

## 临床论著

# 经骶 2 髂骨螺钉内固定在腰骶段结核稳定性重建中的应用

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**【摘要】目的:**评价徒手置入骶 2 髂骨(S2AI)螺钉的安全性,评估其在腰骶段结核稳定性重建中的应用价值。**方法:**2014 年 10 月~2016 年 10 月采用病灶清除、腰椎椎弓根-S2AI 螺钉内固定、椎间植骨融合术治疗腰骶段结核患者 16 例,女 9 例,男 7 例,年龄 38~73 岁( $63.5\pm14.3$  岁),其中 11 例大于 60 岁。10 例患者术前骨密度检查 T 值 $<-3.5$ 。术前、术后均规范采用抗结核药物治疗方案治疗,术后采用 X 线片和 CT 评价 S2AI 螺钉的位置,观察螺钉的相关并发症以及结核愈合情况。**结果:**10 例采用单纯后路内固定联合病灶清除术,6 例采用一期后-前路联合的手术方式。徒手置入 30 枚 S2AI 螺钉,冠状面螺钉的外展角( $\alpha$ )为  $50^\circ\sim80^\circ(65^\circ\pm14^\circ)$ ,矢状面螺钉与 S1 上终板的夹角( $\beta$ )为  $-15^\circ\sim16^\circ(0^\circ\pm12^\circ)$ ,横断面上螺钉与中垂线的夹角( $\theta$ )为  $45^\circ\sim57^\circ(50^\circ\pm9^\circ)$ 。术后 CT 检查发现 1 枚(3.3%)螺钉穿破髂骨内皮质,2 枚(6.7%)螺钉穿破髂骨外皮质,穿破均小于 5mm,没有神经、血管损伤的情况发生。平均随访时间 12 个月,1 例严重骨质疏松患者的 2 枚(6.7%)S2AI 螺钉周围出现明显透光带(screw halo)。所有患者结核症状得到控制,术后 6 个月时血沉、C 反应蛋白均降至正常,末次随访时患者均恢复正常生活;无内固定断裂的情况发生,植骨均获得融合。腰背部疼痛 VAS 评分由术前平均  $7.7\pm2.1$  分降至末次随访时的  $3.2\pm0.7$  分( $P=0.03$ )。**结论:**徒手置入 S2AI 螺钉是可行且相对安全的,可用于腰骶段结核患者的稳定性重建,为结核病灶治愈提供条件。

**【关键词】**脊柱结核;腰骶段;骶 2 髂骨螺钉;手术治疗;内固定

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**[Abstract]** **Objectives:** To investigate the feasibility and safety of free-hand technique of S2-alar-iliac (S2AI) screw placement in the lumbopelvic fixation, and to evaluate the clinic values in the treatment of lumbosacral spinal tuberculosis. **Methods:** Retrospective analysis the lumbar sacral spinal tuberculosis patients who had undergone pelvic fixation using S2AI technique from October 2014 to October 2016. Total of 16 cases were enrolled in this study, consist of 9 females and 7 males, with an average age of  $63.5\pm14.3$  years. Of those patients, 11 were older than 60 years, as well as 10 patients had severe osteoporosis based on preoperative bone mineral density examination( $T<-3.5$ ). S2AI screws were used for lumbopelvic reconstruction. Post-operative X-ray and CT scan were used to evaluate the optimal trajectory and direction of S2AI screws. Screw related complications as well as healing process of tuberculosis were recorded. **Results:** Ten patients underwent posterior only fixation and intervertebral debridement, while six patients received one-stage posterior fixation combined with anterior debridement and fusion. Thirty S2AI screws were inserted by free-hand technique. All trajectories were confirmed by postoperative X-ray and CT scan. The average abduction angle in coronal plan( $\alpha$  angle) was  $65^\circ\pm14^\circ$ (range,  $50^\circ\sim80^\circ$ ), the average caudal angle related to S1 endplate in sagittal plan( $\beta$  angle) was  $0^\circ\pm12^\circ$ (range,  $-15^\circ\sim16^\circ$ ), the average angle related to central line in axial plan( $\theta$  angle)

