

治疗手部肌腱损伤的
一站式参考书

TENDON SURGERY OF THE HAND

手部肌腱 外科学

主 编 汤锦波 (JIN BO TANG)

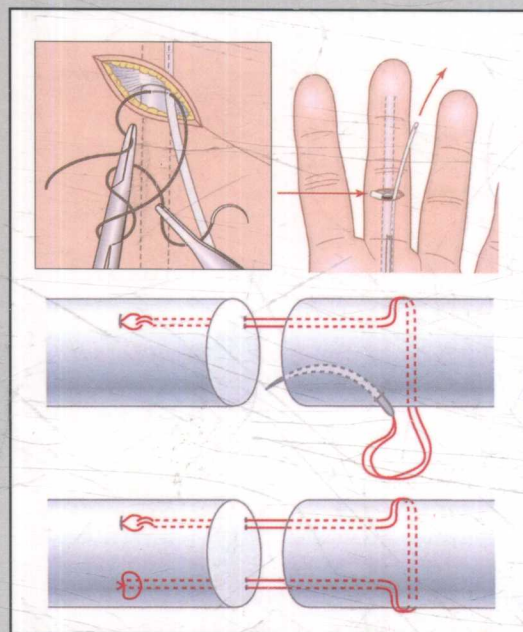
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献 辞

将此书献给我的父母Cheng Hua Tang和Xiu Feng Zhao、我的妻子Xiao Tian、我的女儿Yu Qing。他们的支持、理解和付出是我完成既往工作和此书的基石。同时也将此书献给研究中心和医院科室的所有同事们。尤其要感谢我的启蒙教授Seiichi Ishii，他热爱肌腱研究并指导我完成在肌腱外科领域的第一部作品。

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James Chang, MD

前言

《手部肌腱外科学》介绍了手部肌腱的基础科学和临床技术，旨在弥补该领域目前缺乏综合性、时效性书籍的不足。

肌腱手术是手外科中重要的研究方向之一。目前关于该领域的研究和文献很多，也反映了肌腱在手部功能中的重要性，以及外科医生对该领域的巨大兴趣。令人不解的是，尽管肌腱损伤和疾患的治疗方法发生了重大变化，但在过去25年间，却没有关于手部肌腱外科（或身体其他部位肌腱）的综合性书籍出版。唯一一部关于肌腱的具有里程碑意义的专著，是1987年由Hunter编写的*Tendon Surgery in the Hand*。因此，我们在世界范围内组织了一批肌腱外科领域的专家，撰写了这本全新的专著。编写本书的想法始于2006年在英国曼彻斯特的一次会议。后来随着媒体技术的发展，我们也重塑了编写思路，并由Elsevier出版社出版了本书的纸质版和线上电子版。

20世纪80年代中叶开始，肌腱手术的临床技术得到了显著发展，出现了一大批创新性技术，包括许多新的修复技术、新型缝合材料的使用、腱鞘和滑车治疗的新方法、带血供的肌腱移植以及多种术后康复方法。在基础科学方面，也积累了大量的新知识。关于肌腱的生物学和生物力学知识得到了极大发展，另外也产生了一批新的研究领域，例如基因治疗、组织工程、干细胞移植以及基因沉默等技术。本书全面总结了肌腱外科的临床技术新进展和基础研究的前沿技术。

本书共包含41个章节，分6篇依次介绍了基础研究、一期屈肌腱修复、二期屈肌腱修复、伸肌腱修复和重建、肌腱术后康复、肌腱外科的现状与未来。这些章节由世界范围内的知名医生、研究学者和康复治疗师所编写。

我们的首要目标是全面介绍手部肌腱外科目前的国际观点与技术。尤其在二期屈肌腱修复与康复的章节，体现了真正的国际合作，突出了不同单位的方法和方案。我们为读者提供大量的知识信息，让他们根据本书所描述的手术和术后治疗原则，明智地选择治疗方案。伸肌腱损伤也有很多不同的治疗选择，我们计划用相关章节来介绍目前所使用的多种治疗和康复方法。此外，世界各地知名的手外科中心提供了多种治疗指南，读者可在网上获取，并在制订伸肌腱损伤的治疗方案时加以参考。

我们对遍布四大洲15个国家的编者们的衷心感谢，他们的突出贡献是完成本书的基石。我们尤其要感谢本书的特约编辑David Elliot医生和Judy Colditz女士。他们是肌腱领域拥有丰富经验的著名教育家，为本书的编写不遗余力。Elliot医生在本书的7个章节中介绍了他的宝贵经验，还参编了一期和二期肌腱修复章节的部分内容。Colditz女士协助我们编辑了康复治疗的相关章节。此外，我们还要衷心感谢为本书提供在线内容和视频的外科医生和治疗师，这使本书的内容更加丰富。

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我们希望本书能帮助医生和医学生理解或掌握手部肌腱外科的关键概念和技术，并在处理手部肌腱相关的棘手问题时提供帮助。

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附录

后记：一期肌腱修复的思考历程

第 1 篇

基础研究

