



原著者

Charles A. Rockwood, JR

Steven B. Lippitt

Frederick A. Matsen, III

Edward V. Fehringer

Michael A. Wirth

John W. Sperling

The Shoulder

肩关节外科学

王 岩 黄公怡 主 审

徐卫东 陈世益 李国平 敖英芳 刘玉杰 主 译

第4版 下 卷



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主 审 王 岩 黄公怡

主 译 徐卫东 陈世益 李国平

敖英芳 刘玉杰

副主译 崔国庆 姜春岩 李利

周海斌 戴雪松 徐青镭



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译者名单

- 主 审 王 岩 中国人民解放军总医院骨科专科医院
黄公怡 卫生部北京医院
- 主 译 徐卫东 第二军医大学附属长海医院
陈世益 复旦大学附属华山医院
李国平 国家体育总局运动医学研究所
敖英芳 北京大学第三医院运动医学研究所
刘玉杰 中国人民解放军总医院骨科专科医院
- 副主译 崔国庆 北京大学第三医院运动医学研究所
姜春岩 北京积水潭医院
李众利 中国人民解放军总医院骨科专科医院
周海斌 苏州大学附属第二医院
戴雪松 浙江大学医学院附属第二医院
徐青镭 解放军青岛401医院
- 译 者 (以姓氏笔画为序)
- 马金忠 上海交通大学附属第一人民医院
王 蕾 上海交通大学医学院附属瑞金医院
韦 民 上海交通大学医学院附属仁济医院
朱以明 北京积水潭医院
庄澄宇 上海交通大学医学院附属瑞金医院
孙大辉 吉林大学白求恩第一医院
李众利 中国人民解放军总医院骨科专科医院
李豪青 上海交通大学附属第一人民医院
杨海波 宁夏医科大学总医院
吴宇黎 第二军医大学附属长征医院
何耀华 上海交通大学附属第六人民医院
汪滋民 第二军医大学附属长海医院
张 峻 上海交通大学医学院附属第九人民医院
陆 伟 深圳大学附属第一医院

陈 鸿 昆明医学院附属第二医院
陈世益 复旦大学附属华山医院
陈疾忤 复旦大学附属华山医院
邵德成 河北医科大学第三医院
罗从凤 上海交通大学附属第六人民医院
周海斌 苏州大学附属第二医院
赵金忠 上海交通大学附属第六人民医院
赵建罡 哈尔滨市第一医院
皇甫小桥 上海交通大学附属第六人民医院
姜 鑫 山东省潍坊市人民医院
姜春岩 北京积水潭医院
徐卫东 第二军医大学附属长海医院
徐青镭 解放军青岛401医院
唐康来 第三军医大学附属西南医院
黄富国 四川大学华西医院
崔国庆 北京大学第三医院运动医学研究所
翟伟韬 上海市光华中西医结合医院
燕晓宇 上海交通大学附属第六人民医院
戴雪松 浙江大学医学院附属第二医院

内容提要

本书由近百位国际著名肩关节外科专家编写。该书系统介绍了肩的发育、盂肱关节的解剖、肩关节大体解剖学及先天性异常和解剖变异，肩关节疾患的临床和影像学评估，肩关节的生物力学，肩关节的疗效评估，肩部手术麻醉等，重点介绍了各种肩关节疾患的外科治疗详细方案和外科操作技巧，涵盖了肩关节外科最新信息、最新知识、最新手术技术，并附有大量参考资料和文献，客观公允地评价了肩关节疾患各种外科治疗方案的优缺点，介绍了笔者临床体会和宝贵经验。本书内容全面系统，观点科学严谨，治疗方案具体实用，是一本集先进性、指导性、实用性于一体的高级参考书，适合广大肩关节外科医师及相关医务人员阅读使用。



译者前言

肩关节是人体功能和解剖最为复杂的关节。近些年，在众多学者的研究和大量临床实践下，肩关节外科的相关理论和治疗技术日新月异。肩关节外科已成为目前骨科临床和运动医学外科最受关注的一个学科。由Rockwood等大师编著的第4版《The Shoulder》出版，无疑是我们肩关节外科医师们必应嚼食的一场“盛宴”。自19世纪80年代第1版《The Shoulder》问世至今，该书以其知识内容的系统丰富、编者的严谨笃实及其更新的与时俱进，为肩关节外科学发展和人才培养作出了不朽的贡献，并逐渐成为一部国际公认的肩关节外科领域的最专业教材，被奉为“圣经”之作。