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was  $50^\circ \pm 9^\circ$  (range,  $45^\circ$ – $57^\circ$ ). One screw (3.3%) protruded iliac inner cortex, two (6.7%) protruded iliac external cortex. All the protrusions were less than 5 mm, without any visceral or neurovascular structures and none required removal or revision. The average follow-up was 12 months. One patient with severe osteoporosis was observed periscrew halo lucency bilaterally (6.7%). ESR and CRP decreased to normal at 6 months of follow-up. All those patients were asymptomatic at last follow-up and returned to normal life without the evidence of instrumentation failure, and solid fusion was confirmed by X-ray in all patients. The average of VAS score on back pain improved significantly from  $7.7 \pm 2.1$  preoperatively to  $3.2 \pm 0.7$  postoperatively ( $P=0.03$ ). **Conclusions:** The free-hand technique of S2AI screw placement appears to be a safe and acceptable method of insertion, without major complications. S2AI screw provides rigid lumbosacral fixation and gives conditions for the cure of spinal tuberculosis.

**[Key words]** Spinal tuberculosis; Lumbosacral region; S2-alar-iliac screw; Surgical treatment; Internal fixation

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骨关节结核是最常见的肺外结核,其中 50% 左右为脊柱结核,但腰骶段结核的发生率较低,大约占脊柱结核的 2%~3%<sup>[1]</sup>。由于病程进展缓慢,很少引起严重的神经损害,以往对腰骶段结核多数主张保守治疗<sup>[1-3]</sup>。然而,药物治疗的周期非常长,且容易导致腰椎前凸丢失和局部后凸畸形<sup>[4]</sup>。因此,对于一些局部疼痛严重,神经刺激症状难以缓解,保守治疗效果不佳的患者,一些学者主张手术治疗<sup>[5-8]</sup>。但是,腰骶段处于脊柱骨盆交界部位,对内固定重建的生物力学要求非常高。传统的髂骨螺钉固定技术属于松质骨螺钉,因为要较多的外侧显露,钉尾切迹高,易造成局部不适甚至皮肤破溃等并发症,而且需要额外的转接棒装置,大大增加了手术治疗费用。近年来,经 S2 髂骨 (S2AI) 螺钉凭借其低切迹、三面皮质骨坚强固定、可以与骶骨螺钉直接相连等优势,逐渐得到应用<sup>[9-11]</sup>。回顾性分析我院 2014 年 10 月~2016 年 10 月应用 S2AI 螺钉固定技术重建稳定性的 16 例腰骶段结核患者,旨在评估其安全性、应用优势和在腰骶段结核手术稳定性重建中的价值。

## 1 资料与方法

### 1.1 一般资料

手术指征为:(1)伴有严重腰痛或者下肢放射痛,无法忍受保守治疗;(2)出现马尾综合征;(3)保守治疗 2 个月效果不佳,症状无明显改善;(4)已经出现  $10^\circ$  以上后凸畸形的患者。应用 S2AI 固定技术行骶髂固定的指征为:S1 椎体严重破坏无法置钉,或严重骨质疏松患者单纯 L5-S1 短节段固定力学强度不够,无法起支撑重建作用。共纳入

16 例患者,女 9 例,男 7 例;年龄 38~73 岁 ( $63.5 \pm 4.3$  岁),其中 11 例大于 60 岁。10 例患者术前骨密度(BMD)检查 T 值  $<-3.5$ 。

所有患者术前均有严重的腰背部疼痛,严重下肢放射痛 7 例,下肢肌力下降到 3 级 3 例,慢性马尾综合征 3 例。影像学检查显示以 L5/S1 椎间盘破坏为中心的结核病灶,伴有 L5 下终板和 S1 椎体破坏,椎管内、椎旁或者骶前区大量冷脓肿。病程 3~28 个月 ( $10.2 \pm 8.2$  个月)。术前均进行规范的抗结核化学药物治疗,化疗方案为异烟肼+利福平+乙胺丁醇+吡嗪酰胺 (HREZ),时间为 1~6 个月 ( $4.5 \pm 3.0$  个月)。

