

· 临床研究 ·

全膝关节置换术后踝疼痛与下肢影像学参数的关系

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摘要: [目的] 探究全膝关节置换术后患者踝疼痛与下肢影像学参数的关系。[方法] 2023年9月—2024年2月, 膝关节骨性关节炎行初次TKA的41例患者纳入本研究。观察术后6个月踝疼痛的发生情况, 测量下肢影像参数, 分析是否踝疼痛与影像参数的关系。[结果] 41例患者中, 术后6个月出现踝关节疼痛13例, 占31.7%; 无踝关节疼痛28例, 占68.3%。术前, 疼痛组HKA、TAA、TTA和TI显著大于无疼痛组($P<0.05$); 术后6个月, 疼痛组TAA、TTA、TI和mLDTA显著大于无痛组患者($P<0.05$)。两组间术前及术后6个月的ADTA和HAA的差异均无统计学意义($P>0.05$)。ROC分析结果表明, \angle HKA和 \angle mLDTA预测术后踝关节疼痛的曲线下面积(area under curve, AUC)值分别为0.893和0.955。[结论] 膝关节内翻纠正过大及踝关节代偿不足, 可能与膝关节置换术后患者踝关节疼痛有关。

关键词: 膝关节骨性关节炎, 全膝关节置换术, 踝关节疼痛, 影像测量

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Relationship between ankle pain and lower extremity imaging parameters after total knee arthroplasty // HUANG Zi-shuai¹, ZHANG Shu-ang², WANG Jian-xu², GUO Yong-zheng², YANG Guang¹, WANG Jian¹, FENG Hao-tian¹. 1. Shandong Provincial Hospital, Shandong First Medical University, Jinan 250000, Shandong, China; 2. Shandong First Medical University, Jinan 250000, Shandong, China

Abstract: [Objective] To explore the relationship between ankle pain and imaging parameters of lower extremity after total knee arthroplasty. [Methods] From September 2023 to February 2024, 41 patients who underwent primary TKA for knee osteoarthritis were enrolled in this study. The incidence of ankle pain 6 months after operation was observed, the imaging parameters of lower limbs were measured, and the relationship between ankle pain and imaging parameters was analyzed. [Results] Of the 41 patients, 13 (31.7%) had ankle joint pain 6 months after operation, whereas other 28 (68.3%) had no ankle pain. The pain group proved significantly greater HKA, TAA, TTA and TI than the painless group before surgery ($P<0.05$), significantly greater TAA, TTA, TI and mLDTA than the painless group 6 months postoperatively ($P<0.05$). However, there were no significant differences in ADTA and HAA between the two groups before operation and 6 months after surgery ($P>0.05$). As results of ROC analysis, the area under curve (AUC) of \angle HKA and \angle mLDTA were 0.893 and 0.955 in predicting postoperative ankle pain respectively. [Conclusion] Over-corrected knee varus and under-compensated ankle may be related to ankle pain after total knee arthroplasty.

Key words: knee osteoarthritis, total knee arthroplasty, ankle pain, imaging measurement

膝关节骨性关节炎(knee osteoarthritis, KOA)主要病理表现为关节软骨磨损和软骨下骨硬化^[1, 2], 后期出现内翻畸形, 显著影响患者的生活质量^[3]。人工全膝关节置换术(total knee arthroplasty, TKA)是目前临幊上治疗晚期KOA最有效的方法^[4, 5]。近年来, TKA术后踝疼痛日益受到关注, 有研究表明, 约有33%的患者TKA术后出现踝疼痛, 或原有的踝疼痛加重^[6, 7]。目前, TKA患者术后踝疼痛的机制尚不清楚, 如何预防全膝关节置换术后踝疼痛仍在争论中。因此, 了解KOA患者TKA术后踝疼痛的发生机

制并评价其相关因素, 对于临幊评估和实施疼痛控制措施具有重要意义。膝关节炎患者下肢力线长期异常会引起踝关节及距下关节代偿性改变, TKA术后力线迅速纠正可能导致踝关节失代偿^[8~11]。笔者假设, 膝关节内翻畸形的患者TKA术后出现的踝疼痛与下肢力线纠正后的踝关节代偿不足有关。

