

· 论著 ·

3D打印技术结合术前规划指导对治疗胫腓骨远端严重粉碎骨折的临床疗效观察*

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【摘要】目的 探讨3D打印技术结合术前规划指导对治疗胫腓骨远端严重粉碎骨折的临床疗效。**方法** 选取2020年1月-2022年9月医院收治的51例胫腓骨远端严重粉碎骨折患者为研究对象,以随机数字表法分观察组22例、对照组29例。用“ $\bar{x} \pm s$ ”表示计量资料, t检验,用“n%”描述计数资料,用检验。对照组常规术前准备及切开复位内固定手术,观察组在对照组的基础上采用3D打印技术作术前规划指导。对比两组手术时间、失血量、切口长度、住院天数及视觉模拟评分法(VAS)疼痛评分、骨折复位效果以及骨折愈合率。**结果** 两组手术时间、失血量、切口长度、住院天数对比差异均有统计学意义($P < 0.05$),观察组手术时间、住院天数短于对照组,失血量、切口长度小于对照组($t = 8.605, P = 0.000, t = 7.272, P = 0.000$)。两组患者治疗后VAS均降低,观察组患者低于对照组($t = 9.042, P = 0.000$)。两组骨折固定复位效果比较有统计学意义($P < 0.05$),观察组优良率高于对照组($t = 4.483, P = 0.034$)。两组骨折愈合率对比有统计学意义($P < 0.05$),观察组骨折愈合率高于对照组($t = 4.483, P = 0.034$)。**结论** 在胫腓骨远端严重粉碎骨折中应用3D打印技术结合术前规划指导,可缩短手术及住院时间,减少手术创伤及术中出血量,可获得较满意手术复位效果,有利于促进骨折愈合,值得推广。

【关键词】 胫腓骨远端严重粉碎骨折; 手术时间; 切口长度; 住院天数; 3D打印技术结合术前规划指导

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Clinical Observation of 3D Printing Technology Combined with Preoperative Planning Guidance on the Treatment of Severe Comminuted Fractures of Distal Tibia and Fibula*

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Abstract: Objective To investigate the clinical effect of 3D printing technology combined with preoperative planning for the treatment of severe comminuted distal tibia-fibula fracture. **Methods** A total of 51 patients with severe comminuted fractures of distal tibia and fibula admitted to the hospital from January 2020 to September 2022 were selected as the research objects. They were divided into observation group (22 cases) and control group (29 cases) by random number table method. Use " $\bar{x} \pm s$ " to represent the measurement data, t test, use "n%" to describe the counting data, use test. The control group underwent routine preoperative preparation and open reduction and internal fixation, and the observation group was guided by 3D printing technology on the basis of the control group. Operation time, blood loss, incision length, length of hospital stay, visual analog scale (VAS) pain score, fracture reduction effect and fracture healing rate were compared between the two groups. **Results** There were statistically significant differences in operation time, blood loss, incision length and hospital stay between the two groups ($P < 0.05$). The operation time and hospital stay of the observation group were shorter than those of the control group, while the blood loss and incision length of the observation group were shorter than those of the control group ($t = 8.605, P = 0.000, t = 7.272, P = 0.000$). VAS was decreased in both groups after treatment, and observation group was lower than control group ($t = 9.042, P = 0.000$). The effect of fracture fixation and reduction between the two groups was statistically significant ($P < 0.05$), and the excellent and good rate in the observation group was higher than that in the control group ($t = 4.483, P = 0.034$). The fracture healing rate of the two groups was statistically significant ($P < 0.05$), and the fracture healing rate of the observation group was higher than that of the control group ($t = 4.483, P = 0.034$). **Conclusion** The application of 3D printing technology combined with preoperative planning guidance in severe comminuted distal tibia-fibula fractures can shorten the length of operation and hospital stay, reduce surgical trauma and intraoperative blood loss, and obtain satisfactory surgical reduction effect, which is conducive to promoting fracture healing, and is worthy of promotion.