第4版《The Shoulder》秉承了一贯的编著风格，在深入浅出论述肩关节解剖、功能、生物力学、影像学诊断及各种疾病治疗技术的同时，吸纳了当前最新理论和临床研究成果，进行了大量更新。例如：肱骨近端骨折和肩胛骨骨折处理的新概念、盂肱关节不稳及处理的新进展、肩关节镜手术学、肩袖手术失败的评估及处理、运动员肩关节疾病、肩关节周围肿瘤及相关疾病等。这些内容的充实，为这部经典著作焕发新春，也给我们肩关节外科医师们及时学习和掌握当前的最新理论和治疗技术提供了最为翔实的资料。

非常荣幸，在中华医学会运动医疗分会李国平、敖英芳、陈世益、刘玉杰等领导的大力支持下，在中华医学会运动医疗分会上肢学组全体同志的努力下，我能与国内二十余家医院三十多位活跃在肩关节外科临床一线的专家，在第一时间学习本书，并用一年多的时间完成了这部250多万字巨著的翻译工作。在本书中文版即将付梓之际，我借此向给予大力支持与无私帮助的领导及同仁们表示诚挚的谢意和崇高的敬意！如果不是大家志同道合、坚定不移、热爱这一工作，很难想象大家在繁重的临床工作之外，能够完成这一巨著的翻译。欣喜之余，我也恳请各位同仁和读者朋友们给予理解和帮助。由于工程浩大，参与人员众多，以及本人水平有限，文中如出现谬误或欠妥之处，还望大家批评指正。

衷心希望我们所做的微薄工作，能为中国肩关节外科事业起到一点促进作用，授益于临床一线的医师们，造福于广大的肩关节病患者。

第二军医大学附属长海医院 徐卫东
2012年8月

原著者名单

Christopher S.Ahmad,MD

Associate Professor of Orthopaedic Surgery,Center for Shoulder,Elbow and Sports Medicine,Columbia University;Attending,Columbia University Medical Center,New York,New York

The Shoulder in Athletes

Answorth A.Allen,MD

Associate Attending Orthopaedic Surgeon,Hospital for Special Surgery;Associate Professor,Clinical Orthopaedic Surgery,Weill Medical College of Cornell University,New York,New York

Shoulder Arthroscopy:Arthroscopic Management of Rotator Cuff Disease

David W.Altchek,MD

Attending Orthopaedic Surgeon,Sports Medicine and Shoulder Service, Hospital for Special Surgery, New York,New York

Shoulder Arthroscopy:Thrower's Shoulder

Laurie B.Amundsen,MD

Assistant Professor,Department of Anesthesiology,University of Washington Medical Center, Seattle,Washington

Anesthesia for Shoulder Procedures

Kai-Nan An,PhD

Professor and Chair,Division of Orthopedic Research,Mayo Clinic, Rochester,Minnesota

Biomechanics of the Shoulder

Ludwig Anné,MD

Former Fellow,Alps Surgery Institute, Annecy,France

Advanced Shoulder Arthroscopy

Carl J.Basamania,MD

Orthopaedic Surgeon,Triangle Orthopaedic Associates,Durham, North Carolina

Fractures of the Clavicle

Alexander Bertlesen,PAC

Certified Physician Assistant, Department of Orthopaedics and Sports Medicine,University of Washington,Seattle, Washington

Glenohumeral Instability

Kamal I.Bohsali,MD

Attending Orthopedic Surgeon,Shoulder and Elbow Reconstruction,Memorial Hospital;Staff,Orthopedics,St.Luke's Hospital; Private Practice,Bahri Orthopedics and Sports Medicine, Jacksonville,Florida

Fractures of the Proximal Humerus

John J.Brems,MD

Shoulder Fellowship Director, Cleveland Clinic Foundation,Euclid Orthopaedics,Cleveland,Ohio

Clinical Evaluation of Shoulder Problems

Stephen F.Brockmeier,MD

Surgeon,Perry Orthopedics and Sports Medicine,Charlotte, North Carolina

Shoulder Arthroscopy:Arthroscopic Management of Rotator Cuff Disease;Shoulder Arthroscopy:Thrower's Shoulder

Robert H.Brophy,MD

Assistant Professor,Orthopaedic Surgery,Washington University School of Medicine,St.Louis, Missouri

