

• 临床研究 •

椎体成形术治疗合并椎体内裂隙样变骨质疏松压缩骨折疗效的观察

刘洪江 原超 张文财 杨晓光 郭星

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摘要：目的 观察椎体成形术对治疗合并椎体内裂隙样变骨质疏松(OP)压缩骨折疗效。方法 33例患者分A、B两组,14例合并裂隙样变(积气或积液)的OVCF患者为A组;19例无裂隙样变的为B组,术前常规行X线、患椎CT、MRI检查,双侧穿刺行PVP,比较两组术前疼痛,分析两组骨水泥注入量;术后1天、1周、1月局部疼痛缓解;观察两组后凸畸形纠正和骨水泥渗漏情况。结果 两组间骨水泥注射量差异无统计学意义($P > 0.05$)。两组术前VAS值无统计学意义($P > 0.05$);除术后1 d外,A组VAS值与同期B组相比,A组疼痛缓解较B组差,有统计学意义($P < 0.05$)。两组后凸畸形矫正角度例数分布无统计学差异($P > 0.05$)。两组间骨水泥外漏率差异无统计学意义($P > 0.05$)。结论 合并与否IVC对PVP的疗效有一定影响;PVP纠正后凸畸形对合并与否IVC并无关系;后凸畸形的纠正度数并不能作为术后功能恢复的良好与否的判断标准;椎体内裂隙样变的存在与否对骨水泥外漏的类型有影响。

关键词：椎体成形术；椎体内裂隙样变；骨质疏松；压缩骨折

Observation of clinical effects of percutaneous vertebroplasty on vertebral body osteoporotic compression fractures combined with intravertebral clefts LIU Hongjiang, YUAN Chao, ZHANG Wencai, et al. Department of Spine, Affiliated Hospital of Orthopedics & Traumatology, Guangzhou University of Traditional Chinese Medicine, Guangzhou 510240, China

Corresponding author: LIU Hongjiang, Email:gdgzhjh@yahoo.com.cn

Abstract: Objective To investigate the clinical efficacy of percutaneous vertebroplasty (PVP) on vertebral body osteoporotic compression fractures combined with Intravertebral clefts (IVC). Methods Thirty-three patients were divided into two groups. Group A included 14 OVCF patients combined with IVC. Group B included 19 patients without IVC. X-ray, CT, and MRI examination of suffered vertebral bodies were routinely performed preoperatively. Bipedicular puncture PVP was performed. The level of preoperative pain and the cement dosage were compared between the two groups. The local pain was released after 1 day, 1 week, and 1 month after the operation. The correction of kyphosis deformity and bone cement leakage were observed. Results The bone cement injection dosage was not statistically significant between group A and group B ($P > 0.05$). Preoperative VAS value of both groups were not statistically significant ($P > 0.05$). Except for day 1 after the operation, VAS value in group A was worse than that in group B postoperatively with statistical significance ($P < 0.05$). The correction degree of kyphosis deformity was not statistically significant between group A and group B ($P > 0.05$). Bone cement leakage rate between the two groups was not statistically significant ($P > 0.05$). Bone cement leakage type distribution difference between two groups was statistically significant ($P < 0.05$). Conclusion Fracture patients combined with IVC had certain effects on the clinical efficacy of PVP. The correction of kyphosis deformity by PVP had no correlation with patients with IVC. The correction degree of kyphosis deformity was not the criteria of postoperative recovery of function. The existence of IVC influenced the bone cement leakage type.

作者单位：510240 广州中医药大学附属骨伤科医院脊柱骨科

通讯作者：刘洪江，Email:gdgzhjh@yahoo.com.cn

Key words: Percutaneous vertebroplasty (PVP); Intravertebral clefts (IVC); Osteoporosis; Compression fracture

经皮椎体成形术 (Percutaneous vertebroplasty, PVP) 以其简单、便捷、良好的止痛效果成为治疗骨质疏松性压缩骨折 (osteoporotic vertebral compression fractures, OVCF) 的常规手段。现有的研究表明, 多于 90% 的 OVCF 骨折患者的疼痛在接受 PVP 治疗后能够得到完全或者大部分缓解。随着 MRI、CT 等影像学检查方法在 PVP 术前对椎体状况评估的普及, 发现胸腰段的骨质疏松性椎体压缩骨折常合并椎体内裂隙样变 (the intravertebral cleft, IVC)。在临幊上, 我们也发现部分 OVCF 患者疼痛缓解不明显。本研究主要讨论 PVP 治疗合并与否椎体内裂隙样变的 OVCF 的短期疗效, 观察椎体内裂隙样变对 PVP 疗效的影响。