Keywords: Distal Tibia-Fibula Severe Comminuted Fracture; Operation Time; Incision length; Length of Hospital Stay; 3D Printing Technology Combined with Preoperative Planning Guidance

胫腓骨远端严重粉碎骨折常见于高能量损伤,涉及关节面,需要解剖复位和坚强内固定,以避免创伤性关节炎等不良后果^[1-3]。然而,术前规划通常相对欠缺精度。传统的X线和二维CT图像难以对复杂类型的骨折做出精准的诊断,而二维CT图像的三维重建也无法从多角度、多方向进行动态观察^[4-5]。因此,传统的切开内固定术在术前往往往无法对骨折做出更佳手术规划。然而,3D打印技术可以通过根据CT三维重建后的相关图像数据,对图像进行等比例打印,建立胫腓骨远端粉碎骨折模型^[6-8]。这种方式可以对患者的具体骨折情况进行精确和直观的反映,帮助医生做出更好的手术规划,同时术前能够在模型上设计手术方案并可模拟手术,将手术治疗的合理性及科学性增加,对手术操作具有实际的指导作用^[9]。本研究回顾性分析东莞市第八人民医院2020年1月至2022年9月采用3D打印技术结合术前规划指导及传统切开复位内固定治疗的51例胫腓骨远端严重粉碎骨折患者资料,比较两种方法疗效,现汇报如下。

1 资料与方法

1.1 一般资料 经医院伦理委员会审批通过选取2020年1月至2022年9月医院收治的51例胫腓骨远端严重粉碎骨折患者为研究对象,以随机数字表法分观察组(22例)、对照组(29例)。观察组男7例,女15例;年龄32~75岁,平均(55.24±9.25)岁。对照组男10例,女19例;年龄28~83岁,平均(56.35±9.63)岁。两组临床资料可比($P > 0.05$)。

纳入标准: 成人患者,经CT、X线等检查确诊为胫腓骨远端粉碎骨折;自愿参与本研究。排除标准:存在明显血管损伤者;陈旧性骨折;开放性骨折(III°);病理性骨折;合并结核患者;重度骨质疏松患者;合并恶性肿瘤患者;合并严重全身系统疾病患者;因疾病或其他不能积极配合本研究者。

1.2 方法 患者入院后均予以均予常规消肿治疗7~15天,待患肢肿胀减轻,一般以皮肤恢复皱褶后再行手术。请相关科室会诊,优化患者病情。两组均行腰硬联合麻醉,患肢使用止血带。

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对照组：术前及术中根据CT二维图像及X线图像参照实施手术。行切开复位解剖钢板内固定术，一般先恢复腓骨长度，再恢复胫骨关节面。合并关节面损伤的胫骨远端骨折行前内侧切口，在C型臂X线机透视下根据骨折部位置入合适大小的钢板，并用螺钉固定。后踝骨折选择合适大小“T”型钢板，预弯后用螺钉固定，若后踝骨块较小，选择用空心钉内固定。下胫腓联合若分离，则复位固定，若外踝有钢板固定，则可用拉力螺钉，从钢板孔中穿入固定下胫腓联合。

观察组：观察组在对照组基础上应用3D打印技术作术前规划指导。打印3D模型：用螺旋CT扫描(层厚选择0.5mm~1.0mm)患侧胫腓骨远端后，采集患侧胫腓骨远端DICOM数据，应用相关软件对数据进行处理，重建胫腓骨远端粉碎骨折三维模型，输出STL文件，在输入3D打印机，打印出1:1等比例胫腓骨远端粉碎骨折方针对3D打印模型。获取患者的CT或MRI等影像数据，并进行图像分析和处理。利用计算机辅助设计(CAD)软件根据上述影像数据，生成三维模型。这些模型可以包括外表面、骨骼结构、软组织和其他解剖结构。将生成的三维模型转换为可打印格式，如STL文件格式，以便于3D打印机进行打印。使用3D打印机打印出所需的三维模型。在选择3D打印材料时，需要考虑医学应用的生物兼容性和可塑性等因素。基于3D打印的模型，医生可以对手术方案进行规划和优化。医生可以将不同的手术方案模拟在3D打印的模型上，从而选择最佳方案。将手术方案转化为实际操作。医生可以根据3D打印模型提供的信息，在手术中实现更加精准、高效的操作。