Shoulder Arthroscopy:Acromioclavicular Joint Arthritis and Instability

Barrett S.Brown,MD

Surgeon,Fondren Orthopedic Group, Houston,Texas

Shoulder Arthroscopy:Biceps in Shoulder Arthroscopy;Shoulder Arthroscopy: Thrower's Shoulder

Ernest M.Burgess,MD[†]

Former Clinical Professor,Department of Orthopaedics, University of Washington;Endowed Chair of Orthopaedic Research,University of Washington School of Medicine; Senior Scientist,Prosthetics Research Study,Seattle, Washington

Amputations and Prosthetic Replacement

Wayne Z.Burkhead,Jr,MD

Clinical Professor,Department of Orthopaedic Surgery, University of Texas Southwestern Medical School;Attending Physician,W. B.Carrell Memorial Clinic;Attending Physician, Baylor University Medical Center;Attending Physician, Presbyterian Hospital of Dallas, Dallas,Texas

The Biceps Tendon

Gilbert Chan,MD

Visiting Research Fellow,Clinical Research, Joseph Stokes Jr Research Institute,Children's Hospital of Philadelphia,Philadelphia,Pennsylvania
Fractures,Dislocations,and Acquired Problems of the Shoulder in Children

Paul D.Choi,MD

Assistant Clinical Professor of Orthopaedic Surgery,Keck School of Medicine,University of Southern California,Los Angeles,California
Fractures,Dislocations,and Acquired Problems of the Shoulder in Children

Jeremiah Clinton,MD

Acting Clinical Instructor,Department of Orthopaedics and Sports Medicine,University of Washington,Seattle,Washington
Glenohumeral Arthritis and Its Management

Michael Codsi,MD

Staff Surgeon,Department of Orthopedic Surgery,Everett Clinic, Everett,Washington
Clinical Evaluation of Shoulder Problems

Michael J.Coen,MD

Assistant Professor,Department of Orthopaedic Surgery,Loma Linda University School of Medicine,Loma Linda University Medical Center,Loma Linda,California
Gross Anatomy of the Shoulder

Robert H.Cofield,MD

Professor,Department of Orthopedics,Mayo Clinic College of Medicine;Consultant,Department of Orthopedic Surgery,Mayo Clinic,Rochester,Minnesota
Management of the Infected Shoulder Arthroplasty

David N.Collins,MD

Surgeon,Adult Reconstruction and Shoulder,Arkansas Specialty Orthopaedics,Little Rock,Arkansas
Disorders of the Acromioclavicular Joint

Ernest U.Conrad,III,MD

Professor of Orthopaedics,University of Washington School of Medicine; Director of Sarcoma Service,Director of Division of Orthopaedics,and Director of Bone Tumor Clinic,Children's Hospital,University of Washington,Children's Hospital and Medical Center,Seattle,Washington
Tumors and Related Conditions

Frank A.Cordasco,MD,MS

Associate Attending Orthopaedic Surgeon,Sports Medicine and Shoulder Service,Hospital for Special Surgery;Associate Professor of Orthopaedic Surgery,Weill Medical College of Cornell University,New York,New York
Shoulder Arthroscopy:Acromioclavicular Joint Arthritis and Instability

Edward Craig,MD,MPH

Attending Orthopaedic Surgeon,Sports Medicine and Shoulder Service,Hospital for Special Surgery;Professor of Clinical Surgery,Weill Medical College of Cornell University,New York,New York
Shoulder Arthroscopy:Arthroscopic Management of Arthritic and Prearthritic Conditions of the Shoulder

Jeffrey Davila,MD

Former Fellow,Hospital for Special Surgery,New York,New York
Shoulder Arthroscopy:SLAP Tears

Anthony F.DePalma,MD[†]

Former Chairman,Orthopaedic Surgery,Thomas Jefferson University Hospital,Philadelphia,Pennsylvania
Congenital Anomalies and Variational Anatomy of the Shoulder

David M.Dines,MD

Professor of Orthopaedic Surgery,Weill Medical College of Cornell University;Assistant Attending,Orthopaedic Surgery,Hospital for Special Surgery,New York;Chairman and Professor of Orthopaedic Surgery,Albert Einstein College of Medicine at Long Island Jewish Medical Center,New Hyde Park,New York
Evaluation and Management of Failed Rotator Cuff Surgery

Joshua S.Dines,MD

Clinical Instructor of Orthopaedic Surgery, Weill Medical College of Cornell University; Assistant Attending, Sports Medicine and Shoulder Service, Hospital for Special Surgery, New York, New York

