

外侧半月板缝合神经血管损伤的问题[△]

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摘要: 关节镜下半月板缝合是较常见的手术, 但操作不当仍可损伤血管神经造成严重后果。本文通过复习文献, 学习并总结外侧半月板缝合术后常见神经血管损伤的风险因素、临床表现、治疗及预防方法。虽然外侧半月板缝合术后合并神经血管损伤极少见, 但是术者需注意术前做好规划, 术中做好预防, 术后及时诊断, 及时处理, 可获得满意预后, 否则可造成灾难性后果。本文综合上述内容并对此做一综述, 以提高对外侧半月板缝合术后合并神经血管损伤的认识。

关键词: 外侧半月板, 缝合, 神经血管损伤

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Research progress in neurovascular injury during lateral meniscus suture // ZHU Tian-hao, HUANG Chang-ming, FAN Hua-qiang, LIU Zhen-huang. Department of Orthopedics, PLA 73rd Group Army Hospital, (Chenggong Hospital, Xiamen University), Xiamen 361003, Fujian, China

Abstract: Arthroscopic meniscus suture is a common operation, but improper operation can still damage blood vessels and nerves cause serious consequences. By reviewing the literature, this paper studied and summarized the risk factors, clinical manifestations, treatment and prevention methods of common neurovascular injuries in lateral meniscus suture. Although neurovascular injuries complicated in lateral meniscus suture are rarely seen, the operators should pay attention to preoperative planning, intraoperative prevention, and timely diagnosis and treatment after surgery to achieve a satisfactory prognosis, otherwise catastrophic consequences may result. In order to improve the understanding of neurovascular injury in lateral meniscus suture, this article summarizes the above contents.

Key words: lateral meniscus, suture, neurovascular injury

随着运动知识的普及, 运动损伤开始逐年增多, 其中半月板损伤约占膝关节损伤的6%^[1]。半月板在膝关节中主要起稳定关节、缓冲压力、保护软骨营养的作用, 损伤后可有疼痛伴功能障碍、绞锁等症状^[2]。既往半月板损伤的治疗主要为半月板切除术, 然而长期随访研究表明切除半月板将导致关节不稳, 增加关节内压力, 加速膝关节退变, 进一步引起膝关节炎^[3, 4]。1885年Thomas Annandale首次展示了半月板缝合技术, 至今保留半月板的半月板缝合术已被广泛接受, 并逐年增多^[5]。现如今, 关节镜下半月板缝合术属微创手术, 但也伴随伤口感染、神经血管损伤、关节僵硬等并发症, 其中神经血管损伤于膝关节镜手术中最常发生, 尤其常见于由内至外、由外之内技术^[6]。另外, 由于腘窝神经血管束的解剖学因素, 外侧半月板缝合更易造成神经血管损伤, 其中神经损伤率0.6%, 动脉损伤0.03%^[7]。即使神经血管损伤

并不常见, 但一旦发生将造成较大损失, 所以本文对近年来外侧半月板缝合术相关神经血管损伤的相关研究作一综述, 以提高对其诊断、治疗与预防的认识。

1 风险因素

既往研究表明, 全内缝合技术较由内至外、由外至内技术更安全, 其中由内至外技术在处理半月板后角时最易造成神经血管束损伤^[8-11]。

患者在手术中的体位也影响神经血管损伤的发生率, 膝关节屈曲90°时神经、血管距离半月板后角距离更远, 而伸直时距离最近, 仅8 mm^[12, 13]。

外侧半月板缝合术中制作内侧入路时, 应水平平行于隐神经髌下支走行切取, 以避免神经被横断^[14]。术者术中操作应牢记操作的安全区, 既往对于相关解剖, 已有较多解剖或影像学研究测量了半月

