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### 什么叫“蛋壳”技术

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20世纪40年代,Michele和Krueger从脊柱后方通过椎弓根进行椎体病变的活检和椎体感染的引流。70年代开始,Heinig利用这项技术进行脊柱骨折的前方减压,即通过椎弓根将椎体挖空后,再将后凸的骨折块填入挖空后的椎体内,并于80年代发表论文时命名为“蛋壳”技术(eggshell procedure)<sup>[1]</sup>。因其以椎弓根为向导,将椎体的松质骨完全去除后只剩下一层薄层皮质骨外壳,与蛋壳相似,故用“蛋壳”一词来形容。同一时期,Thomasen也利用椎弓根进行椎体的楔形截骨,矫正脊柱后凸畸形,称为经椎弓根闭合楔形截骨术(transpedicle closing wedge osteotomy)<sup>[2]</sup>。但楔形截骨术与蛋壳技术略有不同,前者是椎体楔形截骨后的闭合,单一脊椎截骨平均可矫正30°左右的后凸畸形,而后者则是椎体的塌陷,通过间隙内支撑植骨,能够完成不同角度和方向的矫形,矫正角度也更大。近年来,有学者又提出了一些概念,如去除椎弓根截骨(pedicle subtraction osteotomy,PSO)、经椎弓根椎体切除术(transpedicle vertebrectomy或transpedicle cortectomy)和脊椎柱切除术(vertebral column resection,VCR)<sup>[3-5]</sup>。无论采用何种名称,其核心都是采取单一的后路手术,通过椎弓根对椎体和椎间盘进行操作,完成椎体截骨、椎体切除和椎间盘切除。

在临幊上,只有在用其它更容易的方法不能达到手术目的时才采取“蛋壳”技术。通常主要用来治疗复杂脊柱爆裂骨折、陈旧性骨折后凸畸形、先天性脊柱侧后凸畸形、重度僵硬性脊柱侧后凸畸形、感染晚期后凸畸形和脊柱肿瘤等。该技术的优点在于<sup>[6]</sup>:(1)通过后路手术完成椎管前方的减压,避免了前后路手术;(2)通过适当改变矫形旋转轴心点,能够获得充分的矫形,而脊髓部位的后柱仍然为短缩,减少了脊髓损伤;(3)截骨面为松质骨,愈合快。缺点是手术操作难度大,出血多,需要有经验的脊柱外科医生来实施。

从我们的经验来看,该技术的要点是截骨时要保留脊椎的后方结构或椎弓根的内侧壁,避免操作时损伤脊髓或神经根;椎体的外侧壁要充分研磨如蛋壳或截断,才能顺利闭合腔隙;使用特殊的器械或角度咬钳将残留的后壁去除,以避免损伤脊髓。蛋壳技术是不得已时采取的手术方法,实施时要充分考虑到其难度和风险。

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