

湘雅醫院



肩关节脱位

关节脱位 DISLOCATION

雷光华

中南大学湘雅医院骨科

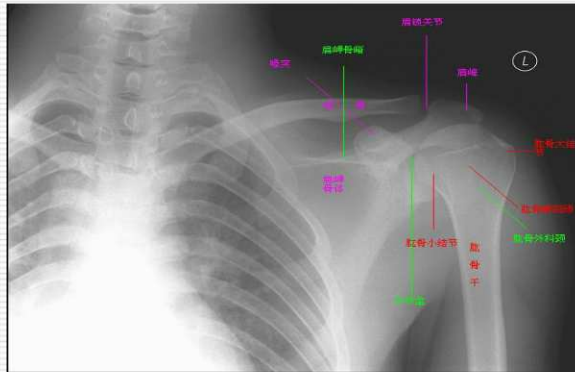


定义 DEFINITION



- ◆ 关节面的对合关系发生改变
- ◆ Pairing relation of joint surface changed

湘雅醫院



正常肩关节



肩关节脱位

分类 CLASSIFICATION



原因 cause

创伤性脱位 (traumatic dislocation)

先天性脱位 (congenital dislocation)

病理性脱位 (pathologic dislocation)

复发性脱位 (recurrent dislocation)

病程 course of disease (two weeks)

新鲜脱位 (fresh dislocation)

陈旧性脱位 (old dislocation)

湘雅医院

病理(PATHOLOGY)



- ↖ 相应骨折(fracture)
- ↖ 软组织损伤(soft tissue injury)
- ↖ 关节腔血肿(hematoma)
- ↖ 神经血管损伤(nerve and vessel injury)

湘雅醫院

临床表现和诊断

Clinical Manifestation and Diagnosis



外伤史 **injury history**

症状 **symptom**

疼痛、肿胀、运动障碍

pain swelling dysfunction

体征 **physical sign**

畸形、弹性固定、关节空虚

deformity elastic fixation joint lack

影像学 **imageology**

湘雅医院

并发症 COMPLICATION



- ↳ 骨折(fracture)
- ↳ 软组织损伤(soft tissue injury)
- ↳ 关节不稳 (joint instability)
- ↳ 关节僵硬 (joint stiffness)
- ↳ 骨关节炎 (osteoarthritis)
- ↳ 异位骨化 (ectopic ossification)

湘雅醫院

治 疗 TREATMENT



早期复位 reduction

闭合复位：尽可能早 as soon as possible

成功的标志

被动活动正常 normal passive activity

骨性标志恢复 bone mark recover

X线照片证实 X-Ray confirm

湘雅醫院

闭合复位失败的原因

Cause of Failed Closed Reduction



- ✦ 麻醉不满意 anaesthesia dissatisfaction
- ✦ 方法不正确 wrong method
- ✦ 软组织嵌入 soft tissue inlay
- ✦ 关节内骨折 intra-articular fracture
- ✦ 陈旧性脱位 old dislocation

湘雅醫院

开放复位的适应证 Indication of Open Reduction



- ↖ 关节内骨折 intra-articular fracture
- ↖ 软组织嵌入 soft tissue inlay
- ↖ 陈旧性脱位 old dislocation
- ↖ 闭合复位失败 closed reduction failure

