

[1]傅德杰,王富友,郭林,等.外侧半月板损伤患者病程与关节软骨损伤的关系[J].第三军医大学学报,2013,35(09):895-897.

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外侧半月板损伤患者病程与关节软骨损伤的

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Title: Correlation of time course after lateral meniscus tear with articular cartilage lesions

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摘要: 目的 探讨外侧半月板损伤患者病程与膝关节软骨损伤的关系。
方法 纳入2010-2011年于本中心关节镜下诊断为外侧半月板损伤的患者376例,根据病程长短,参照Keene时间划分法将患者分为3组:急性期组(≤2个月),亚急性期组(>2~12个月),慢性期组(>12个月)。统计患者病程及软骨损伤程度,分析病程与软骨损伤之间的关系。
结果 有软骨损伤者共129例(34.31%),其平均病程长于无软骨损伤患者($P<0.05$)。I~IV级软骨损伤患者分别为7例(5.43%)、42例(32.56%)、59例(45.74%)、21例(16.28%);急性期、亚急性期、慢性期患者软骨损伤发生率依次递增,分别为23.64%、30.59%、42.38%,慢性期患者软骨损伤发生率显著高于急性期与亚急性期($P<0.05$);其中急性期软骨损伤以I~III级为主,亚急性期、慢性期软骨损伤以II~III级为主并有部分IV级损伤。
结论 膝关节软骨损伤发生率随外侧半月板损伤病程延长逐渐增加,应及时治疗。

Abstract: Objective To investigate the correlation between the time course after lateral meniscus tear and articular cartilage lesions.

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Methods Totally 376 consecutive patients with arthroscopy diagnosed lateral meniscus tear admitted in our center from January 2010 to December 2011 were retrospectively reviewed. They were divided into 3 groups according to Keene' s time regulation, acute phase (≤ 2 months), subacute phase (> 2 to 12 months), and chronic phase (> 12 months). The time since tear of lateral meniscus and the severity of the articular cartilage lesions were documented in a systematic fashion. Correlation between the time course after lateral meniscus tear and articular cartilage lesions were analyzed.

Results Of these 376 patients, 129 (34.31%) were documented with articular cartilage lesions, and their average time course was significantly longer than those without cartilage lesions ($P < 0.05$). And there were 7 (5.43%) of them having articular cartilage lesions at grade I, 42 (32.56%) at grade II, 59 (45.74%) at grade III and 21 (16.28%) at grade IV. The incidence of articular cartilage lesions was increased with the time course after lateral meniscus tear, with 23.64% for acute phase, 30.59% for subacute phase and 42.38% for chronic phase. The prevalence of cartilage lesions was significantly higher in those at chronic phase than those at acute phase and subacute phase ($P < 0.05$). The patients at acute phase and subacute phase mainly showed articular cartilage lesions at grade I to III, and those at chronic phase were common having the lesion at grade II to III, and only some had lesion at grade IV.

Conclusion The prevalence of articular cartilage lesions arises with the increased time course after lateral meniscus tear. Patients should