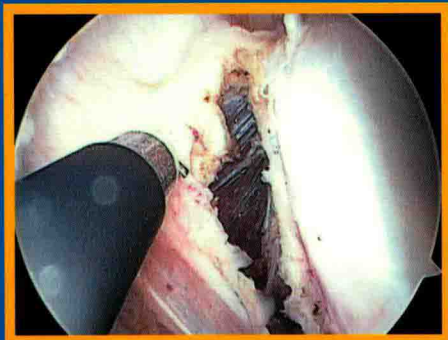


SURGICAL TECHNIQUES OF THE  
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SPORTS MEDICINE

第2版

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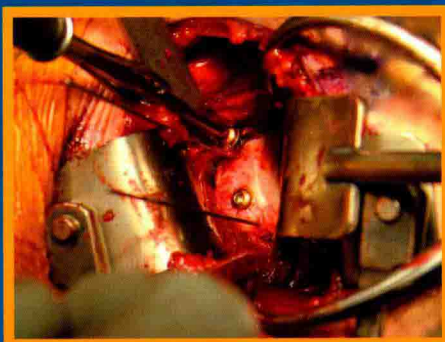
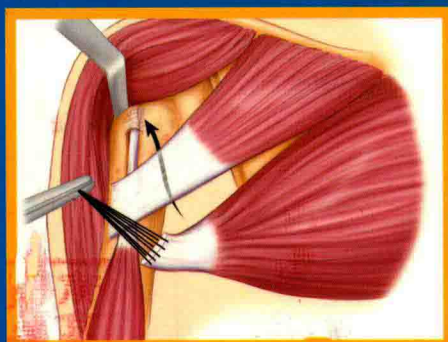
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# 内容提要

本书由国际著名肩肘外科专家共同编写，涵盖肩关节、肘关节运动医学相关手术技术两部分内容。每一章节均包括简要的介绍、术前术后注意事项、详细的操作步骤、最新的结果图表。其中肩关节部分不仅包括患者体位、手术入路、诊断性关节镜检查、肩关节术后康复及关节镜下打结和过线技术，还包括肩关节稳定的外科技术，肩袖技术以及肩关节其他常见疾病的手术技术，如关节镜下盂唇病变的修复、关节镜下和开放式肩胛上神经减压、关节镜下治疗盂肱关节炎、关节镜下关节囊松解治疗肩关节僵硬、肩胸关节融合。肘关节部分除了对常见疾病关节镜下手术的详细阐述（包括剥脱性骨软骨炎、强直、滑膜炎、创伤、关节炎和肱骨外上髁炎）以外，这一部分还囊括了最新的开放式肘关节手术操作技术。比如处理尺侧、外侧副韧带损伤，肘关节强直，肘关节不稳，肱二头肌肌腱撕裂等。

本书内容翔实新颖，图文并茂，介绍详细，实用性强，适合具有一定年资的骨科医师参考阅读，可以作为骨科医师相关协会或学会组织机构推广和普及相关手术技术的教科书。

# 译者前言

在国内，肩肘外科经过近十余年的发展，已然成为一门重要的运动医学专科。然而与目前国际先进的专科相比，我们对肩肘疾病的病理、检查方法、诊断、手术技术等方面的认识存在诸多不足，急需通过引进国际权威的专业著作来提高专业知识和治疗理念。

《肩肘膝运动医学外科技术——肩关节分册》由国际著名的肩肘外科专家共同编写，其内容详实新颖，图文并茂，介绍详细，实用性很强。本书基于笔者们多年的临床工作经验，从肩肘外科常见疾病的病理、体格检查、影像检查、手术适应证及禁忌证、术前准备、麻醉、体位、手术步骤、术后康复等方面做了详尽的描述。本书基本涵盖了目前肩肘外科运动医学所有手术技术及治疗康复方案，如植骨治疗Bankart损伤、肩关节多向不稳的手术治疗等，部分内容为当前最新的手术方法，如关节镜下Lartarjet手术。我们这次将它译成中文引进国内，就是希望能帮助读者在以后的肩肘外科临床工作中，更好地解决所遇到的常见和疑难问题。

由于肩肘外科部分技术名词及方法较新，目前没有统一标准对应词汇，翻译过程中，我们尽量既忠实于原文，又保证译后读者可以理解。尽管我们尽了最大努力，但可能仍有不妥之处。希望广大读者在阅读使用过程中指出、指正。

有幸的是，我们邀请到了国内、国际运动医学权威上海华山医院的陈世益教授、北医三院的崔国庆教授作为本书的主审专家。本书主译重庆西南医院的唐康来主任，上海长海医院的徐卫东主任也是国内著名运动医学专家，长期从事肩、肘运动医学工作。他们的翻译团队精益求精，努力工作，才使工作得以完成。

