

微创脊柱外科

——技术、循证与争论

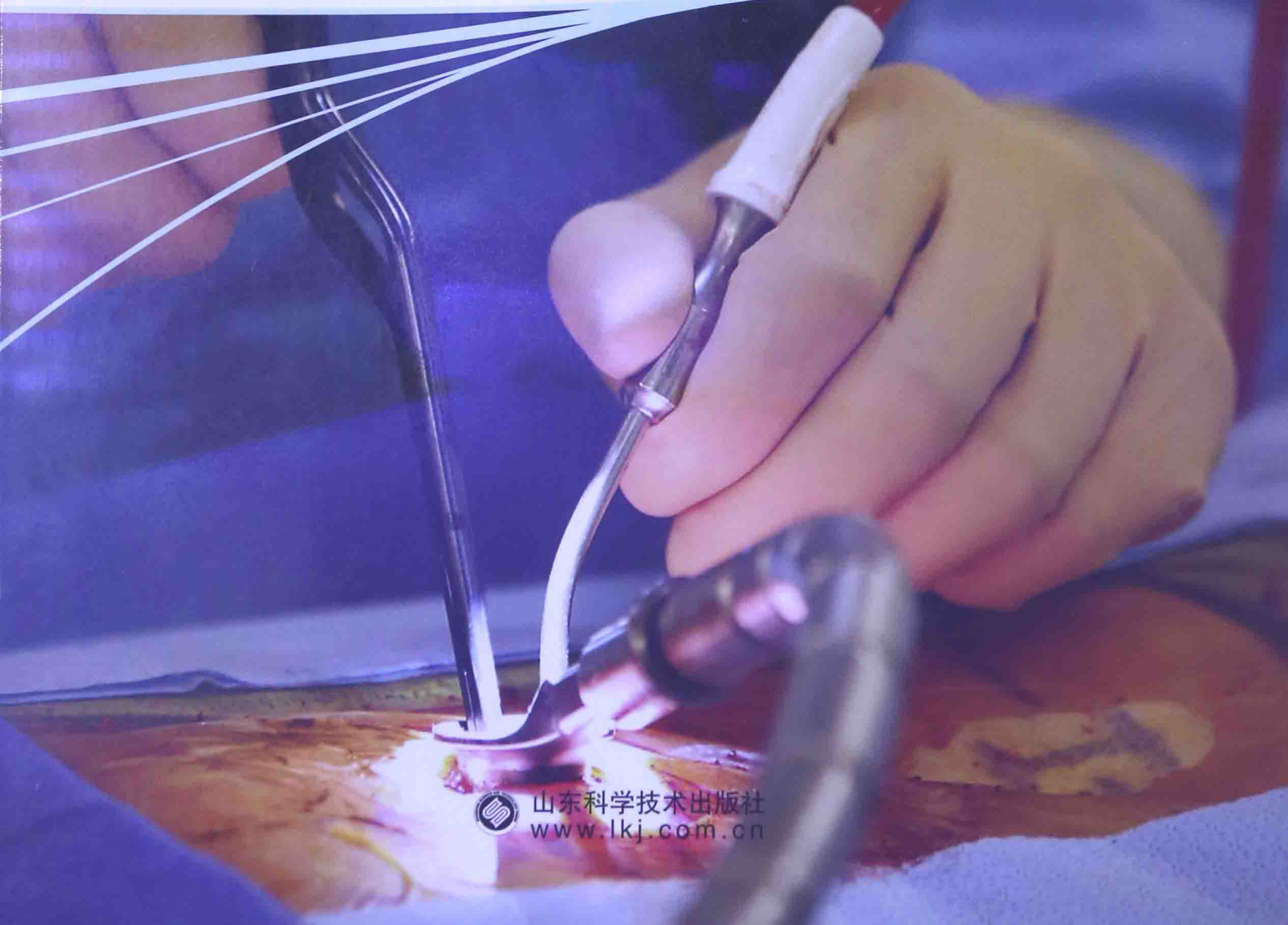
Minimally Invasive Spine Surgery

——Techniques, Evidence and Controversies

主编 [美] Roger Härtl

[德] Andreas Korge

主译 周跃



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主编 [美] Roger Härtl
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主编 [美] Roger Härtl