1.3 观察指标 (1)手术一般指标记录：首先需要统计两组患者手术时间、失血量(包括手术中失血量、术后引流流量及伤口渗血量)、切口长度和住院天数等。这些指标可以用于比较两组手术过程中的差异和难度。(2)两组患者VAS疼痛评分比较：采用视觉模拟评分法(VAS)^[10]来评估两组患者的疼痛情况。使用0~10分的评分法，分值越高表示患者的疼痛越严重，可以比较两组患者的疼痛情况。(3)骨折复位效果：所有患者在术后3个月进行骨折复位效果的评估。根据评价标准，患者术后愈合、无感染事件发生，影像学检查显示骨折端解剖复位记为优；有轻微错位的记为良；明显错位的记为差。并计算出优良率，以评价骨折复位的效果。(4)骨折愈合：在影像学检查中可以评估患者骨折端的愈合情况，包括是否形成了成熟的骨板期。这个指标可以用于评价患者骨折治疗的效果和进展。

1.4 统计学方法 采用SPSS 26.0进行统计学分析，用($\bar{x} \pm s$)表示计量资料，t检验，用“n%”描述计数资料，用检验。 $P < 0.05$ 则表示为有差异。

2 结 果

2.1 两组手术一般指标比较 两组手术时间、失血量、切口长度、住院天数对比差异均有统计学意义($P < 0.05$)，观察组手术时间、住院天数短于对照组，失血量、切口长度小于对照组($t = 8.605$, $P = 0.000$, $t = 7.272$, $P = 0.000$)，见表1。

表1 两组手术一般指标比较

组别	n	手术时间(min)	失血量(mL)	切口长度(cm)	住院天数(d)
观察组	22	125.68±19.58	211.25±26.52	8.02±1.36	7.05±1.25
对照组	29	145.62±21.55	285.62±35.25	13.25±2.14	10.36±2.01
t值		3.449	8.605	10.645	7.227
P值		0.001	<0.001	<0.001	<0.001

2.2 两组患者VAS疼痛评分比较 两组患者治疗后VAS均降低，观察组患者低于对照组($t = 9.042$, $P = 0.000$)，见表2。

表2 两组患者VAS疼痛评分比较(分)

组别	n	治疗前	治疗后
观察组	22	3.68±0.47	1.36±0.25
对照组	29	3.85±0.54	2.36±0.47
t值		1.176	9.042
P值		0.245	<0.001

2.3 两组骨折固定复位效果比较 两组骨折固定复位效果比较有统计学意义($P < 0.05$)，观察组优良率高于对照组($t = 4.483$, $P = 0.034$)。见表3。

表3 骨折复位效果[n(%)]

组别	n	优	良	差	优良率
观察组	22	10(45.45)	10(45.45)	2(9.09)	20(90.91)
对照组	29	8(27.59)	11(37.93)	10(34.48)	19(65.52)
χ^2 值					4.483
P值					0.0341

2.4 两组骨折愈合情况比较 两组骨折愈合率对比有统计学意义($P < 0.05$)，观察组骨折愈合率高于对照组($t = 4.483$, $P = 0.034$)。见表4。