衷心感谢本书的主审陈世益、崔国庆主任，感谢主译者唐康来、徐卫东主任和他们的翻译团队，感谢人民军医出版社，没有他们的努力和奉献，本书难以完成翻译和出版。

王文良

2015年8月21日



# 原著前言

我们很高兴向大家带来《肩肘膝运动医学外科技术》（第2版）。作为教育工作者，教授如何在手术室里做出正确的决策和成功手术所必需的技术，是我们面临的最艰难的挑战。作为学生，我们必须不断将在手术室外的学习经验精简为高效并易于理解的简短信息。我们都懂得使用精准、简洁并具备时效性的工具来扩充知识储备的重要性。数码信息的出现使我们得以实时掌握最新信息。但是，简单的“阅读”手术流程与实际“操作”一系列需要心灵手巧和充满技术性的手术步骤是有区别的。更重要的是，反复操作也许可以最大限度地推进我们的学习进程，尤其是关节镜学习方面。

基于这样的原则，我们编写了《肩肘膝运动医学外科技术》（第2版），本书的主要目标是通过开阔的广度和对关节镜手术流程的全覆盖来体现本书的最大价值，对于细节内容仍保留简洁的内容。所有作者都遵循使用同一模板，我们相信这会形成一种高效的学习体验，因为其视觉上统一、简洁和描述性强。为此，每章都精心制作了简要介绍、简短的最相关的术前术后注意事项、详细的具体操作步骤，与特殊步骤相关的最新的成果的图表。简言之，这些内容是您进入手术室前最需要了解的知识。

一部书不可能涵盖所有的关节，尽管“运动医学”一词涵盖内容广泛而深远，但运动医学和

关节镜骨科医生所要面对的大多数情况包括肩关节、肘关节和膝关节。因此，本书特意将关节数目限制在那些最常见和最常治疗的范围内，而不是毫无遗漏地全面覆盖。本版教材内容更多、更好，章节更多，内容更新，并修正了部分内容。最重要的是，本书内容的作者都是该领域高水平的研究者和该手术知名专家。

第一部分，“肩关节”涵盖肩关节镜手术的常规技术层面，包括患者体位，入路位置、肩关节的康复、穿缝线及打结的具体步骤。因为有太多不同的技术用于相同的疾病，我们用了16个章节来阐述肩关节不稳的手术技术，包括肩关节镜和孟唇、肱骨头骨损伤的开放性修复。同样有6个章节的内容阐述肩袖疾病的治疗，包括单排、双排、小切口技术和腱转位术的作用。最后，本部分还补充了最常见疾病治疗的章节，包括SLAP损伤和不稳、肩胛胸壁关节功能紊乱和孟肱关节炎。第一部分是针对肩关节外科医生所面对的几乎每种临床难题的治疗方法的一个独立概要。

第二部分，“肘关节”，也全面包括了肘关节镜手术的必需步骤，比如患者体位、入路位置和正常肘关节镜解剖的综述。除了包括已经趋于完善的关节镜下治疗最常见病的章节（如剥脱性骨软骨炎、关节硬化、滑膜炎、撞击症、关节炎、外上髁炎），本部分还包括了

最重要的开放性修复肘关节手术过程的全部细节。治疗尺侧、外侧副韧带损伤、肘关节硬化、肘关节不稳、肱二头肌腱撕裂和上髁炎的运动医学外科医生将发现本章节的肘关节开放性修复手术过程是十分细致的，手术原则和技术是最前沿的。

第三部分，“膝关节”同样实际上涵盖了所有膝关节相关疾病的全部治疗方式的概要。如半月板相关组织的治疗已经发展为多种技术进行切除、修复或半月板缺损膝关节的置换，本部分用12个章节完全综述了所有这些技术；关节软骨是本书中一个独立的主题，完全涵盖了软骨缺损关节置换术中实际会面临每一个难题的处理方法；8个章节描述了改良型截骨术以外的每种软骨修复术的流程；其中一个最重要的章节是前后交叉韧带的治疗，该章节由该手术知名外科专家撰写，内容包括单束和双束植入技术。最后，关于膝关节多韧带损伤、关节纤维化和髌股关节治疗的章节基本满足了读者的需求，几乎不需要查阅其他资料。

《肩肘膝运动医学外科技术》是编著者们近3年辛勤工作的成果。这些作者们经常被邀请去为他人授课，但他们完成工作热情从未有分毫减退。能与本书中的其他作者们共事是一

种荣幸，读者们将会欣赏到经过细致编辑和风格统一的教材，完全不会被无用信息所困扰。

我们还要感谢我们的家人，他们再一次为作者们营造出了充满爱的工作环境，这才使得对学生们，更重要的是对病人无价的作品得以诞生。在此，Dr. Cole要特别感谢Emily、Ethan、Adam和Ava，他们自愿偶尔放弃听晚间故事才能让爸爸保持清醒以编写这些章节。Dr. Sekiya要感谢他的父母Fred和Pat Sekiya，还有他的妻子Jennie，感谢他们对他无尽的支持和理解，还要感谢他们的儿子Kimo和Koa。我们要感谢我们的合作编辑们，Dr. Geoffrey S. Van Thiel和Dr. Jack G. Skendzel，是他们帮助完成了这本书最后的细节工作。最后，我们要感谢在爱思唯尔公司的许多人，包括Don Scholz、Ann Ruzicka Anderson和Carrie Stetz，是他们统筹了本书直到发布的整个过程。最后，准备好阅读本书并且向你的导师挑战了吗？《肩肘膝运动医学外科技术》（第2版）让你想做就做！

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