[德] Andreas Korge

主译 周 跃

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主 编



Roger Härtl, MD

Leonard and Fleur Harlan Clinical Scholar in
Neurological Surgery
Associate Professor of Neurological Surgery
Director of Spinal Surgery
Department of Neurological Surgery
Weill Cornell Brain & Spine Center
Starr Building, Room 651
525 East 68th Street
New York, New York 10021
USA



Andreas Korge, MD

Head of Department
Spine Center
Schön Klinik München Harlaching
Harlachinger Strasse 51
81547 München
Germany

编 者

Beejal Y Amin, MD

Assistant Professor
Department of Neurosurgery
Loyola University
Chicago, IL
USA

Neel Anand, MD

Director, Orthopaedic Spine Surgery Minimally
Invasive
Spine Surgery
Director, Orthopaedic and Neurosurgery Spine
Fellowship
Spine Center, Cedars-Sinai Medical Center
444 South San Vicente Boulevard, #800
Los Angeles, CA 90048
USA

Vijay Anand, MD FACS

Clinical Professor of Otolaryngology-Head and Neck
Surgery
Weill Cornell Medical College
New York Presbyterian Hospital
Weill Cornell Medical Center
New York, NY
USA

Ali A Baaj, MD

Assistant Professor
Director, Spine Surgery Program
Division of Neurosurgery
University of Arizona
1501 Campbell Ave
Tucson, AZ 85724
USA

Gopalakrishnan Balamurali, FRCS Neuro

Consultant Spine and Neurosurgeon
Department of Orthopaedics, Accident and Spine
Surgery
Ganga Hospital
Coimbatore, Tamil Nadu
India

Eli M Baron, MD

Board Certified Neurosurgeon
Spine Surgeon
Cedars-Sinai Spine Center
444 South San Vicente Boulevard, Suite 800
Los Angeles, CA 90048
USA

Rahul Basho, MD

Clinical Instructor of Spine Surgery
Department of Orthopaedic Surgery
Riverside County Regional Medical Center
26520 Cactus Avenue
Moreno Valley, CA 92555
USA

Rudolf W Beisse, Prof Dr

Chief Surgeon
Department of Spine Surgery
St Benedict's Hospital
Bahnhofstrasse 5
82327 Tutzing
Germany

Oheneba Boachie-Adjei, MD

Chief, Scoliosis Service
Hospital for Special Surgery
535 East 70th Street
New York, NY 10021
Professor of Orthopaedic Surgery
Weill Medical College of Cornell University
USA

Bronek Boszczyk, PD Dr med

Consultant Spinal Surgeon & Head of Service
The Centre for Spinal Studies and Surgery
Honorary Clinical Associate Professor Division of
Orthopaedic and Accident Surgery
Queen's Medical Centre Campus, Derby Road, West
Block D Floor
Nottingham University Hospitals NHS Trust
Nottingham, NG7 2UH
United Kingdom

Salvador A Brau, MD, FACS

Director - Spine Access Surgery Associates
Visiting Clinical Assistant Professor of Surgery-Keck
School of Medicine-USC
Instructor in Surgery-Geffen School of Medicine UCLA
Los Angeles, CA 90095
USA

Dean Chou, MD

Associate Professor of Neurosurgery
Associate Director of Spine Tumor Surgery
Department of Neurosurgery
505 Parnassus Avenue, Box 0112
San Francisco, CA 94143
USA

Michelle J Clarke, MD

Assistant Professor of Neurosurgery
Mayo Clinic School of Medicine
200 First Street SW,
Rochester, MN 55905
USA