治 疗 TREATMENT



妥善固定 **fixation**

时间：2~3周

方法：

石膏 **plaster**

皮牵引 **skin traction**

悬吊 **suspension**

湘雅醫院

治疗 TREATMENT



适宜功能锻炼

rehabilitation training

顺序渐进

湘雅醫院



肩关节脱位

Shoulder Dislocation

湘雅醫院

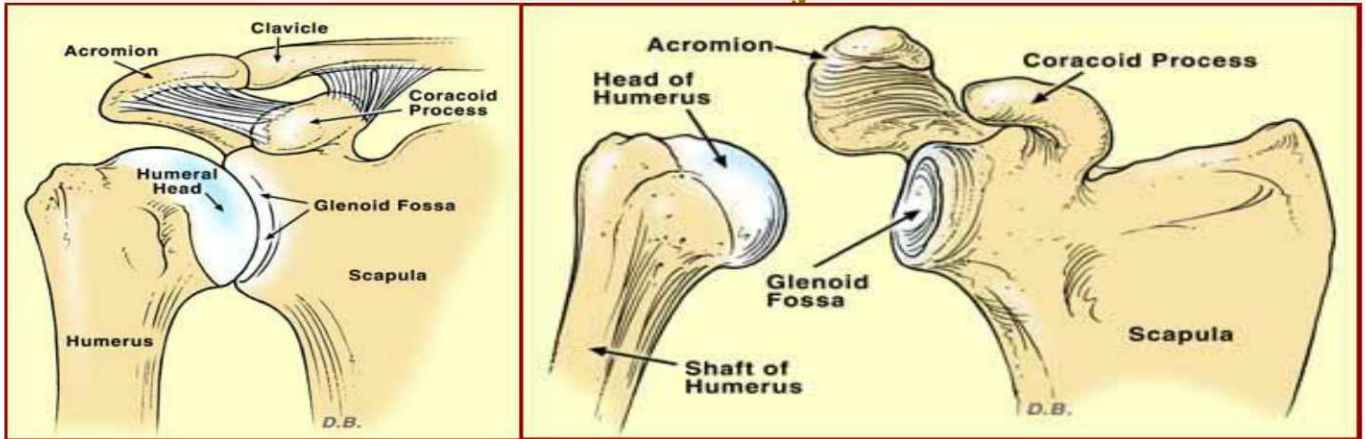
解剖概要

Anatomy Outline



盂肱关节:球窝关节,头为盂的3-4倍

ball-and-socket joint



前脱位机制 MECHANISM



✦ 肩脱位占1/2，前脱位占95%

✦ 间接暴力: 外展、外旋、后伸、手掌着地

the arm is pulled or twisted with extreme force in an outward, upward or backward direction.

✦ 直接暴力: 外力作用于肱骨后方所致

a direct forceful blow to the shoulder, a seizure or a severe electric shock

湘雅醫院

临床表现与诊断

Clinical Manifestation and Diagnosis



1.病人姿势特殊

special positioning

2.方肩畸形

A distortion in the contour of the shoulder

3.Dugas征阳性 Dugas Sign (+)

4.X线检查 X-ray

湘雅醫院



湖雅醫院

治疗 Treatment



Reduction

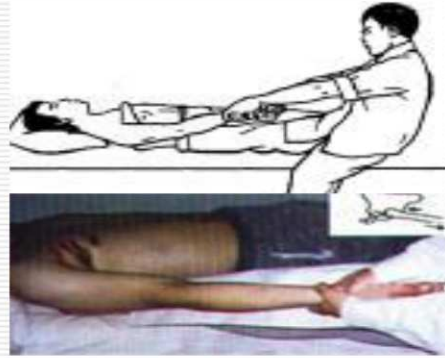
1. Hippocrates法: 牵引 → 内收 → 内旋 Traction → adduction → internally rotated

手牵足蹬法

2. 膝顶法

3. Rocher法

4. Milch法



湘雅醫院



治疗 Treatment

Fixation



Exercise/Rehabilitaion



湘雅醫院



肘关节脱位

ELBOW DISLOCATION

湘雅醫院



分型 Types

分类: 后脱位、前脱位、桡侧脱位和尺侧脱位

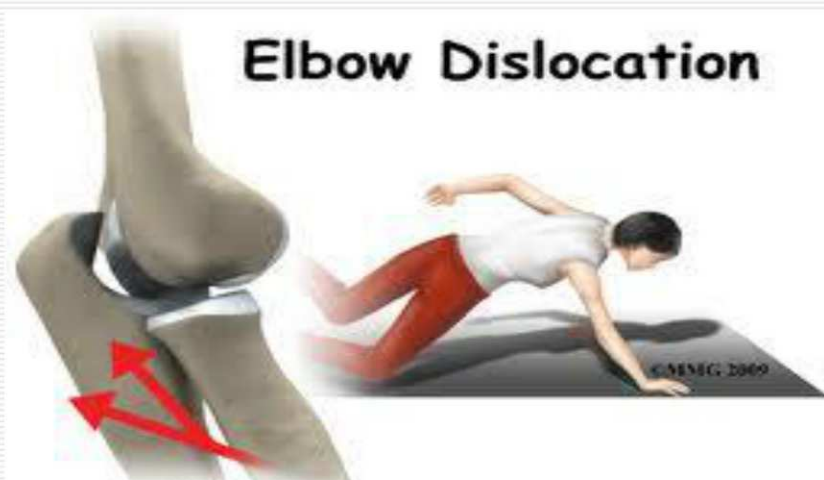


肘关节后脱位
Posterior elbow
dislocation



湘雅醫院

后脱位机制 MECHANISM



湘雅醫院

临床表现及诊断

Clinical Manifestation and Diagnosis



肘部明显畸形、肘后三角失去正常关系

Apparent elbow deformity and loss of normal relations between the posterior triangle of elbow