Evaluation and Management of Failed Rotator Cuff Surgery

Mark C.Drakos,MD

Resident, Department of Orthopaedic Surgery, Hospital for Special Surgery, New York, New York

Developmental Anatomy of the Shoulder and Anatomy of the Glenohumeral Joint; Shoulder Arthroscopy: Biceps in Shoulder Arthroscopy

Anders Ekelund,MD,PhD

Associate Professor, Department of Orthopaedic Surgery, Capio St.Görans Hospital, Stockholm, Sweden

Advanced Evaluation and Management of Glenohumeral Arthritis in the Cuff-Deficient Shoulder

Neal S.ElAttrache,MD

Associate Clinical Professor, Department of Orthopaedic Surgery, University of Southern California School of Medicine; Associate, Kerlan-Jobe Orthopaedic Clinic, Los Angeles, California

The Shoulder in Athletes

Bassem ElHassan,MD

Assistant Professor of Orthopedics, Mayo Clinic, Rochester, Minnesota

The Stiff Shoulder

Nathan K.Endres,MD

Fellow, Harvard Shoulder Service, Massachusetts General Hospital, Brigham and Women's Hospital, Boston, Massachusetts

The Stiff Shoulder

Stephen Fealy,MD

Assistant Attending Orthopaedic Surgeon, Hospital for Special Surgery; Assistant Professor of Orthopaedic Surgery, Weill Medical College of Cornell University, New York, New York

Shoulder Arthroscopy: Acromioclavicular Joint Arthritis and Instability

Edward V.Fehring,MD

Associate Professor, Department of Orthopaedic Surgery and Rehabilitation, University of Nebraska College of Medicine, Omaha, Nebraska

Rotator Cuff

John M.Fenlin,Jr,MD

Director, Shoulder and Elbow Service, Rothman Institute; Clinical Professor of Orthopaedic Surgery, Thomas Jefferson University, Philadelphia, Pennsylvania

Congenital Anomalies and Variational Anatomy of the Shoulder

John M.(Jack) Flynn,MD

Associate Chief of Orthopaedic Surgery, Children's Hospital of Philadelphia; Associate Professor of Orthopaedic Surgery, University of Pennsylvania School of Medicine, Philadelphia, Pennsylvania

Fractures, Dislocations, and Acquired Problems of the Shoulder in Children

Leesa M.Galatz,MD

Associate Professor, Orthopaedic Surgery, Washington University School of Medicine, St.Louis, Missouri

Complications of Shoulder Arthroscopy

Seth C.Gamradt,MD

Assistant Professor of Orthopaedic Surgery, David Geffen School of Medicine at University of California Los Angeles, Los Angeles, California

Shoulder Arthroscopy: Arthroscopic Treatment of Shoulder Instability

Charles L.Getz,MD

Clinical Instructor, Orthopaedic Surgery, Rothman Institute, Philadelphia, Pennsylvania

Congenital Anomalies and Variational Anatomy of the Shoulder

Guillem Gonzalez-Lomas,MD

House Staff, Physician/Surgeon Residency, Columbia University, New York, New York

The Shoulder in Athletes

Thomas P. Goss, MD

Professor of Orthopaedic

Surgery, Department of Orthopaedics,
University of Massachusetts Medical
School; Attending Orthopaedic
Surgeon and Chief of Shoulder
Surgery, University of Massachusetts
Memorial Health Care, Worcester,
Massachusetts

Fractures of the Scapula

Manuel Haag, MD

Former Fellow, Alps Surgery Institute,
Annecy, France

Advanced Shoulder Arthroscopy

Peter Habermayer, MD

Professor, ATOS Praxisklinik,
Heidelberg, Germany

The Biceps Tendon

Manny Halpern, PhD

Assistant Research Professor, New
York University School of
Medicine; Certified Professional
Ergonomist, Occupational and
Industrial Orthopaedic Center, New
York University Hospital for Joint
Diseases, New York, New York

Occupational Shoulder Disorders

Jo A. Hannafin, MD, PhD

Attending Orthopaedic Surgeon
and Assistant Scientist, Hospital
for Special Surgery; Professor of
Orthopaedic Surgery, Weill Medical
College of Cornell University, New
York, New York

*Shoulder Arthroscopy: Arthroscopic
Treatment of Shoulder Stiffness and
Calcific Tendinitis of the Rotator Cuff*