Mark B Dekutoski, MD

Department of Orthopaedic Surgery
Associate Professor of Orthopaedics
Mayo Clinic School of Medicine
200 First Street Southwest,
Rochester, MN 55905
USA

Eric H Elowitz, MD

Weill Cornell Medical College
525 East 68th Street
Starr 651, Box 99
New York, NY 10065
USA

Richard G Fessler, MD, PhD

Professor
Department of Neurosurgery, Suite 2210
676 North St. Claire Avenue
Chicago, IL 60611
USA

Daniel Gelb, MD

Associate Professor and Vice Chairman
Department of Orthopaedics
University of Maryland School of Medicine
22 South Greene Street
S 11B
Baltimore, MD 21201
USA

Alex Gitelman, MD

ULCA Spine Center
1250 16th street
Ste 715
Santa Monica, CA 90404
USA

Patrick Hahn, Dr med

Center for Spine Surgery and Pain Therapy
Center for Orthopaedics and Traumatology
St Anna Hospital Herne
Hospitalstrasse 19
44649 Herne
Germany

Roger Härtl, MD

Leonard and Fleur Harlan Clinical Scholar in
Neurological Surgery
Associate Professor of Neurological Surgery
Director of Spinal Surgery
Department of Neurological Surgery
Weill Cornell Brain & Spine Center
Starr Building, Room 651
525 East 68th Street
New York, New York 10021
USA

Franziska C Heider, MD

Spine Center
Schön Klinik München Harlaching
Harlachinger Strasse 51
81547 München
Germany

Paul F Heini, Prof Dr med

Spine Service
Klinik Sonnenhof
Buchserstrasse 30
3006 Bern
Switzerland

Paul S Issack, MS, MD, PhD

Chief, Division of Adult Reconstructive Surgery
New York Downtown Hospital
170 William Street, 8th Floor
New York, NY 10038
Clinical Assistant Professor of Orthopaedic Surgery
Weill Medical College of Cornell University
USA

Andrew James, Dr

Leeds General Infirmary
Leeds Teaching Hospitals NHS Trust
Great George Street
Leeds
West Yorkshire
LS1 3EX
United Kingdom

Sheila Kahwaty, Physician Assistant-Certified

Cedars-Sinai Medical Center
8700 Beverly Boulevard
Los Angeles, CA 90048
USA

Iain H Kalfas, MD

Department of Neurosurgery
Cleveland Clinic
9500 Euclid Avenue
Cleveland, OH 44195
USA

Frank Kandziora, MD, PhD

Zentrum für Wirbelsäulenchirurgie und Neurotraumatologie
Berufsgenossenschaftliche Unfallklinik
Friedberger Landstraße 430
60389 Frankfurt am Main
Germany

Rishi Mugesh Kanna, MS, MRCS, FNB

Associate Consultant Spine Surgeon
Department of Orthopaedics, Accident and Spine Surgery
Ganga Hospital
Coimbatore, Tamil Nadu
India

Manish K Kasliwal, MBBS, MCh

Spine Fellow
Department of Neurosurgery & Orthopaedics
University of Virginia
Charlottesville, VA 22908
USA

Babak Khamsi, MD

Spine Fellow
UCLA School of Medicine
UCLA Spine Center
1250 16th Street, Suite 745
Santa Monica, CA 90404
USA

Mark Kleinschmidt, Dr med

Spine Service
Klinik Sonnenhof
Buchserstrasse 30
3006 Bern
Switzerland

Martin Komp, Dr med

Center for Spine Surgery and Pain Therapy
Center for Orthopaedics and Traumatology
St Anna Hospital
Hospitalstrasse 19
44649 Herne
Germany

Andreas Korge, MD

Head of Department
Spine Center
Schön Klinik München Harlaching
Harlachinger Strasse 51
81547 München
Germany

Kuansongtham Verapan, MD

Director of Bumrungrad Spine Institute,
Bumrungrad International Hospital,
Bangkok
Thailand

