



骨 科 学

ORTHOPAEDICS

原 著 Robert H. Fitzgerald, Jr, M.D.
 Herbert Kaufer, M.D.
 Arthur L. Malkani, M.D.

主 译 邱贵兴



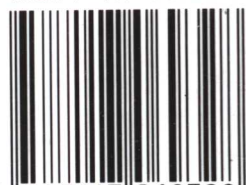
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译者简介

邱贵兴教授 1968 年毕业于中国协和医科大学(八年制)。1982 年获硕士学位。1986 年赴加拿大渥太华大学市民医院骨科工作一年, 研修脊柱外科。现任中国协和医科大学北京协和医院外科学系主任、骨科主任、主任医师、教授、博士生导师, 享受政府特殊津贴。中华医学会儿科学分会主任委员、北京医学会骨科学分会主任委员、《中华骨科杂志》主编。《中华创伤骨科杂志》、《中国骨肿瘤骨病杂志》、《脊柱外科杂志》副主编。《中华外科杂志》、《中国骨质疏松杂志》、《临床骨科杂志》、《中国关节外科杂志》、《国外医学骨科学分册》、《Journal of Orthopaedic Surgery》编委、常务编委。中欧骨科学术交流委员会中方主席, 卫生部国际交流与合作中心理事会理事, 中华医学会国际交流与合作工作委员会委员。中国医师协会理事, 吴阶平医学基金会理事。

邱贵兴教授在脊柱外科领域具有深厚造诣。擅长脊柱侧凸、后凸、强直性脊柱炎的矫形; 脊柱肿瘤的切除固定; 脊柱结核的治疗; 椎管狭窄、脊柱滑脱的减压复位内固定、颈椎病以及腰椎间盘突出症等脊柱疾病的治疗。针对国际上现有特发性脊柱侧凸分型的不足, 首次提出特发性脊柱侧凸的 PUMC(协和)分型, 对指导脊柱侧凸的系统化、理论化及规范化诊治具有重大意义。擅长人工关节外科。完成大量髋、膝及踝关节置换手术。对骨关节炎的病因作了深入细致的基础研究。

作为项目负责人, 开展了卫生部重点项目“脊柱侧凸治疗的程序化及其临床应用的研究”及“特发性脊柱侧凸的协和(PUMC)分型及其临床应用研究”。负责国家骨质疏松九五攻关及十五攻关课题(骨科部分)。先后承担卫生部科研基金项目“GSS 的设计及在脊柱滑脱中的应用”, 国家自然科学基金项目“胶原、核心蛋白基因在青少年脊柱侧凸椎间盘的表达研究”及“特发性脊柱侧凸相关基因”的研究, 北京市自然科学基金项目“骨关节炎相关基因的实验研究”, 保健专项资金科研课题“老年骨关节炎的临床分期及优化防治方案的研究”, 博士点基金项目“特发性脊柱侧凸 PUMC 分型的可行性及病因学研究”等。

主编主译《脊柱外科新手术》、《骨质疏松基础与临床》、《高级医师案头丛书—骨科学》、《人工髋关节学》等 15 部专著。在国内外各类杂志发表论文、评述 170 余篇, 曾荣获国家科技进步三等奖、获卫生部二等奖、国家教委三等奖、中华医学科技进步二等奖、北京市科技进步二等奖等奖项。多次获得中国医学科学院医疗成果奖及科技成果奖。

中文版序言

半个多世纪前，当我读医学院的时候，市场上能买到的医学书籍，外科方面的只有 Christopher 主编的一部《外科学》，全是英文版影印的，纸张、装帧、印刷都很差。医学生的教科书用这一本，年轻医生属于自己的参考书也只有这一本。图书馆中除协和医学院图书馆内藏有丰富的书刊杂志外，在北京的其他医疗机构的图书馆、室所藏医学参考资料，多是寥若晨星。

五十年来，国内医学专著如雨后春笋，国外有关书籍也大量涌入，仅就骨科领域的专著来说已数不胜数。书多了给阅读查询、获取知识带来极大方便，但又因书的侧重有所不同，质量水平也有差异，所以，书多了就看不过来了，书越多就越需要有选择地阅读，选择符合自己需要的书来读。

由 R. H. Fitzgerald 等主编的《骨科学》于 2002 年出版。此部巨著具有以下特点：

此书，由 400 来位作者写成，其中除主要为美国人外，还邀请了欧、亚、澳三大洲中的 14 个国家的数十名专家参与编写，可以说是一部汇集国际骨科精英的大作。

国外专著，多是作者各写所长，汇集成册，而缺乏系统性。此书不但强调完整的系统性，同时，又充分发挥作者的专长，所以，内容既全面而又有深度。

此书，既富有基本概念和原则性方面的内容，又充分具有应用技术方面的细节。

作者在序言中说此书包括有丰富的骨科基础知识及新的进展，所以适用于美国骨科医师的继续教育及医师换发新证考试之需。我国正在或即将进行这两项工作，所以，此书对我国骨科医师来说，有很强的现实意义。