表4 两组骨折愈合情况比较

组别	n	愈合	未愈合	愈合率
观察组	22	19	3	86.36
对照组	29	18	11	62.07
χ^2 值				4.483
P值				0.034

3 讨 论

胫腓骨远端的粉碎型骨折，属于临床上一种较严重类型的骨折^[11]。由于其涉及到胫腓骨远端的踝关节面，所以对这种类型的骨折要求比较高，大多数的患者需要手术进行治疗，手术中将骨折端完全暴露开，然后将胫腓骨远端尽量进行解剖复位^[12-13]。复位以后可以视术中的具体情况，采用多枚克氏针结合钢板螺丝钉、拉力螺钉的方式，进行骨折断端的牢固固定，固定以后视固定的牢固程度，可以采取术后的石膏或者支具来进行固定。3D打印技术结合术前规划指导可精确定位骨折部位，引导手术实施，提升手术精度^[14]。目前国内报道已显示将3D打印技术用于胫腓骨远端严重粉碎骨折复位钛板固定中可取得满意治疗效果。我们推测将3D打印技术结合术前规划指导应用于胫腓骨远端严重粉碎骨折中可进一步提升骨折复位精准度，但目前国内报道较少，故本研究探讨3D打印技术结合术前规划指导在胫腓骨远端严重粉碎骨折中的应用效果。

本研究发现，观察组手术时间、住院天数短于对照组，失血量、切口长度小于对照组，治疗后，两组患者VAS疼痛评分均降低，观察组患者VAS疼痛评分低于于对照组提示在胫腓骨远端严重粉碎骨折中应用3D打印技术结合术前规划指导，更有利于缓解术后患者疼痛感。应用3D打印技术进行术前规划指导，有利于明确诊断及判定骨折分型，可提高骨折复位精确度^[15]。有研究指出^[16]，应用3D打印技术进行术前规划指导可减少手术时间以及并发症。本研究结果也表明了，在胫腓骨远端严重粉碎骨折中应用3D打印技术结合术前规划指导，有利于改善手术指标，缓解术后患者疼痛感。

本研究还发现，观察组优良率高于对照组，观察组骨折愈合率高于对照组，提示在胫腓骨远端严重粉碎骨折中应用3D打印技术结合术前规划指导，有利于促进患者康复。3D打印技术结合术前规划指导为骨折的早期愈合创造稳定条件，促进患肢功能恢复^[17]。相关研究指出^[18]，在胫腓骨远端严重粉碎骨折中应用3D打印技术可促进骨折愈合。研究指出^[19]，3D打印技术结合术前规划指导，术中可实时引导、验证胫腓骨远端严重粉碎骨折复位情况，降低了术区解剖结构损伤的风险。3D打印技术结合术前规划指导有利于提升胫腓骨远端严重粉碎骨折端的复位精确度，有利于促进骨折端愈合。

综上所述，在胫腓骨远端严重粉碎骨折中应用3D打印技术结合术前规划指导，可缩短手术及住院时间，减少手术创伤及术中出血量，可获得较满意手术复位效果，有利于促进骨折愈合，值得在临床中推广应用。

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的结果不支持怀孕前或怀孕期间经常锻炼的妇女比不锻炼妇女的肛提肌面积更狭窄从而容易引起难产的观点。

两组产妇电生理参数比较, 对照组盆底肌Ⅱ类肌纤维最大肌力平均值小于实验组, 且差异存在统计学意义($P<0.05$), 这与李娟等^[22]观点一致, 产前盆底肌指导对于盆底肌Ⅱ类肌纤维保护效果更佳。其中测量Ⅰ类、Ⅱ类肌纤维肌力时腹肌参与度平均值对照组均大于实验组, 且差异存在统计学意义($P<0.05$), 也再次证实产前盆底肌锻炼指导及妊娠期盆底肌锻炼不同程度的联系, 可以有助于产后盆底肌康复。

综上所述, 初产妇通常对一般妊娠相关盆底风险没有足够的了解, 因此, 我们建议全科医生、产科医生、妇科医生、泌尿科医生和理疗师等专业专家团队应掌握凯格尔运动的正确方法以及如何正确收缩盆底肌肉, 可以在必要时为产妇提供并推广足够的盆底知识和盆底肌保护指导。建议在怀孕期间独立参加盆底肌锻炼的女性, 需为孕期没有任何骨盆底疾患、能够正确掌握并能骨盆底肌肉适当力度收缩的女性; 此外, 为了达到更好的效果, 建议患者在产后于专科监督及指导下定期进行盆底康复。以上措施有利于女性盆底肌功能保护及远期预后。

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