Khai Lam, MD

Spinal Unit, Orthopaedic Department
1st Floor Bermondsey Wing
Guy's Hospital
St Thomas' Street
London, SE1 9RT
United Kingdom

Rondall K Lane, MD, MPH

Assistant Professor in Residence
UCSF School of Medicine
Department Anesthesia/Perioperative Care
1600 Divisadero Street
San Francisco, CA 94143
USA

Jeremy Lieberman, MD

Professor
Chief, Division of Spine Anesthesia
Department of Anesthesia & Perioperative Care
Box 0648, Room C-450
521 Parnassus Avenue
UCSF
San Francisco, CA 94143
USA

Steven C Ludwig, MD

Associate Professor and Chief of Spine Surgery
Director of Spine Surgery Fellowship
Department of Orthopaedics
University of Maryland Medical Center
22 South Greene Street
Suite 22 SB
Baltimore, MD 21201
USA

H Michael Mayer, MD, PhD

Head of Department
Spine Center
Schön Klinik München Harlaching
Harlachinger Strasse 51
81547 München
Germany

John McCormick, MD

Neurological and Orthopaedic Surgery
University of Virginia
Charlottesville, Virginia 22908
USA

Paul C McCormick, MD, MPH, FAANS

Herbert and Linda Gallen Professor of Neurological
Surgery
Columbia University College of Physicians and
Surgeons
710 West 168th Street
New York, NY 10032
USA

Christoph Mehren, MD

Head of Department
Spine Center
Schön Klinik München Harlaching
Harlachinger Strasse 51
81547 München
Germany

Mark M Mikhael, MD

Spine Surgery - Orthopaedic Surgery
Illinois Bone and Joint Institute, LLC
2401 Ravine Way, Suite 200
Glenview, IL 60025
USA

Osmar JS Moraes, MD

R. Maestro Cardim 592
11 andar
Sao Paulo, SP
02313001
Brazil

Yaron A Moshel, MD, PhD

Assistant Professor
Thomas Jefferson University
Department of Neurological Surgery
Division of Neuro-Oncology
909 Walnut Street, 2nd Floor
Philadelphia, PA 19107
USA

Praveen V Mummaneni, MD

Associate Professor and Vice-chairman
Department of Neurosurgery
Co-director UCSF Spine Center
University of California, San Francisco
505 Parnassus Ave, M779
San Francisco, CA 94143
USA

Eric W Nottmeier, MD

Adjunct Associate Professor of Neurosurgery
Mayo Clinic College of Medicine
Neurosurgeon,
St Vincent's Spine and Brain Institute
4205 Belfort Road, Suite 1100
Jacksonville, FL 32216
USA

Alfred T Ogden, MD

Assistant Professor of Neurological Surgery
The Neurological Institute
Columbia University
710 West 168th Street
New York, NY 10032
USA

Sylvain Palmer, MD, FACS

Neurological Surgery Medical Associates
Orange County Neurosurgical Associates
26732 Crown Valley Parkway, Suite 561
Mission Viejo, CA 92651
USA

Luca Papavero, Prof Dr med

Clinic for Spine Surgery,
Schön Klinik Hamburg-Eilbek,
Dehnhaiide 120,
22081 Hamburg
Germany

Sompoch Paiboonsirijit, MD

Vice Chairman
Department of Orthopedic Surgery
Bumrungrad Spine Institute
Bumrungrad International Hospital,
Bangkok
Thailand

Noel I Perin, MD, FRCS(Ed)

Professor Neurosurgery
Department of Neurosurgery
Suite 8-S
NYU Medical Center
530, 1st Avenue
New York, NY 10016
USA

Mark Pichelmann, MD

Assistant Professor of Neurosurgery
Mayo Clinic School of Medicine
200 First Street Southwest,
Rochester, MN 55905
USA

Luiz Pimenta, MD

Instituto de Patologia da Coluna
Specialist in minimally invasive spine surgery
Rua Vergueiro no 1.421, sala: 305
São Paulo-SP
Brazil