1 材料与方法

1.1 患者选择与设计分组

2009 年 7 月 ~ 2010 年 6 月椎体因骨质疏松性压缩骨折在我科行 PVP 治疗的患者, 排除多节段椎

体压缩骨折、合并肿瘤病史、影像学资料不全、术后随访不配合患者。本次研究共纳入 33 例患者。男 15 例, 女 18 例, 年龄 43 ~ 87 岁, 平均 (69 ± 10) 岁。受伤到入院时间为 4h ~ 3 周, 所有病人在入院 2 周之内完成手术。参照刘尚礼等胸腰椎压缩骨折和 PVP 手术适应症标准^[1]。术前常规行 X 线、患椎 CT、MRI 检查, 分 A、B 两组, 14 例合并裂隙样变 (积气或积液) 的骨质疏松性椎体压缩骨折患者为 A 组; 19 例无裂隙样变的为 B 组。两组受伤椎体分布和椎体压缩程度见表 1, 经统计学检测, 未见明显差异。

1.2 影像学检查

所有患者常规行患椎部位正侧位 (通用公司, RAD SPEED M), 患椎 CT (东芝公司, TSX-021B ASTEION/VF 单层螺旋) 冠状位, 患椎 MRI (Gyroscan Intera, Philips Medical Systems) T1 加权, T2 加权矢状位。

表 1 两组受伤椎体分布和椎体压缩程度

组别	n	受伤椎体分布						压缩程度			
		T10	T11	T12	L1	L2	L3	L4	0 ~ 25%	25% ~ 50%	50% ~ 75%
A	14	1	5	5	2	1	0	0	4	9	1
B	19	3	1	4	6	3	1	0	7	10	2

1.3 方法

1.3.1 手术方法: 患者取俯卧位, 双手固定置于头两侧, 根据体格检查及影像学资料确定病变椎体, DSA 机透视下定位病变椎体, 清晰显示双侧椎弓根内侧缘, 选择好穿刺路径和角度, 定体表标记。皮肤消毒, 铺手术巾, 2% 利多卡因麻醉穿刺通道。DSA 机透视引导下经双侧椎弓根入路, 尽量将骨穿针 (11G 上海凯立泰公司) 穿至病变椎体前中 1/3 处或椎体裂隙内, 正侧位透视确定骨穿针尖端位置。裂隙内如有液体, 则用 5 ml 注射器进行抽吸。用 Hi-Visco Flow 骨水泥高压注射器 (上海凯立泰公司) 将标准调配糊状骨水泥 Simplex P 聚甲基丙烯酸甲酯 (天津市合成材料研究所) 注入病变椎体, 当骨水泥溢至椎体后缘或发现严重的影像学并发症时停止注射。术后记录注入骨水泥量。术后 3 d 常规应用头孢硫脒 2.0 (哈药集团制药总厂)。术后 24 h 患者佩戴腰围下地。

1.3.2 疗效观察 采用视觉模拟评分 (visual

analog scale, VAS) 评价患者的疼痛程度, 0 代表无疼痛, 10 代表剧烈疼痛。分别记录两组患者术前与术后 1 天、1 周、1 月 VAS 值。观察疼痛缓解情况。

1.3.3 影像学检查: 术后 1 天、1 周、1 月常规 X 线检查, 疼痛缓解不明显者术后 1 周 CT 检查患椎。手术资料及术后 CT 图像由 2 名放射学专家审阅, 与术前 X 线对比, 参照赵栋等^[2] 相关文献观察后凸畸形矫正角度 (伤椎头侧邻近椎体上终板和尾侧邻近椎体下终板平行线的垂线夹角), 记录手术前后后凸畸形矫正角度。并观察是否发生骨水泥外漏, 如果发生, 则将渗漏的类型分为: 邻近椎间盘外漏, 椎体周围软组织外漏, 血管外漏, 硬膜外外漏。