### 1.2 手术方式

对于以 L5/S1 椎间盘破坏为主,L5 或 S1 椎体缺损在 1/2 以内,椎旁和骶骨前方脓肿不大的病例,采取后路腰椎椎弓根螺钉联合 S2AI 螺钉内固定进行骶髂重建、椎管减压、结核病灶清除术。对 L5 或 S1 椎体缺损超过 1/2,单纯后路支撑重建困难,或者椎旁、骶骨前方脓肿较大,后方清除病灶困难的病例,采取一期后路腰椎椎弓根-S2AI 螺钉内固定进行骶髂重建,后外侧植骨,再行前路经腹膜外结核病灶与脓肿清除、自体髂骨植骨融合术。

**S2AI 螺钉置入方式:**患者俯卧位,沿 S1 椎弓根螺钉的位置继续向下暴露约 3~4 cm,再从中线向两侧显露 S1 和 S2 的背侧孔。以两个背侧孔连线的中点为进钉点(距离骶骨中线约 2.5 cm),开路锥钻破骶骨皮质。术者用左手触及患者的股骨头大转子和髂前下嵴,右手用椎弓根钻向外向下、横断面外展角度约  $50^\circ$ ~ $60^\circ$ 、矢状面尾倾角度约

20°~30°, 穿透骶髂关节面, 经过坐骨切迹上方, 指向髂前下棘方向, 钻出70~80mm长度的钉道。用球探确认钉道进入髂骨、四壁完整且底部为骨性结构, 沿同样方向攻丝, 然后置入规格为8.0×80mm的髂骨螺钉。

### 1.3 影像学评价

术后患者均行X线片和CT检查确认S2AI螺钉的位置。正位X线片上冠状面螺钉与水平线的夹角为 $\alpha$ (图1a), 侧位X线片上矢状面螺钉与S1上终板的夹角为 $\beta$ (图1b), CT横断面上螺钉与中垂线的夹角为 $\theta$ (图1c,d), 均进行双侧螺钉角度的测量, 分别计算3个角度的平均值。

### 1.4 术后处理

24h引流量小于30ml时拔除引流管, 支具保护下下地活动。手术后静脉使用异烟肼和左氧氟沙星, 待3~4d恢复至正常饮食后改为与术前化疗方案(HREZ)一致的抗结核药口服。强化治疗6个月以后, 停用吡嗪酰胺, 继续用HRE 6~12个月, 总疗程为12~18个月(即6HREZ/6~12HRE)。每个月复查血常规、肝功能、血沉(ESR)和C反应蛋白(CRP)。嘱患者术后来院随访的时间为6个月、1年、2年和3年, 拍摄X线片观察植骨融合情况、矫形角度丢失以及内固定是否有松动断裂。

## 2 结果

10例患者采用单纯后路内固定联合病灶清除的手术方式(图2);6例患者因为椎体缺损过多或者椎旁脓肿过大, 采用一期后-前路联合手术方式(图3)。16例患者共成功徒手置入30枚

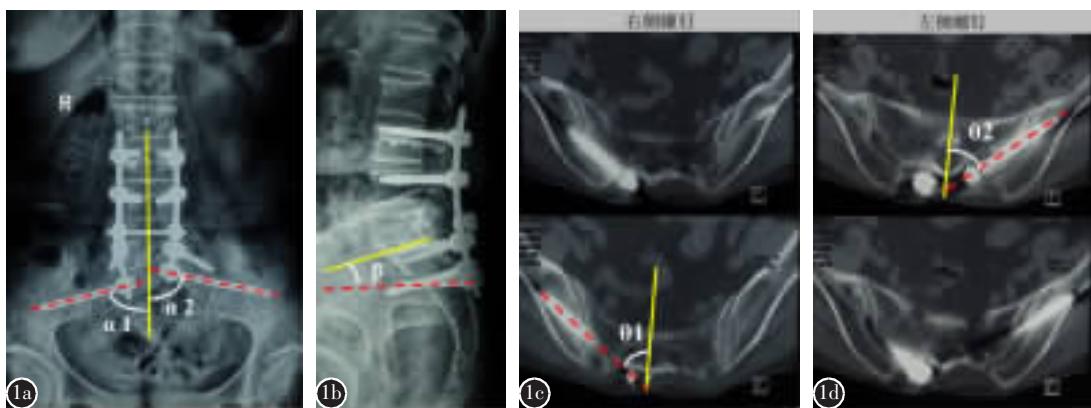
S2AI螺钉, 有2例患者一侧的S2AI螺钉置入失败, 改为骶骨翼螺钉, 另一侧置入S2AI螺钉(图2)。冠状面螺钉外展角( $\alpha$ )为50°~80°(65°±14°), 矢状面螺钉与S1上终板的夹角( $\beta$ )为-15°~16°(0°±12°), 横断面上螺钉与中垂线的夹角( $\theta$ )为45°~57°(50°±9°)。