Shanmuganathan Rajasekaran, Dr, PhD

Ganga Hospital
313 Mettupalayam Road
Coimbatore 641043
India

Marcus Richter, MD

Chefarzt des Wirbelsäulenzentrums
Facharzt für Orthopädie
Facharzt für Orthopädie und Unfallchirurgie
St Josefs-Hospital
Beethovenstrasse 20
65189 Wiesbaden
Germany

Daniel Riew, MD

Mildred R Simon distinguished Professor of Orthopaedic Surgery
Professor of Neurological Surgery
Chief, Cervical Spine Surgery
McDonnell International Scholars Academy
Ambassador
Suite 11, 300 Pavillion
One Barnes-Jewish Plaza
St. Louis, MI 63110
USA

Sebastian Ruetten, Priv.-Doz. Dr med habil, MD

Head Department of Spine Surgery and Pain Therapy
Center for Orthopaedics and Traumatology
St Anna Hospital Herne
Hospitalstrasse 19
44649 Herne
Germany

Rajiv Saigal, MD, PhD
PGY-3, Department of Neurological Surgery
University of California, San Francisco
505 Parnassus Avenue, M779
San Francisco, CA 94143
USA

Walter Saringer, Prof Dr med
Medizinische Universität Wien
Spitalgasse 23
1090 Wien
Austria

Philipp Schleicher, Dr
Leiter Biomechaniklabor
Zentrum für Wirbelsäulenchirurgie und
Neurotraumatologie
Berufsgenossenschaftliche Unfallklinik Frankfurt am
Main
Friedberger Landstrasse 430
60389 Frankfurt am Main
Germany

Meic H Schmidt, MD, FACS
Ronald I Apfelbaum Endowed Chair in Spine Surgery
Associate Professor and Chief
Division of Spine Surgery
Department of Neurosurgery
Clinical Neurosciences Center
Director, Spinal Oncology Service
Huntsman Cancer Institute
University of Utah
175 N Medical Drive East
Salt Lake City, UT 84132
USA

Theodore H Schwartz, MD, FACS
Professor of Neurosurgery
Departments of Neurological Surgery, Neurology
Neuroscience and Otolaryngology
Weill Cornell Medical College
New York Presbyterian Hospital
525 East 68th Street, Box #99
New York, NY 10065
USA

Christopher I Shaffrey, MD, FACS
Harrison Distinguished Professor
Neurological and Orthopaedic Surgery
University of Virginia
Charlottesville, VA 22908
USA

Ajoy Prasad Shetty, MS DNB Ortho
Consultant Spine Surgeon
Department of Orthopaedics, Accident and Spine
Surgery
Ganga Hospital
Coimbatore, Tamil Nadu
India

Patrick Shih, MD
Department of Neurological Surgery
Northwestern University
Feinberg School of Medicine
676 N. St. Clair St., Suite 2210
Chicago, IL 60611
USA

Nicholas Slimack, MD
PGY-6 Resident
Department of Neurological Surgery
Northwestern University
Chicago, IL 60611
USA

Volker Sonntag, MD

Vice Chairman, Department of Neurological Surgery
Barrow Neurological Institute
350 West Thomas Road
Phoenix, AZ 85013
USA

John Stark, MD

Back Pain Clinic
The Medical Arts Building
825 Nicollet Mall, Suite 715
Minneapolis, MN 55402
USA

Lukasz Terenowski, MD

The Prof Alfred Sokolowski Memorial Specialistic
Hospital
Department VI of Traumatic and Orthopaedic Surgery
uliza Alfreda Sokolowskiego 11
70-001 Szczecin - Zdunowo
Poland

William D Tobler, MD

The Christ Hospital
2123 Auburn Avenue, Suite 441
Cincinnati, OH 45219
USA

Juan S Uribe, MD

Assistant Professor
Director, Spine Section
Department of Neurological Surgery
University of South Florida
Tampa, FL 33620
USA