Laurence D. Higgins, MD

Chief, Sports Medicine, and Chief,

Harvard Shoulder Service,
Department of Orthopaedic Surgery,
Brigham and Women's Hospital,
Boston, Massachusetts

The Stiff Shoulder

Jason L. Hurd, MD

Orthopedic Surgeon, Sanford Clinic
Vermillion, Vermillion, South Dakota

Occupational Shoulder Disorders

Joseph P. Iannotti, MD, PhD

Maynard Madden Professor and
Chairman, Orthopaedic and
Rheumatologic Institute, Cleveland
Clinic, Cleveland, Ohio

*Emerging Technologies in Shoulder
Surgery: Trends and Future Directions*

Eiji Itoi, MD, PhD

Professor and Chair, Department of
Orthopaedic Surgery, Tohoku
University School of Medicine;
Director, Department of Orthopaedic
Surgery, Tohoku University
Hospital, Sendai, Japan; Professor
of Bioengineering, Mayo Medical
School and Director, Biomechanics
Laboratory, Division of Orthopedic
Research, Mayo Clinic, Rochester,
Minnesota

Biomechanics of the Shoulder

Kirk L. Jensen, MD

Director, East Bay Shoulder, Orinda,
California

*Radiographic Evaluation of Shoulder
Problems*

Christopher M. Jobe, MD

Professor and Chair, Department of
Orthopaedic Surgery, Loma Linda
University School of Medicine, Loma
Linda Medical Center; Consulting
Staff, Jerry L. Pettis Memorial Veterans
Administration Hospital, Loma Linda,
California

Gross Anatomy of the Shoulder

Anne M. Kelly, MD

Assistant Attending Orthopaedic
Surgeon, Hospital for Special Surgery,
New York; Attending Orthopaedic
Surgeon, North Shore University
Hospital at Glen Cove, Glen Cove,
New York

*Shoulder Arthroscopy: Biceps in Shoulder
Arthroscopy*

Christopher D. Kent, MD

Assistant Professor, Department of
Anesthesiology, University of
Washington Medical Center,
Seattle, Washington

Anesthesia for Shoulder Procedures

Laurent Lafosse, MD

Surgeon, Orthopedic and Sport
Traumatology, Clinique Générale
d'Annecy, Annecy, France

Advanced Shoulder Arthroscopy

Clayton Lane, MD

Surgeon, Alabama Orthopaedic Clinic,
Mobile, Alabama

*Shoulder Arthroscopy: Arthroscopic
Management of Arthritic and Prearthritic
Conditions of the Shoulder*

Peter Lapner,MD

Assistant Professor,University of
Ottawa;Orthopaedic Surgeon,The
Ottawa Hospital,Ottawa, Ontario,
Canada

Calcifying Tendinitis

Kenneth Lin,MD

Orthopaedic Surgeon,Proliance
Surgeons,Monroe, Washington

The Biceps Tendon

Steven B.Lippitt,MD

Professor,Department of Orthopaedics,
Northeastern Ohio Universities
College of Medicine,Northeast Ohio
Orthopaedic Associates,Akron General
Medical Center,Akron,Ohio

Glenohumeral Instability;Rotator Cuff;

*Glenohumeral Arthritis and Its
Management*

Joachim F.Loehr,MD

Professor and Consultant Orthopaedic
Surgeon,Clinic Director, ENDO-
Klinik,Hamburg, Germany

Calcifying Tendinitis

John D.MacGillivray,MD

Assistant Attending Orthopaedic
Surgeon,Sports Medicine and
Shoulder Service,Hospital for
Special Surgery;Assistant Professor of
Orthopaedic Surgery,Weill Medical
College of Cornell University,New
York,New York

*Shoulder Arthroscopy:Arthroscopic
Management of Rotator Cuff Disease*

Frederick A.Matsen,III,MD

Professor and Chairman,Department
of Orthopaedics and Sports
Medicine,University of Washington
School of Medicine;Medical
Director,University of Washington
Sports Medicine,Seattle, Washington

Glenohumeral Instability;Rotator Cuff;

*Glenohumeral Arthritis and Its
Management*

Jesse McCarron,MD

Staff Surgeon,Shoulder Section,
Department of Orthopaedic
Surgery,Cleveland Clinic
Foundation,Cleveland,Ohio