术后CT检查发现1枚(3.3%)螺钉穿破髂骨内皮质, 2枚(6.7%)螺钉穿破髂骨外皮质(图3), 穿破均小于5mm。无神经、血管损伤发生。1例72岁严重骨质疏松患者术后2年随访时有2枚(6.7%)螺钉周围出现明显透光带(Halo lucency), 表明螺钉松动(图4);其余患者未见内固定松动。

所有患者随访6~26个月, 平均12个月。患者结核症状得到控制, 术后6个月时ESR、CRP均降至正常, 末次随访时均恢复正常生活。腰背部疼痛术前VAS评分为6~9分(7.7±2.1分), 末次随访时为2~4分(3.2±0.7分), 差异有统计学意义( $P=0.03$ )。7例严重下肢放射痛患者疼痛得到了缓解, 其中3例残留有轻度麻木感。3例下肢肌力下降到3级的患者末次随访时肌力恢复到5级。3例慢性马尾综合征患者的膀胱直肠功能完全恢复正常。所有患者随访期间没有内固定断裂情况发生, 植骨均获得融合。

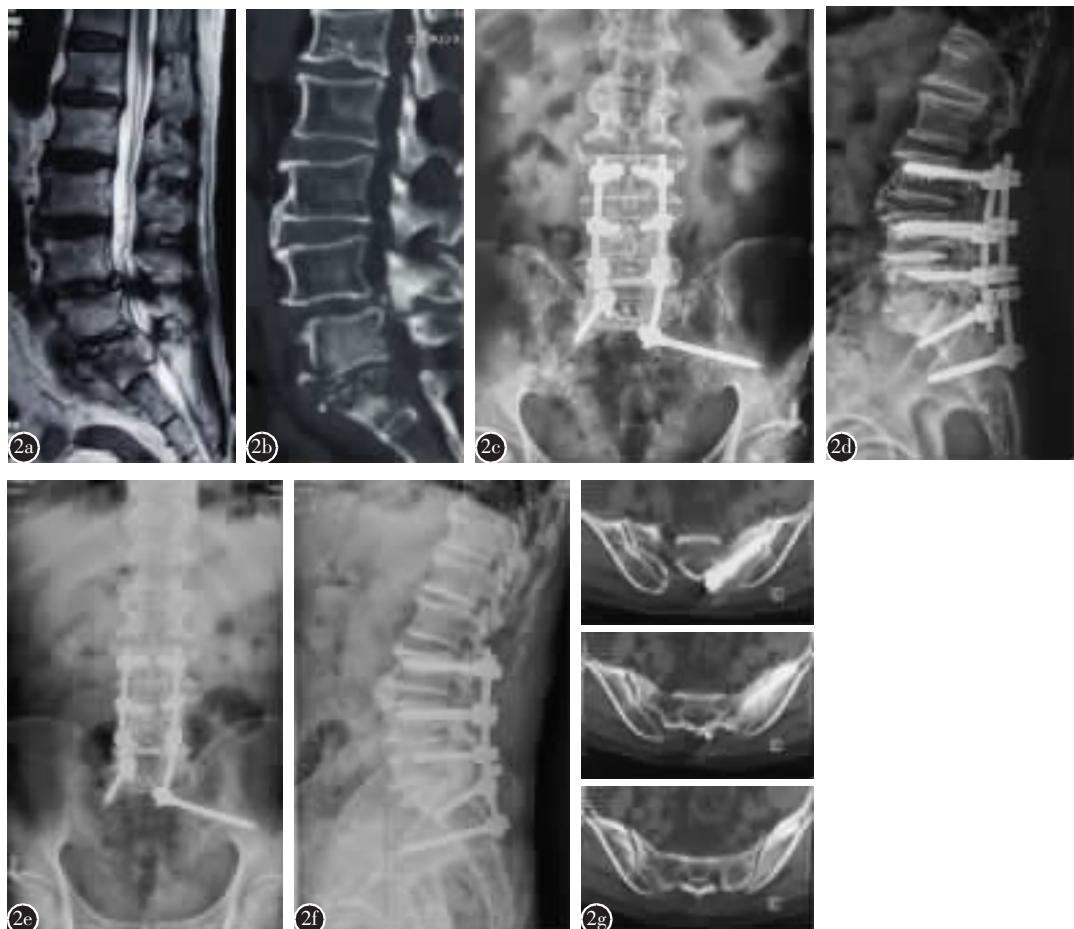
## 3 讨论

腰骶段结核的发病率比较低, 多数情况下可以通过严格的化学药物治疗而治愈<sup>[1~4]</sup>, 但是部分患者会出现腰椎前凸丢失和局部后凸畸形。Pun



**图1** 影像学评估方法 **a** 冠状面螺钉的外展角( $\alpha$ ) **b** 矢状面螺钉与S1上终板的夹角( $\beta$ ) **c,d** CT横断面上螺钉与骶骨中垂线的夹角( $\theta$ )

**Figure 1** Radiographic evaluation **a** Abduction angle in coronal plan ( $\alpha$ ) **b** Caudal angle related to S1 endplate in sagittal plan( $\beta$ ) **c** Axial angle related to central line in the CT transverse plan( $\theta$ )



**图 2** 患者男,73岁,低热、腰痛伴双下肢放射痛致不能下地行走2个月 **a** 术前MRI示L4退行性滑脱并椎管狭窄,L5、S1椎体结核,椎体前方及椎管内脓肿 **b** 术前CT示L5椎体前下角和S1上终板骨质破坏 **c,d** 行单纯后路螺钉内固定、椎管减压、结核病灶清除术,左侧为S2AI螺钉固定,右侧为骶骨翼螺钉固定 **e,f** 术后2年随访,X线片未见螺钉松动断裂 **g** CT横断面扫描显示左侧S2AI螺钉位置满意

**Figure 2** 73-year-old male complained low-grade fever, severe back pain and bilateral radiculopathy, could not walk for 2 months **a** Preoperation MRI showed L4 degenerative spondylolistheses combined with spinal canal stenosis, meanwhile L5-S1 spinal tuberculosis, and abscess at prevertebral and intra canal **b** Preoperation CT scan showed bone destroyed at anterior inferior corner of L5 and the end plate of S1 **c, d** One-stage posterior lumbosacral instrumentation, spinal canal decompression and lesion debridement was taken, with S2AI screw on left side and S1 alar screw on right side **e, f** X-ray at two years' follow-up showed instrumentation maintained well **g** CT scan demonstrated S2AI screw on the left side was in good position.

等<sup>[4]</sup>对26例腰骶段结核患者平均20年的随访结果显示,保守治疗的患者更容易残留局部后凸畸形和顽固性腰痛,作者建议进行前路病灶清除和支撑植骨。内固定可以增加局部植骨的稳定性,促进结核病灶愈合。一些学者报道了单纯前路手术病灶清除、植骨和内固定治疗腰骶段结核的结果,显示前路手术可以彻底清除病灶并且安全进行内固定重建<sup>[5,8,12]</sup>。然而在腰骶段前方进行内固定需要更广泛的显露,有损伤大血管和损伤上腹下交