1.4 统计学分析

统计学数值以平均值 \pm 标准差表示。SPSS 11.5 统计软件包, 依据术前与术后 1 日、1 周、1 月 VAS 值和后凸畸形矫正角度改变情况, 两组内分别采用配对 t 检验和独立样本 t 检验。两组间并发症发生率差异采用 Fisher 确切概率检验, 两组间骨水

泥外漏类型是否一致采用 χ^2 检验。 $P < 0.05$ 为差异有统计学意义。

2 结果

2.1 手术情况

33例患者、33节椎体均经双侧入路成功完成PVP,骨水泥注射量3~6ml,其中A组骨水泥注射量平均(4.2 ± 1.1)ml,B组骨水泥注射量平均(4.4 ± 0.8)ml,两组间骨水泥注射量差异无统计学意义($P > 0.05$)。

2.2 疗效观察

2.2.1 VAS值:A组术前VAS评分平均为 8.7 ± 1.2 ,术后1天、1周、1月平均为(3.5 ± 0.9)、(4.2 ± 1.0)、(4.5 ± 0.9),术后三次疼痛缓解明显($P < 0.05$)。B组术前VAS评分平均为(8.5 ± 0.9),术后1天、1周、1月平均为(3.4 ± 0.7)、(2.0 ± 0.6)、(1.0 ± 0.4),术后三次疼痛缓解明显(与术前比较均 $P < 0.05$)。两组术前VAS无统计学意义($P > 0.05$);除术后一天外,A组VAS与同期B组相比,A

组疼痛缓解、症状恢复较B组差,有统计学意义($P < 0.05$)。

2.2.2 后凸畸形矫正角度:A组术后三次检测后凸畸形矫正角度大于5度分别为:2,3,4。小于5度分别为:12,11,10。B组术后三次检测后凸畸形矫正角度大于5度分别为:6,7,7。小于5度分别为:13,12,12。两组后凸畸形矫正角度例数分布无统计学差异($P > 0.05$)。

2.2.3 骨水泥外漏类型:A组8节椎体发生骨水泥外漏,发生率为57.1%,其中邻近椎间盘外漏1例,周围软组织外漏6例,血管外漏1例,硬膜外漏0例。B组9节椎体发生骨水泥外漏,发生率为47.3%,其中邻近椎间盘外漏3例,周围软组织外漏0例,血管外漏6例,硬膜外漏0例。两组间骨水泥外漏发生率差异无统计学意义($P > 0.05$)。

两组间骨水泥外漏类型分布差异有统计学意义($P < 0.05$)。两组患者骨水泥外漏均未发现明显的临床症状。



图1 一名75岁老年女性,T12压缩骨折,术前MRI提示T2W图像上表现为高信号(IVC),术后X线显示椎体恢复高度尚可,CT显示骨水泥椎体充盈良好。疼痛缓解不明显

3 讨论

3.1 椎体内裂隙样变

椎体内裂隙样变常见于Kummell's疾病,即骨质疏松椎体骨折后迟发的椎体内骨硬化。最近的研究表明骨质疏松椎体骨折经常合并椎体内裂隙样变,且认为IVC的形成同骨折愈合过程中骨吸收有关^[3]。椎体内裂隙样变影像学上表现为线样或囊腔样透光区^[4]。研究表明,其透光区椎体内裂隙样改变内充满气体或液体^[5]。病理学研究表明,椎体内裂隙样变的病理基础是骨缺血坏死伴骨折不愈合^[6,7]。行PVP手术穿刺时抽吸其液体后再注射骨水泥可达到充填的效果。

对合并与否IVC的OVCF患者的治疗效果,国内外目前的报导大相径庭。Chen等^[8]对两组合并和不合并IVC的各27例OVCF行PVP治疗后,IVC组术后1天VAS平均积分从7.4下降到3.4,治疗效果满意。Lane等^[9]观察到合并IVC的OVCF患者在行PVP治疗后6、12个月,疼痛能够得到很好的缓解。McKiernan等^[10]的研究表明,疼痛缓解同有无合并IVC无相关性。但也有大量研究与以上结果不一致。Ha等^[11]对比共39例合并或不合并IVC的OVCF患者,12例合并IVC的患者疼痛缓解较不合并IVC的患者差;Peh等^[12]的研究表明:18例合并IVC的患者中有4例(22.2%),在平均9.9个月的随访中,疼痛无任何缓解;Jang等^[13]的认为,