Clinical Evaluation of Shoulder Problems

Bernard F.Morrey,MD

Professor of Orthopedic Surgery,Mayo
Clinic,Rochester, Minnesota

Biomechanics of the Shoulder

Andrew S.Neviaser,MD

Resident,Department of Orthopaedics,
Hospital for Special Surgery,New
York,New York

*Developmental Anatomy of the Shoulder
and Anatomy of the Glenohumeral Joint*

Stephen J.O' Brien,MD,MBA

Associate Attending Orthopaedic
Surgeon,Shoulder and Sports
Medicine Service,Hospital
for Special Surgery; Associate
Attending Professor of Surgery,
Orthopaedics,Weill Medical College
of Cornell University; Assistant
Scientist,New York-Presbyterian
Hospital,New York,New York

*Developmental Anatomy of the Shoulder
and Anatomy of the Glenohumeral Joint;
Shoulder Arthroscopy:Biceps in Shoulder
Arthroscopy*

Brett D.Owens,MD

Adjunct Assistant Professor,Department
of Surgery, Uniformed Services
University of Health Sciences,
Bethesda, Maryland;Assistant
Professor,Texas Tech University
Health Science Center; Director,
Sports Medicine and Shoulder
Service,William Beaumont Army
Medical Center,El Paso, Texas

Fractures of the Scapula

Wesley P.Phipatanakul,MD

Assistant Professor,Department of
Orthopaedic Surgery,Loma Linda
University School of Medicine,Loma
Linda Medical Center,Loma Linda,
California

Gross Anatomy of the Shoulder

Robin R.Richards,MD,FRCS

Professor of Surgery,University of
Toronto;Director,Upper Extremity
Reconstructive Service,Head,Division
of Orthopaedic Surgery,and Medical
Director,Neuromusculoskeletal
Program,St.Michael's Hospital;
Surgeon-in-Chief, Sunnybrook
Health Sciences Centre, Toronto,
Ontario,Canada

*Effectiveness Evaluation of the
Shoulder;Sepsis of the Shoulder;
Molecular Mechanisms and Pathogenesis*

Charles A. Rockwood, Jr, MD

Professor and Chairman Emeritus,
Department of Orthopaedics, The
University of Texas Health Science
Center at San Antonio, San Antonio,
Texas

*Radiographic Evaluation of Shoulder
Problems; Fractures of the Clavicle;
Disorders of the Sternoclavicular Joint;
Glenohumeral Instability; Rotator
Cuff; Glenohumeral Arthritis and Its
Management*

Scott A. Rodeo, MD

Associate Attending Orthopaedic
Surgeon, Hospital for Special Surgery,
New York, New York

*Shoulder Arthroscopy: Arthroscopic
Management of Rotator Cuff Disease*

Robert L. Romano, MD

Former Clinical Professor, Department
of Orthopaedics, University of
Washington School of Medicine; Staff
Physician, Providence Medical Center,
Seattle, Washington

Amputations and Prosthetic Replacement

Ludwig Seebauer, MD

Chairman, Center of Orthopaedics,
Traumatology and Sportmedicine,
Klinikum Bogenhausen, Academic
Hospital of the Technical University
of Munich, Munich, Germany

*Advanced Evaluation and Management of
Glenohumeral Arthritis in the Cuff-
Deficient Shoulder*

Peter T. Simonian, MD

Clinical Professor, Department of
Orthopaedic Surgery, University
of California, San Francisco, Fresno,
California

*Muscle Ruptures Affecting the Shoulder
Girdle*

David L. Skaggs, MD

Associate Professor, Orthopaedic Surgery,
University of Southern California;
Associate Director, Children's
Orthopaedic Center, Children's
Hospital of Los Angeles, Los Angeles,
California

*Fractures, Dislocations, and Acquired
Problems of the Shoulder in Children*

Douglas G. Smith, MD

Professor, Department of Orthopaedic
Surgery, University of Washington
School of Medicine, Harborview
Medical Center, Seattle, Washington

Amputations and Prosthetic Replacement

John W. Sperling, MD, MBA

Professor, Department of Orthopedic
Surgery, Mayo Clinic, Rochester,
Minnesota

*Management of the Infected Shoulder
Arthroplasty*

Robert J. Spinner, MD

Professor, Neurologic Surgery,
Orthopedics and Anatomy, Mayo
Clinic, Rochester, Minnesota

Nerve Problems About the Shoulder

Scott P. Steinmann, MD

Associate Professor, Department of
Orthopedic Surgery, Mayo Clinic,
Rochester, Minnesota