感神经丛导致逆行性射精的风险,而且一旦手术失败翻修将非常困难。Pang等<sup>[7]</sup>和Sun等<sup>[13]</sup>均建议在腰骶段采用一期后路经椎间隙入路行病灶清除和植骨,避免前路手术的风险。Jiang等<sup>[6]</sup>则报道了一期前后路联合手术方式治疗腰骶段结核,取得了良好的效果。本组病例中,我们对于以L5/S1椎间盘破坏为主、前方脓肿不多的病例采取单纯后路手术;对骨缺损过大、后方重建困难,或者椎旁、骶骨前方脓肿较大后方清除困难者,采用前后路



**图 3** 患者女,41岁,严重腰痛及左下肢放射痛半年 **a~d** 术前 MRI 示 L4-S1 结核病灶破坏,椎管内、椎前及骶骨前方脓肿,椎旁巨大流注 **e** 术前 CT 示 L5 椎体及 S1 上终板被严重破坏 **f,g** 行一期后路骶髂重建,后外侧植骨融合,前路 L4-5、L5-S1 病灶清除,自体髂骨植骨融合术后 X 线片示双侧 S2AI 融合固定 **h,i** 术后 CT 示左侧 S2AI 融合固定穿破髂骨外侧皮质 **图 4** 患者女,71岁,严重腰痛及双下肢麻木不能行走 6 个月,无法忍受保守治疗 **a,b** 术前 MRI 示 L5-S1 结核病灶破坏,椎管内脓肿 **c** 行一期后路 L3-S2 髓骨螺钉内固定、椎管减压、结核病灶清除术后 X 线片示 S1 双侧置入髓骨翼螺钉, S2 双侧置入 S2AI 融合固定 **d** 术后 2 年随访双侧 S2AI 融合固定周围均出现明显透光带,提示螺钉有微动;结核已经治愈

**Figure 3** 41-year-old female with severe back pain and left side radiculopathy for six months **a~d** Preoperation MRI showed L4-S1 spinal tuberculosis, with large abscess located prevertebral, presacral, intra canal and psoas **e** Preoperation CT scan illustrated bone lesion at L5 and S1 **f, g** Single-stage posterior lumbopelvic fixation, and anterior retroperitoneal debridement, L4-5, L5-S1 autograft fusion was taken **h, i** Postoperative CT indicated left screw protruded iliac external cortex **Figure 4** 71-year-old female with severe back pain and bilateral lower extremities paralysis for six months. She could not tolerate conservative treatment **a, b** Preoperation MRI showed L5-S1 spinal tuberculosis with intra canal abscess **c** Single posterior L3-S2AI fixation, spinal canal decompression and lesion debridement was taken. Postoperative X-ray showed bilateral S1 alar screws and S2AI screws **d** Two years' follow-up X ray demonstrated bilateral periscrew halo lucency, which indicated micro movement. Spinal tuberculosis was healed

联合的手术方式。

对腰骶段结核内固定节段的选择,Jain 等<sup>[14]</sup>建议至少包括上下方各 1 个正常椎体。笔者认为当结核病灶破坏了 L5/S1 椎间盘以及 S1 大部分椎体时,单纯 L5-S1 短节段固定的力学强度不够,尤其对老年骨质疏松患者很难起到支撑重建的作用。在不丢失活动节段的同时延长固定至髂骨是一种可靠的选择。然而传统髂骨螺钉松动和翻修的几率分别为 43% 和 34.4%<sup>[15,16]</sup>,全程松质骨螺钉固定需要较多的向外侧显露、增加手术创伤,钉尾高切迹等,11.1%~22.2% 的患者会因为螺钉高切迹或疼痛等原因移除髂骨钉<sup>[17,18]</sup>。