1 临床资料

1.1 一般资料

2023年9月—2024年2月, 在膝关节骨性关节

炎行 TKA 的 41 患者纳入本研究。所有患者均为 Kellgren-Lawrence III 级或 IV 级，经髌旁内侧入路，采用后稳定型膝关节假体行初次 TKA。本研究已经通过医院伦理委员会批准，患者或授权亲属术前均签署知情同意书。

1.2 检查测量方法

术前和术后 6 个月拍摄站立位下肢全长正位 X 线片、踝关节正位成像、Saltzman 位后足图像。所有患者手术前后的 X 线片均由本院放射科同一台 DR 相机拍摄。由一名医师负责归档整理，筛选出不合格的 X 线片。由两名经验丰富的骨科医生独立测量影像学参数，评估影像学评估的观察者内和观察者间的可靠性。每位医生对所有患者进行两次测量，测量间隔为 2 周。采用组内相关系数 (intraclass correlation

coefficients, ICC) 评估 X 线测量的观察者内和观察者间可靠性。观察者间信度 ICC 均 >0.90 (范围: 0.90~0.95; $P<0.001$)，而观察者内 $ICC>0.93$ (范围: 0.88~0.96; $P<0.001$)。

1.3 评价指标

测量髋膝踝角 (hip-knee-ankle, HKA) 和胫骨远端外侧机械角 (mechanical lateral distal tibia angle, mLDTA) (图 1a); 踝关节倾斜角 (tilt angle of the ankle, TAA)，距骨倾斜角 (talar tilt angle, TTA)、和距骨倾斜度 (talar inclination, TI) (图 1b); 胫骨远端前角 (anterior distal tibial angle, ADTA) (图 1c); 以及后足对线角 (hindfoot alignment angle, HAA) (图 1d)。计算各指标的术后 6 个月与术前的差值 Δ (术后 6 个月值-术前值)。



图 1. 影像测量方法。1a: 双下肢全长正位 X 线片, HKA 为股骨机械轴 (A) 与胫骨机械轴 (B) 之间的夹角, mLDTA: 胫骨机械轴 (B) 和胫骨远端关节面下缘的切线 (C) 之间的外侧夹角; 1b: 踝关节正位 X 线片, TAA 为胫骨远端关节面下缘切线 (D) 与水平线 (F) 之间的夹角, TTA 为胫骨远端关节面下缘切线 (D) 与距骨穹窿切线 (E) 之间的夹角, TI 为距骨穹窿切线 (E) 与水平线 (F) 之间的夹角; 1c: 踝关节侧位 X 线片, ADTA 为胫骨远端前后缘连线 (H) 与胫骨机械轴线 (G) 的前侧夹角; 1d: Saltzman 位, 胫骨轴线 (N), 距跟骨最低点 7 mm 平行线 (L), 取 L 中外 1/3 点 (b), 再做距跟骨最低点 20 mm 平行于水平面的段 (K), 其中点 a 与 b 的连线为跟骨轴线 (M)。M 与 N 的夹角即为 HAA, 成角于腓侧为正值, 成角于胫侧为负值。

Figure 1. Image measurement method. 1a: HKA is the angle between the mechanical axis of the femur (A) and the mechanical axis of the tibia (B), mLDTA is the lateral angle between the mechanical axis of the tibia (B) and the tangent line (C) of distal tibial articular surface in the full-length weight bearing anteroposterior (AP) X ray; 1b: TAA is the angle between the tangent line (D) and the horizontal line (F) of the distal tibial articular surface, TTA is the angle between the tangent line (D) of the lower margin of the articular surface of the distal tibia and the tangent line (E) of the fornia of the talus, while TI is the angle between the tangent line (E) and the horizontal line (F) of the talus dome in ankle AP X ray; 1c: ADTA is the angle between the line of the anterior and posterior border of the distal tibia (H) and the mechanical axis of the tibia (G) in the ankle lateral X ray; 1d: The tibial axis (N), 7 mm parallel line (L) of the lowest point of calcaneus, 1/3 of the middle point (b) of L, and then the line (K) of the lowest point of calcaneus 20 mm parallel to the horizontal plane, where the line between point (a) and b was calcaneus axis (M), the HAA is angle between M and N, with positive angulation on the fibular side and negative on the tibial side in the Saltzman position X ray.