Nerve Problems About the Shoulder

Daniel P. Tomlinson, MD

Orthopedic Surgeon, Crystal Run
Healthcare, Middletown, New York

*Shoulder Arthroscopy: Arthroscopic
Treatment of Shoulder Stiffness and
Calcific Tendinitis of the Rotator Cuff*

Hans K. Uhthoff, MD

Professor Emeritus, University of
Ottawa; Attending Physician, Ottawa
Hospital, General Campus, Ottawa,
Ontario, Canada

Calcifying Tendinitis

Todd W. Ulmer, MD

Team Physician, Warner Pacific
College; Orthopaedic Surgeon,
Columbia Orthopaedic Associates,
Portland, Oregon

*Muscle Ruptures Affecting the Shoulder
Girdle*

Tom Van Isacker, MD

Former Fellow, Alps Surgery Institute,
Annecy, France

Advanced Shoulder Arthroscopy

Jennifer L. Vanderbeck, MD

Orthopedic Surgeon, Cumberland
Orthopedics, Vineland, New Jersey

*Congenital Anomalies and Variational
Anatomy of the Shoulder*

James E. Voos, MD

Resident, Department of Orthopedics,
Hospital for Special Surgery, New
York, New York

*Developmental Anatomy of the Shoulder
and Anatomy of the Glenohumeral Joint*

Christopher J. Wahl, MD

Assistant Professor, Department of
Orthopaedics and Sports Medicine,
University of Washington, Bellevue,
Washington

Shoulder Arthroscopy: General Principles

Gilles Walch, MD

Surgeon, Clinique Sainte Anne
Lumière, Lyon, France

The Biceps Tendon

Jon J. P. Warner, MD

Chief, Harvard Shoulder Service;
Professor of Orthopaedic
Surgery, Harvard Medical School,
Massachusetts General Hospital,
Boston, Massachusetts

The Stiff Shoulder

Russell F. Warren, MD

Surgeon-in-Chief, Hospital for Special
Surgery; Professor of Orthopaedics,
Weill Medical College of Cornell
University, New York, New York

*Shoulder Arthroscopy (Chapter Editor);
Shoulder Arthroscopy: General Principles;
Shoulder Arthroscopy: Arthroscopic
Treatment of Shoulder Instability*

Anthony S. Wei, MD

Former Research Fellow, Kerlan-Jobe
Orthopaedic Clinic, Los Angeles,
California

Complications of Shoulder Arthroscopy

Jason S. Weisstein, MD, MPH

Assistant Professor, Orthopaedics and
Sports Medicine Sarcoma Service,
University of Washington; Medical
Co-Director, Northwest Tissue
Center; Surgeon, Bone and Joint
Center, University of Washington
Medical Center, Seattle, Washington

Tumors and Related Conditions

Gerald R. Williams, Jr, MD

Director, Shoulder and Elbow Center,
Rothman Institute, Jefferson Medical
College, Philadelphia, Pennsylvania

*Emerging Technologies in Shoulder Surgery:
Trends and Future Directions*

Riley J. Williams, III, MD

Member, Sports Medicine and Shoulder
Service and Clinician-Scientist,
Research Division, Hospital for
Special Surgery; Associate Professor,
Weill Medical College of Cornell
University, New York, New York

*Shoulder Arthroscopy: Arthroscopic
Treatment of Shoulder Instability*

Michael A. Wirth, MD

Professor of Orthopaedics
and Charles A. Rockwood
Jr, MD Chair, Department of
Orthopaedics, The University of
Texas Health Science Center at San
Antonio, University Hospital, San
Antonio, Texas

*Fractures of the Proximal
Humerus; Disorders of the Sternoclavicular
Joint; Glenohumeral Instability; Rotator
Cuff; Glenohumeral Arthritis and Its
Management*

Joseph D. Zuckerman, MD

Walter A. L. Thompson Professor of
Orthopaedic Surgery and Chairman,
Department of Orthopaedic
Surgery, New York University
School of Medicine; Chair, New
York University Hospital for Joint
Diseases, New York, New York
Occupational Shoulder Disorders