S2AI 螺钉最早由 Chang 和 Sponseller 等<sup>[19]</sup>于 2009 年提出,对 20 例平均年龄为 15 岁的青少年骨盆 CT 值研究结果显示,S2AI 融钉的切迹比传统髂骨螺钉减小了 15mm,理想 S2AI 钉道的横断面外展角度为 40°,螺钉在骶骨内的行程平均为 35mm。O'Brien 等<sup>[20]</sup>在随后的尸体标本研究中报道,S2AI 融钉的平均长度为 84mm,60% 的螺钉穿透骶髂关节面的关节软骨,15% 的螺钉穿破髂骨外皮质,没有侵入盆腔的情况发生。目前认为 S2AI 融钉固定的优势有:(1)低切迹<sup>[17]</sup>;(2)不需要向外侧广泛暴露,可减少软组织损伤和降低感染风险;(3)不需要额外转接卡即可直接与 S1 的螺钉相连;(4)三面皮质螺钉固定,同时控制了骶骨与髂骨(即 Brien 所定义的骶髂第二与第三区域<sup>[20,21]</sup>),生物力学强度与传统髂骨螺钉相当<sup>[22,23]</sup>;(5)不会影响髂后上嵴取自体骨<sup>[11]</sup>。

Zhu 等<sup>[24]</sup>研究了 60 例平均年龄为 46.1 岁成人骨盆的 CT 数据,选取 S1 背侧孔偏外偏下各 1mm 为进钉点,得出 S2AI 钉道的横断面外展角度为 36°~37°,矢状面尾倾角度为 30°,钉道总长度 120mm,在骶骨内的行程 26mm,与 Chang 和 Sponseller 等<sup>[19]</sup>的研究结果相近。Kwan 等<sup>[25]</sup>对 180 例亚洲人的骨盆 CT 进行研究,以 S1、S2 背侧孔的中点为进钉点,认为螺钉外展角度的安全范围是 39°~50°。在实际置钉过程中,我们同样以 S1、S2 背侧孔的中点为进钉点,冠状面上以躯体的中轴线为参照,螺钉外展角约 65°,矢状面上基本与 S1 上终板平行,横断面上与中垂线的夹角约为 50°,所有螺钉安全置入,但螺钉横断面的外展角度(50°)比朱峰(37°)和 Chang(40°)要大,可能与进钉点位置选择不同,以及研究人群的性别和年

龄差异有关。

Elder 等<sup>[26]</sup>报道与传统的髂骨钉固定技术相比,S2AI 融钉的翻修率(8.8% vs. 48.0%)、伤口感染率(1.5% vs. 44.0%)以及螺钉高切迹引起症状的概率(0 vs. 12.0%)显著降低。Mazur 等<sup>[27]</sup>运用生存分析同样发现 S2AI 融钉固定的翻修率远低于髂骨钉固定(2 例 vs. 13 例),进一步的多元回归分析显示 S2AI 融钉固定是降低翻修率的唯一保护因素。随后 Mazur 等<sup>[28]</sup>报道了使用 S2AI 融钉固定平均 24 个月的影像学结果,27% 的螺钉周围出现透光带(Halo lucency),又称为“雨刮器征”(windshield wiper sign),意味着螺钉出现微动,1 例(1/13)患者出现 L5/S1 不融合,但没有骶髂关节退变、断钉、翻修等并发症发生。Jain 等<sup>[10]</sup>统计了 80 例儿童脊柱畸形使用 S2AI 融钉的情况,平均随访时间 3.5 年,20 例(25%)出现螺钉相关并发症,包括螺钉周围透光带 9 枚,螺钉断裂 9 枚,穿破髂骨外皮质 1 枚,其中 6 例出现与螺钉相关的临床症状;他推荐使用 8mm 以上的螺钉以减少断钉。本组病例平均 12 个月的短期随访发现,螺钉相关并发症包括穿破髂骨内皮质、外皮质 3 例(<5mm),以及 2 枚螺钉周围出现透光带,没有严重并发症发生,患者在末次随访时均没有出现临床症状。

本研究在国内首次报道了 S2AI 融钉在治疗腰骶段结核稳定性重建中的应用价值,证明徒手置入 S2AI 融钉是安全可靠的,螺钉置入的冠状面外展角度为 65°,矢状面与 S1 上终板平行,横断面与中垂线的夹角为 50°。S2AI 融钉的置入并没有明显增加手术创伤,腰椎椎弓根联合 S2AI 融钉内固定维持了腰骶段的稳定性,为结核病灶的治愈提供了条件。但本研究病例数较少,且随访时间较短,S2AI 融钉固定的远期效果以及相关并发症仍然需要长期观察。

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