板及血管神经的距离。Atbaşı 等^[12]经尸体研究测量结果得知,膝关节伸直姿势下模拟外侧半月板后角缝合时,缝合针穿出处距腓总神经距离为 (8 ± 4.5) mm,膝关节屈曲 90° 时距离则为 (11 ± 5.2) mm。Schachne 等^[15]通过 MRI 影像测量,得出外侧半月板后角前缘至腓窝神经血管束前缘的距离,男性 (14.4 ± 2.5) mm,女性 (13.1 ± 2.5) mm,外侧半月板后关节囊至腓窝血管神经束前缘距离男性 (5.2 ± 1.6) mm,女性 (4.6 ± 1.4) mm,且该距离与年龄、身高、体重、BMI、骨成熟度有显著关联。Al-Fayyadh 等^[16]将量角器放置于尸体标本一侧胫骨平台及半月板中心,测量半月板到腓动脉的危险区域,结果表明经前外侧入路操作外侧半月板时,距离后根部 5、10 mm 属危险区域,应小心操作。Shea 等^[17]通过 CT 测量未成年尸体膝关节标本,得知 2~4 岁半月板后外侧角到腓动脉距离为 5.2 mm,5~8 岁为 6.7 mm,9~11 岁为 8.2 mm,到腓总神经距离则分别为 13.3、15.0、17.9 mm。Gupta 等^[18]通过钟表法测量 MRI 影像,认为使用由内至外法缝合 $9:30$ 方位外侧半月板时,仅使用直或 30° 套管通过前内入路,及 30° 套管通过髌腱正中入路时神经和血管是安全的。Chuaychoosakoon 等^[19]更是以 MRI 横断面下的腓肌腱为参照物,测量出外侧半月板缝合时的危险区域,当经前内入路缝合时,腓肌腱外侧缘外侧 (1.8 ± 1.7) mm 及腓肌腱内侧缘内侧 (3.1 ± 2.5) mm 为腓总神经危险区,腓动脉危险区则在腓肌腱内侧缘内侧 (19.0 ± 4.7) mm,当经前外入路缝合时,腓肌腱外侧缘外侧 (2.8 ± 1.9) mm 及腓肌腱内侧缘内侧 (1.4 ± 1.5) mm 为腓总神经危险区,腓动脉危险区则在腓肌腱内侧缘内侧 (16.5 ± 4.3) mm。Beck 等^[20]回顾性分析了 250 例未成年患者的膝关节 MRI,测量得出腓肌腱内侧缘到腓窝血管神经束外侧缘的距离随着年龄增加,且男性的数值大于女性。Shamseer 等^[21]同样使用 MRI 测量,当缝合外侧半月板后角时,外侧半月板游离缘距腓动脉 (18.5 ± 3.3) mm,关节囊缘距腓动脉 (8.9 ± 2.4) mm,经前内入路缝合外侧半月板体部并指向腓总神经时,关节囊缘距腓总神经 (19.4 ± 2.8) mm,经前外入路 (22.0 ± 2.8) mm。Deutsch 等^[22]认为使用由内至外缝合合法缝合外侧半月板时,出针点位于股二头肌长头腱后方时,易刺激或损伤腓总神经,并建议使用套管控制缝合器方向,后方辅助保护性切口及牵开器保护神经。Bernard 等^[23]认为膝关节屈曲 $60^\circ\sim 90^\circ$ 时,股二头肌腱与髌胫束之间为安全区,但缝合后角时出针点很难从此安全区穿出,故仍建议由内至外技术使用后方保护性切口。

对于入路选择, Mao 等^[7]经测量研究结果发现,缝合外侧半月板后角时,使用前外入路比前内入路危险,距离神经血管更近。Chuaychoosakoon 等^[19]研究认为,前内入路处理腓肌腱外侧的外侧半月板时更安全,处理腓肌腱内侧部分时使用前外入路更安全,在处理外侧半月板后角时,使用前内入路更安全,但该入路难以垂直于半月板进行操作。Gilat 等^[24]则以后交叉韧带为参照物,当处理贴近后交叉韧带的外侧半月板后角时,更外侧的入路更安全,当处理距离后交叉韧带 ≥ 3 mm 以上的外侧半月板时,更内侧的入路更安全。

全内缝合技术需使用到半月板缝合器,该装置可以选择所需缝合针的长度。Massey 等^[25]的研究中设置了 10、12、14、16 mm 4 种长度,结果表明长度 14 mm 时最安全, <14 mm 时缝合针难以穿过后关节囊进行锚定, >14 mm 时会损伤腓肠肌。而 Shamseer 等^[21]通过测量,认为长度限制在 18 mm 时同样安全。Hürel 等^[26]建议在缝合后角时,限制长度为 13 或 16 mm,缝合前 $1/3$ 时限制为 10 mm,缝合中部 $1/3$ 时限制为 13 mm。