Jeffrey C Wang, MD

Professor of Orthopaedics and Neurosurgery
UCLA School of Medicine
UCLA Spine Center
1250 16th Street, Suite 745
Santa Monica, CA 90404
USA

Michael Y Wang, MD, FACS

Associate Professor
Departments of Neurological Surgery & Rehabilitation
Medicine
University of Miami Miller School of Medicine
Lois Pope LIFE Center, 2nd Floor
1095 Northwest 14th Terrace (D4-6)
Miami, FL 33136
USA

Jean-Paul Wolinsky, MD

Associate Professor of Neurosurgery and Oncology
Clinical Director of the Johns Hopkins Spine Program
Johns Hopkins Hospital
600 North Wolfe Street, Meyer 7109
Baltimore, MD 21287
USA

James Zucherman, MD

St Mary's Spine Center
One Shrader Street, Suite 450
San Francisco, CA 94117
USA

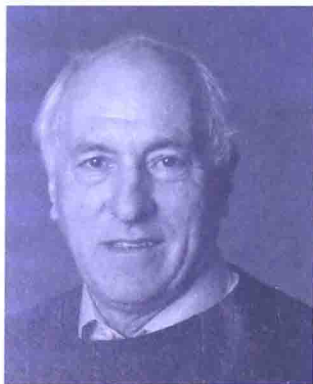
主 译 周 跃

副主译 吕国华 李长青 梁 裕 郑召民

译 者 (以姓氏笔画为序)

王文军	王 建	王建儒	王洪伟	王洪岗
王 博	王 程	叶晓健	戎利民	刘 阳
刘希麟	刘 斌	杨天德	杨惠林	杨 群
李 明	李树文	吴文坚	余 妍	邹 俊
张正丰	张西峰	张海龙	张 超	武 汉
罗卓荆	郑文杰	赵海恩	姜建元	姚女兆
贺石生	晏怡果	钱济先	徐少克	徐 峰
海 涌	黄 博	银和平	谭 军	熊承杰
潘 俊	潘 勇			

前言



John K Webb FRCS
Consultant Spinal Surgeon
Centre for Spinal Surgery and Research
University Hospital
Nottingham NG7 2UH
United Kingdom

Co-founder and first President of AOSpine

衷心祝贺本书的作者们编写了这样一本全面介绍微创脊柱外科手术技巧的图书。在本书中，作者们更强调了不能由于应用微创技术而忽略了手术的最终目的、解剖特点以及由实施开放手术而获得的对解剖结构的理解。作者们认为，微创脊柱外科手术具有很长的学习曲线，因此推荐刚接触这种手术的外科医生应从最简单、最容易的病例开始，这一观点对很多缺乏经验的外科医生来说是很难注意到的。

作者强调了微创脊柱外科手术的“四大要素”：显微外科技术，脊柱手术入路策略，影像/导航技术，专门的仪器设备和内植物。部分章节中介绍了在标准手术过程中，应用新的技术可使手术切口显著缩小，而其他章节却展示了一些非常创新的手术入路。令人欣喜的是，在制订手术入路时，AO脊柱手术原则得到了充分的体现。尽管一切手术入路以微创为出发点，书中也对微创脊柱外科手术做出了中肯的评价，有些病例并不适用微创脊柱外科手术技术。

射线辐射是医生所关注的，应得到严密监控。

本书全方面地介绍了微创脊柱外科手术的所有技术。值得注意的是，一些手术入路非常复杂，需要医生娴熟的手术技巧和立体思维能力，因为这种技术可能是普通医生无法做到的。然而，书中对手术入路详尽的描述、清晰的影像和解析图表，将有助于读者更好地理解手术入路。