第4版原著序

非常荣幸能有此机会为《肩关节外科学》（第4版）这本重点介绍肩关节疾病及损伤治疗的教科书作序。

在19世纪80年代，由于肩关节疾病及损伤知识和信息的急剧增加，迫切需要对此做系统收集和整理，于是第1版《肩关节外科学》问世了。从那时起，人们对于肩关节的认识不断改变，治疗技术层出不穷，迅速发展。那时，对肱骨近端骨折的分类已有了深入的理解，而且固定方法也有了改进；撞击综合征已被发现。同时，肩袖撕裂修复手术的成功率也有很大的提高，肩关节不稳定的生物力学概念也已形成，人工髋关节和膝关节手术开始应用，所以有人考虑相关技术是否可以应用于肩关节，并付诸实践。关节镜的应用也不再局限于对膝关节进行评估和治疗，开始应用于肩关节并逐渐成熟。这些大量的新知识需要进行归纳、整理，本版《肩关节外科学》的出版达到了预期目的。该书各个章节中所涉及的肩关节内容，均来自于授课资料、学术成果及相关教科书。

希望此书的编者们能够再接再厉，不断更新，给大家带来更多的新信息、新知识。例如，肩部的外科解剖和生物力学知识，新的临床评估和影像学信息，肩部骨折治疗的新方法，应用关节镜评估和治疗肩关节问题的新信息，肩袖撕裂的相关问题及进展，我们在对患者进行评估和治疗时需要的新的思想理念等。

我们必须感谢这些杰出的教育工作者：是他们组织了大量学术交流活动，相互间建立了深刻的友谊和联系；是他们全身心投入到肩关节的临床和基础研究中；是他们积极开展新的课题研究来验证新观点，改进和创造新的手术材料、器械和设备。读完此书，读者不仅可以解决临床中碰到的各种问题，更关键的是对于肩关节疾病及损伤的治疗原理和方法等方面，均会有清晰的认识和更高层次的把握。如果读者把《肩关节外科学》当作从事肩关节疾病及损伤诊疗工作的一部重要参考书，乃至作为圣经来研读，都是应该和值得的。

梅约医学院骨科 ROBERT H. COFIELD, MD

明尼苏达州，罗彻斯特市

第4版原著前言

亲爱的读者：

感谢您跟我们一起共同关注肩关节。在人体，除了肩关节外没有任何一个部位有如此复杂的解剖、巨大的功能需求，而且涉及多种临床疾患，如先天性缺陷、骨折、关节炎、不稳定、僵硬、肌腱撕裂和肿瘤。

CAR和FAM在肩关节疾病治疗方面合作了25年。虽然San Antonio和Seattle这两所学校没有合作过，但是在很多方面我们的观点很早就一致。无论是肩袖撕裂、不稳定，还是肩关节炎等。甚至我们一致认为，不是所有肩袖撕裂都能修复，也不应该尝试去修复所有肩袖撕裂！当然，有些也不尽相同，但对于这一版书中一些作者的新观点、差异较大的观点，甚至是完全不同的观点，我们仍表示了极大的尊重，不管这些作者来自美国的哪个地区，还是国外。我们非常感谢第4版《肩关节外科学》一些新章节的作者作出的巨大贡献。

在美国和其他国家，健康和保健的花费是最昂贵的开支。现在，我们不仅必须考虑诊断工具是否精确和治疗方法是否有效，而且还要考虑它们的使用是否适当，以及对每一位病人应用的价值。如果我们能够免除那些对治疗无用的检查测试，避免应用不划算的治疗器械，我们将成为卫生健康资源最好的管理员。事实上，这可能是我们最大的挑战。

当我们的知识来自于期刊中相对较少而又没有代表性的案例时，我们怎样才能在实践中把工作做到最好？我们相信还需要很大努力才能实现Codman的理想：“每一家医院对病人进行治疗时有共同的结论，足够的时间来判定这个治疗是否成功，接着进行调查‘如果不成功，为什么不成功？’以便于以后避免类似的错误”。

本书的主编Michael A.Wirth和Steven B.Lippitt及两位新的副主编Edward V.Fehring和John W.Sperling都是著名的肩关节外科医师，在我们试图提高此书的质量而又无从下手时，得到了他们巨大的帮助。

希望大家在学习肩关节知识时锐意创新，批判地对待听到的和看到的知识，在采用新的肩部疾病评估和治疗方法时持保守态度。我们希望这本书在医师考虑对患者采取什么治疗方案最有利时提供一些帮助。我们希望您对这本书的喜爱如同我们创作它的初衷一样。

把最美好的祝愿送给每一位从事肩关节外科的医师！

Charles A. Rockwood,Jr,MD

Michael A. Wirth,MD

Frederick A. Matsen,III,MD

Steven B. Lippitt,MD

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