1.4 统计学方法

采用 SPSS 29.0.1.0 统计软件进行数据分析。计

量资料以 $\bar{x} \pm s$ 表示，资料呈正态分布时，采用独立样本 t 检验，资料不符合正态分布时，采用秩和检验。

ROC曲线分析术前术后影像学参数对踝疼痛的预测诊断价值。 $P<0.05$ 为差异有统计学意义。

2 结 果

2.1 术后踝疼痛的发生情况

41例患者中，术后6个月出现踝疼痛或疼痛较术前加重者13例，占31.7%，列入疼痛组；术后6个月无踝疼痛或疼痛较术前减轻者28例，占68.3%，列入无痛组。

2.2 是否术后踝疼痛两组比较

是否术后踝疼痛两组资料比较见表1。两组在年龄、性别、体重指数(BMI)、病变侧别方面的差异无统计学意义($P>0.05$)。术前，疼痛组HKA、TAA、TTA和TI显著大于无疼痛组($P<0.05$)。术后6个月，疼痛组TAA、TTA、TI和mLDTA显著大于无痛组患者($P<0.05$)。两组间术前及术后6个月的ADTA和HAA的差异均无统计学意义($P>0.05$)。两组术前及术后6个月下肢影像学差值比较，疼痛组 Δ HKA显著大于无疼痛组($P<0.05$)，而 Δ mLDTA的显著低于无疼痛组($P<0.05$)，两组间 Δ TAA、 Δ TTA、 Δ TI、 Δ ADTA和 Δ HAA的差异无统计学意义($P>0.05$)。

2.3 术前与术后6个影像指标差值预测术后踝疼痛的ROC分析

ROC曲线分析结果见图2， Δ HKA和 Δ mLDTA预测术后踝疼痛的的曲线下面积(area under curve, AUC)值分别为0.893和0.955，其余指标差值的AUC值均 <0.7 。

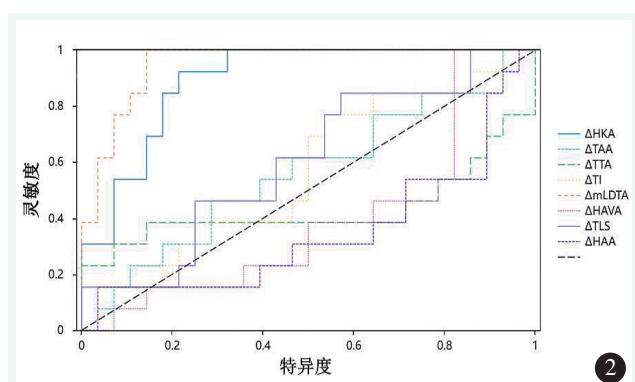


图2. 术前与术后影像指标差值预测术后踝疼痛的ROC曲线。

Figure 2. ROC curve of the preoperative and 6 months postoperatively differences of imaging parameters for predicting postoperative ankle pain.

表1. 是否术后踝疼痛两组资料比较

Table 1. Data comparison between the patients with or without postoperative ankle pain

指标	疼痛组(n=13)	无痛组(n=28)	P值
年龄(岁, $\bar{x} \pm s$)	64.2±7.9	67.1±8.8	0.301
BMI(kg/m ² , $\bar{x} \pm s$)	27.0±2.6	25.8±2.6	0.203
性别(例, 男/女)	2/11	12/16	0.084
侧别(例, 左/右)	9/4	14/14	0.248
HKA			
术前	-16.7±3.8	-10.4±3.5	<0.001
术后6个月	-4.4±2.9	-3.5±3.1	0.391
Δ 值	12.3±2.5	6.9±3.9	<0.001
mLDTA			
术前	88.4±3.2	87.6±4.0	0.508
术后6个月	90.7±2.8	84.5±4.9	<0.001
Δ 值	2.2±1.9	-3.2±3.6	<0.001
TAA			
术前	10.1±3.6	6.3±3.9	0.005
术后6个月	4.0±3.3	-0.6±5.5	0.002
Δ 值	-6.1±4.5	-7.2±4.8	0.492
TTA			
术前	-2.3±2.6	-0.3±1.4	0.003
术后6个月	-2.5±3.6	0.3±1.3	0.019
Δ 值	-0.2±3.1	0.7±1.1	0.33
TI			
术前	12.3±3.8	6.6±3.7	<0.001
术后6个月	6.5±4.6	-0.9±6.1	<0.001
Δ 值	-5.8±5.1	-7.6±5.1	0.314
ADTA			
术前	80.2±3.4	81.7±2.9	0.155
术后6个月	81.0±4.8	81.1±2.9	0.946
Δ 值	0.8±3.4	-0.6±1.9	0.101
HAA			
术前	4.4±5.9	4.7±4.7	0.873
术后6个月	-1.5±4.1	0.1±6.9	0.444
Δ 值	-5.9±4.6	-4.6±6.4	0.508

