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## MRI评价体操运动员下肢骨关节损伤

### MRI evaluation for lower extremities sports injuries of gymnastic athletes

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#### 中文摘要:

目的 探讨MRI对评价体操运动员下肢骨关节损伤的价值。方法 回顾性分析18例体操运动员45次下肢MR检查结果,其中4例与X线平片、CT检查结果比较。结果 45次MR检查包括足部3例11次、踝关节6例13次、膝关节4例6次以及髋关节6例15次。所有足舟骨均变扁,并出现片状水肿,10次(90.91%)显示骨折线。所有胫骨远端骨骺变扁、碎裂,9次(69.23%)内踝、8次(61.54%)胫骨远端骨骺内出现大片水肿。3次(50.00%)股骨外侧髁、4次(66.67%)胫骨近端骨骺斑片状水肿;5次(83.33%)显示半月板退变,以内侧半月板后角发生率最高(4/6)。5例13次股骨头变扁,并显示片状水肿;1例行9次检查显示了股骨头从损伤塌陷到逐渐恢复的过程。结论 MRI检查可以早期全面地显示体操运动员运动损伤的全貌,为早期进行康复提供客观依据。

#### 英文摘要:

**Objective** To observe value of MRI for gymnasium athletes lower extremity sports injuries. **Methods** MRI of 18 athletes were analyzed retrospectively, and 4 athletes of them were compared with findings of X-ray and CT examinations. **Results** Forty-five MR examination were composed of 11 examination of feet of 3 cases, 13 examination of ankles of 6 cases, 6 examination of knees of 4 cases and 15 examination of 6 cases of hips. All navicular bones displayed flattened and bruised, with fracture of 10 examination (90.91%). The distal epiphyses of tibial bone became flattened and smashed, with patchy edema of 9 examination (69.23%) of internal ankle and 8 examination (61.54%) of distal epiphysis of tibial bone. Patchy edema was detected within lateral condyle of femoral bone of 3 examination (50.00%), and proximal epiphyses of tibial bone of 4 examination (66.67%). Meniscus degeneration was found in 5 examination (83.33%), with the most prevalence rate (4/6) of posterior horn of medial meniscus. For hip joint, femoral heads of 13 examination of 5 athletes changed flattened, with varying patchy edema. Nine MR examination of one athlete revealed the whole evolving course from acute sports injury to eventual recovery. X-ray and CT could only discover fractures and bone sclerotization, without detection of bone marrow edema. **Conclusion** Lower extremity MRI can early discover the sports injuries outlines and provide objective evidences for in-time healing and prevention of major complications.

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