肘关节弹性固定于半伸直位 **Elbow flexible fixed in Semi-extended**

肘前方可摸到肱骨远端，肘后可摸到尺骨鹰嘴

Palpable distal humerus in front of Elbow , palpable olecranon at the back of Elbow

前臂缩短，肘关节周围增粗

Forearm shortening, thickening around the elbow joint

X线检查了解脱位情况 **X-ray**

湘雅医院



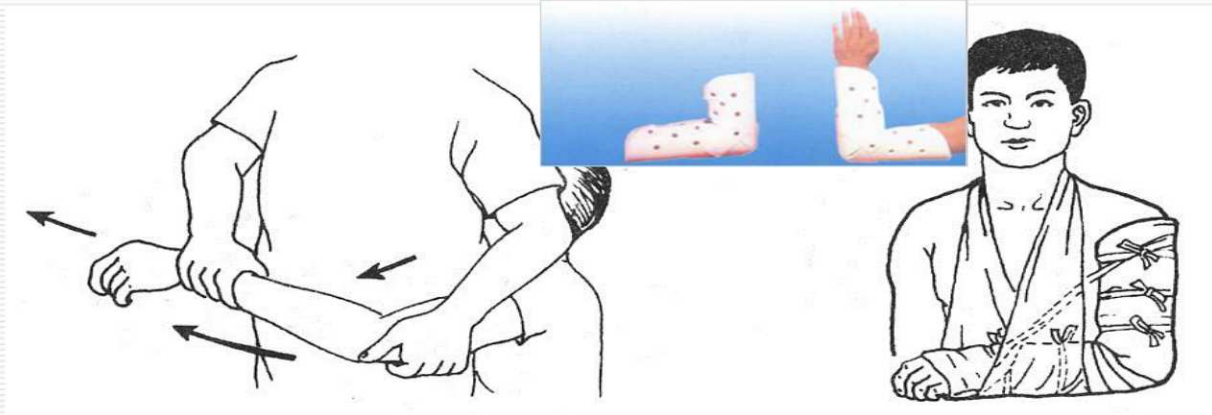
治疗 Treatment

Reduction

麻醉满意后顺原有畸形位方向持续牵引
先纠正侧方移位, 然后进行复位

During manipulation doctor will apply traction to the forearm while a assistant holds upper arm. Gradually the doctor will flex forearm and at the same pull it upwards, with the assistant applying downward pressure on the arm. The elbow will re-locate and it will be possible to flex it beyond 90 degrees.

湘雅醫院



湘雅醫院



桡骨小头半脱位

Subluxation of capitulum radii

湘雅醫院



MECHANISM

被大人握住其手于前臂旋前位用力向上牵拉时,使桡骨小头从环状韧带前下方脱出或环状韧带向外后方移位。

This disease often occurs when children play games arm-in-arm, and when their parents dress them, or lead them to walk, pulling their forearms with too much force



湘雅醫院

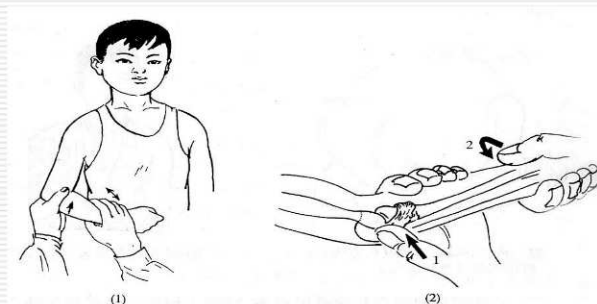


TREATMENT

屈肘 90° ，一手拇指向后向内压迫桡骨小头，另一手稍向远端牵引并作旋后活动，或再将前臂向近端推挤。

90° elbow flexion thumb press radial head, the other hand slightly tow and supination

湘雅醫院







髋关节脱位 Hip dislocation

湘雅醫院

分型 TYPE



前脱位 **Anterior dislocation**

后脱位 **Posterior dislocation**

中心脱位 **Central dislocation**

湘雅醫院

髋关节后脱位

posterior hip dislocations



机制: 多为髋关节屈曲, 内收时间接暴力所致。

In order to cause a posterior dislocation, a large force is required to strike the flexed knee with the hip flexed, adducted, and internally rotated.