PVP治疗合并IVC的OVCF患者，其治疗有效率仅有50%。在本研究中，将两组患者术后疼痛缓解的程度和日常活动功能改善的程度分别进行统计学检验，A组术后1周、1月监测表明疼痛缓解、症状恢复较B组差，有显著统计学差异。且A组有4例疼痛缓解明显较差（占28.6%），而B组的疼痛缓解则很明显。因此，本研究认为椎体内裂隙样变的存在与否对PVP的止痛效果有影响。Wiggins等^[14]分析合并IVC的OVCF疗效欠佳的原因，认为：由于椎体内裂隙样变其边缘的硬化骨质，导致骨水泥的大部分注入IVC中，而椎体中剩余部分未得到骨水泥有效填充或未得到有效治疗。Trout等^[15]也认为，合并裂隙样变的骨质疏松性椎体压缩骨折PVP术中骨水泥仅分布裂隙内而没有均匀分布椎体内、受力不均。然而在本研究中，两组骨水泥的注入量未见明显统计学差异($P > 0.05$)，而且在对4例疼痛缓解明显较差的合并IVC的术后CT扫描表明，骨水泥能够良好的填充椎体内裂隙和椎体的其余部分（见图1）。所以，该假说不能解释合并IVC的患者疼痛缓解较差的原因。

3.2 矫正后凸畸形

文献普遍认为PVP则只能加固椎体，但不能恢复椎体高度。近年来，Hulme等^[16]通过大量文献的数据分析发现，PVP对椎体高度的恢复以及对后凸畸形矫正同PKP相比差异并不如想象的那么大，甚至是近似相等的。在本研究中，两组后凸畸形都得到一定的矫正，但纠正例数分布无统计学差异($P > 0.05$)，表明PVP纠正后凸畸形对合并与否IVC并无相关性。结合术后一月的VAS值，后凸畸形的纠正度数并不能作为术后功能恢复良好与否的判断标准。

3.3 骨水泥外漏

骨水泥外漏是PVP临床应用中最常见的并发症。最近有研究表明，并存或无椎体内裂隙样变的骨质疏松性椎体压缩骨折的骨水泥外漏率分别达到51%和55%^[17]。本组研究中两者达到57.1%和47.3%，两组间骨水泥外漏发生率无显著差异，但两组间骨水泥外漏类型分布明显不同。A组中由于椎体内裂隙存在，且裂隙多位于椎体前缘^[18]，椎体前缘骨皮质常不完整，而周围骨质增生硬化，骨水泥注射过程中压力低，骨水泥先在裂隙内均匀分布，然后沿着椎体前缘破口外漏，因此骨水泥周围软组织外漏的发生率最高(6/8, 80%)。而B组在高压状态下注射骨水泥，骨水泥沿着骨小梁间隙向四周分布，

则易挤压入椎体内或椎旁静脉丛间，骨水泥则沿着血管外漏(6/9, 66.7%)或突破薄弱的终板向邻近椎间盘外漏(3/9, 33.3%)。因此，椎体内裂隙样变对骨水泥外漏发生率无明显影响，但椎体内裂隙样变的存在与否对骨水泥外漏的类型有影响。

本研究表明，合并与否IVC对PVP的疗效有一定影响；PVP纠正后凸畸形对合并与否IVC并无相关性，而且，后凸畸形的纠正度数并不能作为术后功能恢复良好与否的判断标准；椎体内裂隙样变的存在与否对骨水泥外漏的类型有影响。同时，本研究病例数相对较少，追踪随访时间较短，还需在以后的研究中进一步完善。

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本身不需要与骨接触,不破坏骨膜的血运,减少了骨不愈合的发生率。此外,锁定加压钢板比普通钢板薄,放置后对软组织的张力小,很少造成皮肤的坏死和伤口感染^[10]。

本组术后及随访1~4年时发现,32例患者的平台塌陷均得到了纠正,关节面均恢复至平整,且内固定可靠。此外,患者可早期进行膝关节主动或被动康复功能锻炼。因此,锁定加压钢板内固定术对于骨质疏松性胫骨平台骨折不失为一种较为合理的治疗方案。

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椎体成形术治疗合并椎体内裂隙样变骨质疏松压缩骨折疗效的观察

作者: 刘洪江, 原超, 张文财, 杨晓光, 郭星
作者单位: 广州中医药大学附属骨伤科医院脊柱骨科, 510240
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