2 诊 断

2.1 隐神经损伤

关节镜手术中,隐神经损伤通常发生于内侧半月板缝合时,在缝合外侧半月板时损伤隐神经多发生于切取内侧入路过程时,因隐神经的髌下支常走行于此位置。隐神经的髌下支属感觉支,损伤后仅有支配区即膝关节内侧、髌骨前方的感觉异常,无功能障碍^[14]。

2.2 腓总神经损伤

腓总神经位于膝关节后外侧,靠近外侧半月板,缝合外侧半月板时偶可出现腓总神经损伤。损伤腓总神经可出现足背外侧、小腿前外侧感觉异常,足下垂是特征性表现,肌电图有助于鉴别^[27]。

2.3 腓动静脉损伤

腓动静脉损伤常在术中表现为无法控制的出血,且出血点位于膝关节后方间室,术后则表现为膝关节的复发性非特异性肿胀、疼痛,查体远端足背动脉、胫后动脉搏动消失,皮温明显降低,触诊无法扪及动脉搏动^[28, 29]。血管彩超、动脉造影可探及动静脉损伤,甚至假性动脉瘤以及动静脉瘘、动脉闭塞等表现^[23]。腓动脉属腓窝神经血管束中最靠近膝关节的结构,较易损伤,距离外侧半月板后角仅 4~

5 mm^[7]。其损伤通常造成灾难性的后果,因其易误诊造成治疗延误,最终将造成截肢甚至死亡,腘静脉因解剖结构原因,通常位于腘动脉后方,故较少出现膝关节镜术中损伤腘静脉^[23]。

3 治疗

外侧半月板缝合术中造成神经损伤可分为移植刺激、刺伤、缝线捆扎、离断4类^[22, 27]。术后出现神经损伤症状后,症状体征明确、肌电图诊断明确者可立即二次手术行神经探查术,解除神经压迫或周围张力,神经损伤重者可行显微镜下神经缝合或重建,甚至肌腱转位功能重建^[30-32]。而诊断不明确,或难以接受立即二次手术患者,可给予支具、物理治疗3个月甚至7个月后再行二次手术,也可获满意效果^[6, 27, 33]。

外侧半月板缝合合并血管损伤较神经损伤情况危急,处理不及时可造成截肢甚至死亡可能,黄金时间在伤后6~8 h,时间越长则预后越差^[34]。术中或术后发现腘窝血管损伤时应及时行介入或切开手术探查,根据血管损伤情况制订相应的手术方案,如单纯修补、端端吻合、旁路搭桥术、人工或自体血管移植术等,自体血管移植可选取如大隐静脉、小隐静脉等,此时应协同专业的血管外科医生一起参与诊疗^[35-38]。Schwengber等^[39]使用牛心包补片进行腘动脉缺损的修补。Tamtekin等^[40]则选择使用聚四氟乙烯移植,5例患者未出现术后感染。Rossi等^[41]则使用介入下支架置入治疗腘动脉瘤。Nazari等^[42]则使用介入弹簧圈栓塞治疗腘动脉假性动脉瘤,并认为该方法相对开放手术创伤小,而支架治疗则容易产生血栓。田小宁等^[43]的研究认为,腘动脉损伤如位于腓肠动脉分支上方,因侧枝循环较少,预后常常不佳,如位于腓肠动脉分支下方,因侧枝循环较多,治疗时间限制延长,预后较满意。

综上所述,外侧半月板缝合术中较少并发神经血管损伤,全内缝合技术更是大大降低了其发生率,但手术医生仍需熟悉解剖,谨慎操作,因腓总神经、腘动静脉损伤通常造成严重功能影响及不良预后。以上测量数据均来源于国外研究,尚需要国人膝关节解剖的相关测量研究,也可术前通过MRI测量相关解剖数据,帮助术中进一步减少神经血管损伤的发生率。

利益冲突声明 在课题研究和文章撰写过程中不存在利益冲突;经费支持没有影响文章观点和对研究数据客观结果的统计分析及其报道

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