临床表现: 内收、内旋、屈曲、缩短畸形

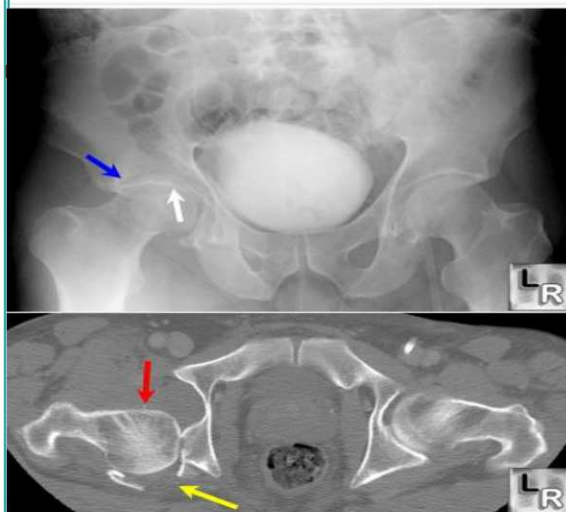
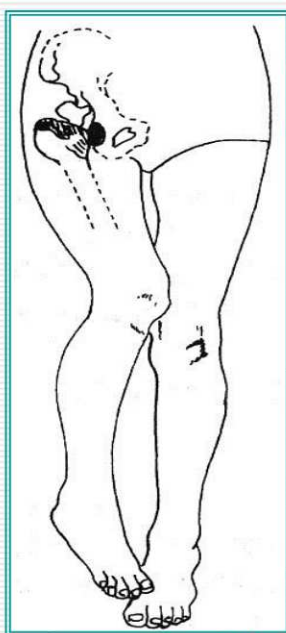
Adduction, internal rotation, flexion, Shortening deformity

复位: 麻醉下手法复位

Allis法: 屈髋屈膝各90° → 徐缓用力提拉及外旋 → 复位

- ☞ - knee and hip are flexed to relax the hamstrings in 90° ;
- ☞ - assistant stabilizes the pelvis
- ☞ - pull and external rotation
- ☞ - reduction

湘雅醫院



湘雅醫院

髋关节前脱位

Anterior hip dislocations



机制：过度外展、外旋时，加上外展暴力导致

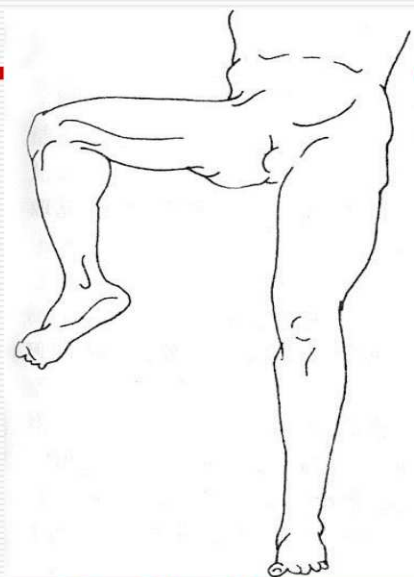
Excessive abduction, external rotation, combined abduction violence

临床表现：外展、外旋和屈曲畸形

abduction, external rotation and flexion deformity

复位：Allis法

湘雅醫院



湘雅醫院



腕关节中心脱

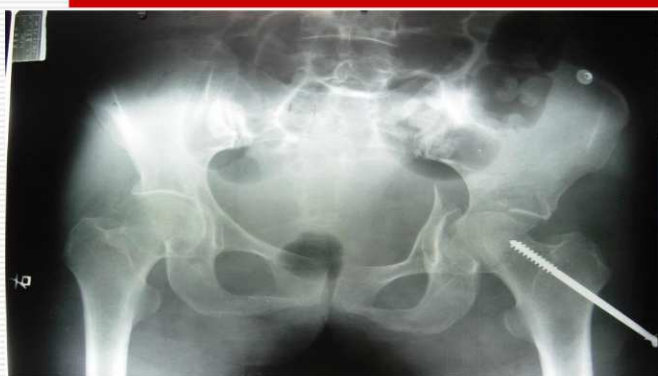
Central dislocation

机制：髌臼骨折 **Acetabular fracture**

临床表现：肢体短缩 **Limb shortening**

复位：侧方牵引 **Lateral traction**

湘雅醫院



湘雅醫院



重点

- ✦ 关节脱位的特有体征
- ✦ 关节脱位的病理改变与并发症
- ✦ 治疗原则

湘雅醫院



习 题

↖ Bankart 损伤

↖ Hill-sachs 损伤

↖ Dugas 征

↖ 肩锁关节脱位 (自学)

湘雅醫院

THANKS