此书，虽不是手术学专著，但一些重要手术的要点描述，亦见于图片和文字之中。

此书，每章前都附有摘要，简明扼要地列出该章的内容及特点，这对读者浏览书的要领和重点记忆非常方便。

此书，将运动医学、手外科学、足外科学、脊柱外科学、人工关节外科作为重点，另立为专篇撰写。这与我国现时的专业发展不谋而合，我想会给骨科广大读者带来不少方便。

书中的线条图设计独特，三维感强，组织质地感好，解剖结构清晰，读起来赏心悦目。

目前，骨科著作虽已不胜枚举，但此书有其独特之处，译成中文出版，实属锦上添花，定会给骨科工作者带来莫大好处。

王树豪

2005 年夏日

前言

骨科学是研究运动系统疾病的学科。20 世纪下半叶科学技术的飞速发展,掀起了一场世界范围内的革命。骨科学经历了这场科技革命的洗礼,取得了进一步理论化、专业化、数字化、信息化的骄人成绩。目前骨科学已经发展为涵盖基础研究、脊柱外科、关节外科、创伤骨科、骨肿瘤、微创骨科及骨质疏松等多个研究领域的综合学科。在当今的知识爆炸时代,古老的骨科学正焕发出前所未有的勃勃生机。“两岸猿声啼不住,轻舟已过万重山”。飞速更新的科学知识正在改变我们对疾病本质的认识和相应的治疗。

层出不穷的新理论、新知识、新技术和新材料,为广大骨科医生,特别是青年骨科医生的成长提供了机遇,同时也使他们面临新的挑战。一方面我们应当充分利用科技文献拓展视野,与时俱进,努力跟上学科发展潮流。另一方面,必须保持清醒的头脑,牢记骨科学的基本原则,在此基础上对纷繁的信息去芜存菁,汲取百家之长。通过有机地消化,而不是单纯模仿引进,通过实践来融会贯通,才能加以拓展改进。

在日新月异的学科发展浪潮中,我们还必须面对现实的医疗环境。随着社会的进步,广大患者的医疗需求,特别是对高水平医疗服务的需求日益增加。在当前的医疗资源配置下,引入新技术意味着高风险,而一味求稳则失去了学科发展的内在活力。发展和稳定的平衡成为骨科学界必须面对的问题。近二十年的实践和教训使我们进一步认识到坚持骨科基本原则的重要性。这些原则是前人用艰辛和血的代价换来的宝贵财富。只有深刻理解这些原则并自觉地将其融入日常工作中,时刻用“如履薄冰、如临深渊”来警醒自己,才能脚踏实地地圆满完成医疗工作,为患者的康复贡献力量,同时也为新技术的引入奠定基础。

这部《骨科学》是由 Robert H. Fitzgerald、Herbert Kaufer 和 Arthur L. Malkani 组织近 400 位在国际骨科学界具有巨大影响力和深厚学术造诣的专家历时近两年编写而成,并于 2003 年发行第一版。译者有幸在第一时间接触到这部极为难得的、极富特色的骨科学巨著。

与那些卷帙浩繁的鸿篇巨著不同,这部《骨科学》没有拘泥于对细节的刻意关注,而是高屋建瓴地对源于实践的现代骨科学基本概念和原则,以及相关科学知识作出系统凝练的概括。本书对现有的文献和临床实践知识以及有关的基础研究作出了全面归纳概括,充分体现了当前国际骨科学发展现状,为广大读者展现了骨科学的核心知识信息。

全书篇目章节条理清晰,内容连贯一致。在参考文献的选取上,不是一味地罗列,而是精心挑选一批充分展现学科发展的高水准文献。这些经典参考文献对深入了解相关章节的内容提供了不可多得的指南。全书内容重点突出,章节风格一致,重视运用图表。高质量的影像资料和精心绘制的插图都是难得的精品。所有这些都有利于快速学习并保持长久记忆。

章节结构上,依照骨骼肌肉系统疾病的定义、发展史、流行病学、病理生理、临床特点、鉴别诊断和治疗来系统编写。对于手术技术、新仪器、新方法不作重点论述,而是渗透在附图及文章的整体之中。对各项诊疗技术方法的适应证、禁忌证以及存在的学术争论的细致论述是全书的精华,可使读者充分了解当前的学术热点及研究发展方向。此外,对骨骼肌肉系统的基础科学及生物工程学技术的历史沿袭、发展概况和临床应用辟出相应章节,有助于读者深入理解相关疾病及其治疗的特定信息。

承人民卫生出版社之邀,北京协和医院骨科承担了《骨科学》中译本的翻译工作。

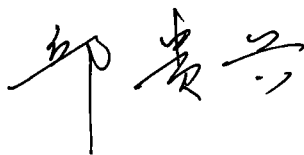
全书的译、校、审工作完全是由我科青年骨干医师完成的。这是一个颇为冒险的决定。年轻人在骨科知识的全面积累上显然要比颇有名气的教授们略逊一筹，同时他们也是日常业务工作的主力军。因此，能否在繁重的工作学习之余及时准确地译好这部经典著作的确充满考验。骨科人才的成长不能单纯用手术水平来衡量，而应在治学、行医、为人方面综合发展。这项繁重的翻译任务对培养年轻人的坚韧品格和严谨的治学态度是一个难得的机会。可喜的是，这些经过协和多年锤炼的年轻人终于按时圆满地完成了任务。当然他们的译文还有稚嫩的一面，这是成长过程中在所难免的。为此我科安排具有丰富临床经验的资深专家及专职人员对译文进行校对整理，以为这部译著增色。