精美的制作和高标准的写作，使得本书能够成为渴望提高手术技巧的医生的良师益友。

我强烈推荐《微创脊柱外科——技术、循证与争论》这本书给当前积极进取和开展新技术的所有脊柱外科医生。通过阅读本书可以提高他们的微创外科手术技术。我甚至认为这应是一本外科医生的必备书籍。更确切地说，所有的脊柱外科医生的书架上都应该放有这本书。

献 辞

致 Alasha、Sebastian 和 Julian。
致 Heidrun、Louisa 和 Daniel。

这本书的问世离不开他们的厚爱、支持、理解与耐心。

致 谢

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- 感谢来自世界各国杰出的医疗外科实践作者团队带来了诸多专业和学术经验
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- 感谢文字编辑 Marilyn Schreier
- 感谢插图编辑 Jecca Reichmuth 和排版员 Roger Kistler
- 感谢校对员 Carl Lau、Cristina Lusti 和 Susanne Klein，感谢 Susanne 至关重要的行政工作（与世界各地的编者保持联系）
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Roger Härtl

Andreas Korge

简介

撰写《微创脊柱外科——技术、循证与争论》一书的想法是在2008年左右由AOSpine微创脊柱外科手术与导航专家组提出的，当时我们与尊敬的Jeff Wang、Khai Lam和Grank Kandziora一起，就当前不断发展的微创外科手术领域的初衷和争论进行了深入探讨。我们都很明白在脊柱外科手术领域存在很多令人激动的、潜在有效的微创治疗手段。然而，最初这项技术似乎仅由一小部分有威望的脊柱外科医生所掌握，并受商业利益的驱动而非患者的需求。因此，我们开始着手撰写此书，批判性地探索微创脊柱外科的发展前景、现状和局限。

本书的最终成果非常惊人，远远超出了我们的预期。我们对当前广泛应用的微创脊柱外科手术，以及用于颈、胸、腰椎各种脊柱疾病的导航技术、适应证和争议提出了全面的、人性化和指导性的意见。我们详细介绍了这些技术的优缺点，同时客观地提供了目前已发表的关于微创脊柱外科手术循证框架的文献资料。我们认为外科医生的个人经验和智慧是很重要的，因此书中还介绍了许多微创脊柱外科专家和先驱的手术技巧和方

法。本书分为五部分，这五部分涵盖了微创脊柱外科手术的所有领域。在“原理”部分，笔者探讨了微创脊柱外科手术的原则，以及成为外科学特殊亚专业的发展史，还讨论了微创脊柱外科手术的原则如何与“AO理念”相适应。其他四个部分涉及手术步骤，根据人体解剖学结构解释了特殊的微创外科手术入路背后的科学原理，包括

颈椎、胸椎和腰骶椎的前、后入路技术。这本著作不仅为读者提供了基本理念、最新的临床技术和科学研究，还提供了清晰的实例图像、X线图像，MRI、CT、解剖学插图和案例，以使读者能够清楚了解手术决策的过程，以及从术前计划到术后康复的整个手术流程。

最后，请注意以下几点：

- 微创脊柱外科手术之所以存在，是外科手术发展合乎逻辑的结果，至少基于4个领域：显微外科、导航、新脊柱手术入路策略和脊柱手术器械的发展结果
- 微创脊柱外科手术为所有脊柱节段和疾病提供了更加具有优势的手术选择，拓宽了外科医生的技术能力，为过去不适合做手术的患者提供了更为安全、有效的特殊手术方法
- 微创脊柱外科手术还需要更多的研究工作，特别是脊柱畸形的微创外科矫正领域。微创脊柱外科手术的成功不仅依赖于科学的进步、技术的发展，还需要手术者的个人经验和正确的判断
- 外科医生需要不断学习和发展；他们应具有批判和诚实的态度去不断评价微创脊柱外科手术的利与弊，以及每位患者的手术结果

我们希望全球的神经外科医生和骨科医生能够从《微创脊柱外科——技术、循证与争论》中获益，改进对患者的治疗。

感谢为本书筹备工作无私奉献的同事、家人和AOSpine团队。