨术，均获得满意的覆盖，原有之疼痛均获缓解，关节功能的恢复亦与其他类似的研究相一致^[3, 8, 18]，表明 Chiari 截骨术可有效弥补单纯关节囊成形术后覆盖不足的缺陷，获得满意的早期疗效。

手术时应注意：(1) 保护旋股内侧动脉升支；(2) 股骨截骨在关节囊成形后进行，以免股骨头下降影响扩臼；(3) 扩臼程度以获得匹配的头臼关系为准，无需硬性要求获得充分覆盖；(4) 术中需试行屈髋、内旋、外展等活动，以保障日常生活中的活动范

围; (5) 功能锻炼建议在术后4周软组织获得充分愈合后开始, 以减轻痛楚不适造成的不配合; (6) 再脱位不是联合手术的绝对禁忌证, 但软组织粘连、瘢痕增生等情况可能增加手术难度并导致术后关节活动欠佳。

下肢不等长是该手术方式的主要后遗症, 可能影响短侧膝关节和长侧髋关节的寿命^[19], 本组部分患儿后续有行肢体延长之可能。另外联合手术对关节寿命维护的远期疗效亦有赖于后续随访。

综上所述, 关节囊成形联合骨盆截骨治疗大龄头臼不匹配型CDH早期效果良好, 可以改善包容, 缓解疼痛, 值得临床借鉴应用。

利益冲突声明 所有作者声明无利益冲突

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