在翻译过程中，坚持内容严格忠实于原著，力求做到风格统一，语言流畅。编译过程中，有意保留一部分专业术语的英文原文，目的在于增加读者的英文词汇量，也许对进行国际间学术交流有所帮助。

这部《骨科学》凝聚着协和骨科人，特别是年轻人的心血。在这里，我代表全体协和骨科医生将这部译著奉献给全国骨科同道。衷心希望能为我国骨科学的发展尽菲薄之力。

由于我们的临床经验和编译水平有限，加之时间紧迫，难免出现一些错误或不妥之处，还望广大骨科同道及读者批评指正，以便在今后的工作中加以改进。

值此机会，向在繁忙临床工作之余付出辛勤劳动的全体编译人员表示衷心的感谢。



2005 年春

英文版序言

编写这部《骨科学》的目的在于对骨科学的基本原则及其相关的科学知识作一系统简明的叙述。科技文献是骨骼肌肉系统相关知识的主要来源；但随着专业杂志数量的不断增长，相关的知识和结论也不尽相同。本书的编者试图对现有文献和临床实践知识，以及相关基础研究和临床结果作一总结，为广大读者提供权威的知识信息。

本书与那些多卷的参考书籍或针对具体问题的专著不同，主要是为读者提供骨科学的核心知识以及指导现代骨科实践的基本概念及原则。

本书的另一宗旨是对有关骨骼肌肉系统疾病的各种探讨作出总结。迅速发展的科学知识正在改变我们对疾病的认识和相关治疗。本书的另一主要目的是便于读者准备美国骨科医师证书考试、换发新证考试和美国骨科医师协会继续教育考试以及其他国家的类似证书考试。

随着人口的老龄化，骨骼肌肉系统疾病的发病率在世界范围内不断增加。因此，对骨骼肌肉系统的医学和手术原理的兴趣也日益高涨。期望本书能对这些读者有所裨益。同时相信本书对于不同职业阶段的骨科医生均大有益处。低年住院医师可以通过阅读全书而对新的专业有一整体了解；准备证书考试或换发新证考试的临床医师可以阅读本书的部分章节以作一概要回顾；而执业医师也可把本书当作便捷的参考书。此外，相信本书对包括风湿病学家、理疗师和社区医生在内的许多其他专业的医师在接诊患者和决定骨科专科诊治方面同样极有帮助。另外，对于那些护理骨骼肌肉疾病患者的医疗卫生行业的专业人士来说，本书可提供有关最重要以及最新的医疗手术方面的便捷、权威、可靠的指导。

为了避免现代骨科学参考书常见的冗长多册现象，本书在编写时就注意保持各章节风格的一致性，突出重点，略去了不必要的细节，以为读者提供一个友好的平台。每章起始处都有一段摘要，以条目形式简明概述本章的要点。这既有助于预览章节内容，也利于读者阅读完本章后的回顾。全书内容连贯一致，相关参考文献也经精心挑选，而不是简单罗列。

在章节结构上，首先讲述各种骨骼肌肉系统疾病的简明定义，随后是发展史、流行病学、病理生理、临床特点、鉴别诊断和治疗。本书不是手术技术的专论，但主要手术要点已经渗透在手术图片和文章之中。新仪器、新技术的应用则以手术图片和图例的形式加以强调。诊断治疗部分提供了多种方法和选择，并详细论述了每种方法的优缺点、优先适应证和有关的争论等。骨骼肌肉系统基础科学的相关章节中，对学科发展作了简要的历史回顾，并明确论述了所介绍的生物或工程学技术的临床应用。这种编排既能吸引读者对疾病的深入理解，又可快速回顾相关的特定信息。

本书重视运用图表。相信这种视觉信息有利于快速学习并保持长久记忆。药物或手术治疗都以图表形式加以概述，易于比较、理解和消化。本书的美工和作者一起重新绘制了数百幅风格一致的示意图。除此以外，每章中还附有一些高质量的临床照片和病理切片、X线片和其他影像资料。

本书的全体编者向为出版这部阅读性强且内容丰富的教科书的出版商所做的全部努力表示感谢。本书的作者都是精心挑选的，目的在于为读者提供最新的准确且易于理解的信息。在此向他们致以衷心的感谢。向本书的编辑们致以特别的感谢。正是他们的激情，在本书的章节编排、作者挑选和内容编辑上发挥着关键作用。感谢 Geoff Greenwood 为本书所做的努力。感谢 Richard Lampert 在我们每每遇到困难时给予的坚定支持。

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