3 讨 论

研究结果表明，大约1/3的KOA患者可能会经历TKA后的踝疼痛。郑永智等^[12]研究指出，术前膝内翻畸形程度对TKA术后下肢力线影响显著。膝关节置换术后下肢力线被纠正，踝关节对膝关节力线急性纠正做出代偿的能力差，继续保持术前内翻畸形而无法恢复到中立位，这破坏了术后下肢的整体排列。

这种对胫距关节的异常压力最终导致术后踝疼痛^[13]。此外，本研究表明，术前疼痛组患者HKA、TA、TTA及TI显著大于无痛组患者，术后疼痛组患者TAA、TTA、TI及mLDTA显著大于无痛组患者。笔者还发现疼痛组患者 \angle HKA高于无痛组， \angle mLDTA低于无痛组。利用ROC曲线分析，表明 \angle HKA、 \angle mLDTA对全膝关节置换术后患者踝疼痛具有预测价值。

Jun等^[14]的研究中，胫骨高位楔形截骨矫正下肢力线的患者也出现相同的改变。这是由于术后踝关节发生了适应性代偿，进而有利于足底与地面最大程度接触。Norton等^[9]发现，膝关节长期内翻畸形引起后足发生外翻，这与本研究结论一致。这种现象可能是一种补偿机制，这种复杂的补偿机制维持了下肢的整体正常力线^[15]。Okamoto等^[16]报道，术前后足外翻的患者术后6个月后足将发生内翻代偿，否则会出现踝疼痛，而术前后足内翻的患者术后6个月后足内翻无明显改善，可能与后足内翻畸形有关，限制了距下关节的代偿运动。Chang等^[17]认为踝疼痛与周围韧带张力的变化有关。然而Kim等^[11]认为TKA对膝外翻畸形矫正不足是患者术后踝疼痛的原因之一。随着有关TKA治疗膝关节OA研究的增加和深入，研究者发现TKA前后踝关节和足部力线的改变是导致术后疼痛的因素之一^[18]。Gursu等^[19]也发现，经TKA后膝关节对线的改变会影响踝关节与距下关节的对线。长期膝内翻畸形导致后足外翻代偿和距骨相对于水平面的内翻。当TKA纠正膝关节力线后，后足由外翻向中立位改变，这可能对距骨内侧下表面施加向上的力。这种力限制了距骨恢复到中立对线的能力。同时，TKA后胫骨远端向中立位变化使胫距关节内侧间隙变窄，加剧了距骨内侧穹窿和胫骨远端之间的撞击。这种撞击进一步导致了术后踝关节炎的进展和疼痛的发生。因此，外科医生在计划和实施TKA时应考虑踝关节活动度低导致术后踝疼痛的可能。研究证实，当胫骨远端斜率变得更加水平时（即ADTA增大），距骨相对于胫骨平台的后侧位移增加^[12]。距骨体的高度明显大于距骨颈的高度，距骨相对于胫骨远端的后移增加了距骨体与胫骨远端之间发生撞击的风险，同样可能引起术后踝疼痛。

本研究存在局限性：(1)完全排除放射摄影期间患者体位变化的可能性，测量发生误差；(2)随访时间短，需要进一步的长期随访研究来确定TKA后踝和距下关节的代偿情况以及它们对术后患者主诉踝疼痛的影响。

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