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摘要:

目的: 评估术后早期功能训练对AO / ASIF锁骨钩钢板治疗锁骨远端骨折和肩锁关节脱位的疗效。方法: 18例锁骨远端骨折和肩锁关节脱位的患者采用AO / ASIF锁骨钩钢板联合术后早期功能训练; 对照组16例仅采用常规的AO / ASIF锁骨钩钢板手术治疗。分别于术后14d和术后半年对患者的疗效进行评定。结果: 术后14d, 早期行功能训练患者疗效明显优于单纯手术患者。患肩活动范围的改善程度也明显优于单纯手术患者; 术后半年。虽然两组疗效差异无显著性意义, 但早期行功能训练患者患肩外展上举范围仍较单纯手术患者有明显的改善。结论: AO / ASIF锁骨钩钢板术后早期功能训练是治疗锁骨远端骨折和肩锁关节脱位的有效方法。患者症状缓解更快。

关键词: [AO / ASIF锁骨钩钢板](#) [锁骨远端骨折](#) [肩锁关节脱位](#) [康复](#)

A clinical study on treatment of dislocation of acromioclavicular joint and/or fracture of distal clavicle using AO /ASIF clavicular hook plate and early postoperative rehabilitation [Download Fulltext](#)

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Abstract:

Objective: To assess the value of treatment of dislocation of acromioclavicular joint and/or fracture of distal clavicle using AO/ASIF clavicular hook plate and early postoperative rehabilitation. Method: Eighteen cases of dislocation of acromioclavicular joint and/or fracture of distal clavicle were treated by AO/ASIF clavicular hook plate and early postoperative rehabilitation, sixteen cases of control group were treated using AO/ASIF clavicular hook plate only. The value of treatment of all patients were assess twice respectively at the fourteenth day and half a year after operation. Result: The therapeutic effect of the cases treated by AO/ASIF clavicular hook plate and early postoperative rehabilitation were prior to the control group at the fourteenth day after operation, including the amelioration of the home range of the shoulders. After half a year the therapeutic effect were not significant difference between the two group, but the amelioration of home range of abduction and superduct of the shoulders were still prior to the control group. Conclusion: AO/ASIF clavicular hook plate and early postoperative rehabilitation is a modus operandi for dislocation of acromioclavicular joint and/or fracture of distal clavicle. The patients may have better symptomatic relief and shorter cure time.

Keywords: [AO/ASIF clavicular hook plate](#) [fracture of distal clavicle](#) [dislocation of acromioclavicular joint](#) [rehabilitation](#)

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