

临床论著

术前 MRI 测量脊髓受压程度与脊髓型
颈椎病手术疗效的相关性

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【摘要】 目的: 探讨术前应用 MRI 测量的脊髓受压程度与脊髓型颈椎病手术效果的相关性。**方法:** 2006 年 2 月~2010 年 7 月在北京大学第三医院骨科行颈前路或后路减压手术的 115 例脊髓型颈椎病患者被纳入研究, 其中男 70 例, 女 45 例, 年龄 24~85 岁, 平均 56 岁。随访时间 24~60 个月, 平均 29 个月。在术前 MRI 矢状位 T2 像上观察脊髓受压节段数, 并在受压最重节段测量并计算硬膜囊中矢径/椎体中矢径(中矢径比值); 在相同节段 MRI 轴位 T2 像上测量并计算脊髓矢状径/硬膜囊矢状径 $\times 100\%$ (矢状径占有率)、脊髓水平径/硬膜囊水平径 $\times 100\%$ (水平径占有率)、脊髓横截面积/硬膜囊横截面积 $\times 100\%$ (硬膜囊占有率)。应用改良 JOA(mJOA) 评分评价患者脊髓功能, 应用评分改善率评价手术效果。将患者脊髓受压节段数、中矢径比值、矢状径占有率、水平径占有率、硬膜囊占有率及术前 mJOA 评分与术后 24 个月 mJOA 评分及评分改善率进行相关性分析, 并以术后 24 个月 mJOA 评分改善率为因变量, 以上述各 MRI 测量指标及术前 mJOA 评分为自变量, 向后线性回归分析, 得到拟合 mJOA 评分及评分改善率, 并采用 Pearson 相关系数检验实际 mJOA 评分改善率与拟合 mJOA 评分改善率的相关性。**结果:** 脊髓受压 1 个节段 37 例, 2 个节段 17 例, 3 个节段 15 例, 4 个节段 25 例, 5 个节段 21 例。MRI 中矢径比值为 0.426 ± 0.097 , 矢状径占有率为 $(79.1 \pm 8.4)\%$, 水平径占有率为 $(76.2 \pm 7.3)\%$, 硬膜囊占有率为 $(54.6 \pm 16.2)\%$ 。mJOA 评分由术前的 12.1 ± 2.9 分增加至术后的 14.7 ± 2.0 分 ($P < 0.001$); mJOA 评分改善率为 $(43.0 \pm 55.7)\%$ ($-200\% \sim 100\%$)。术后 24 个月 mJOA 评分及评分改善率与术前 mJOA 评分、中矢径比值、矢状径占有率均显著相关 ($P < 0.05$), 与受压节段数、水平径占有率及硬膜囊占有率无显著相关性 ($P > 0.05$)。对术后 24 个月 mJOA 评分向后线性回归得到方程: 术后 24 个月 mJOA 评分 = $4.202 + 0.346 \times$ 术前 mJOA 评分 + $4.973 \times$ 中矢径比值 + $0.053 \times$ 矢状径占有率 ($\%$)。对 mJOA 评分改善率向后线性回归得到方程: mJOA 评分改善率 ($\%$) = $-30.348 + 115.875 \times$ 中矢径比值 + $1.226 \times$ 矢状径占有率 ($\%$) - $5.993 \times$ 术前 mJOA 评分, 依据上述回归方程计算的拟合 mJOA 评分改善率与实际 mJOA 评分改善率显著相关 ($R^2 = 0.138, P < 0.001$)。**结论:** 术前应用 MRI 测量的脊髓在矢状径方向的受压程度和脊髓型颈椎病的手术效果显著相关。

【关键词】 脊髓型颈椎病; 颈椎; MRI; 脊髓受压程度; 改善率

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The correlation between preoperative compression degree of the spinal cord assessed by magnetic resonance imaging and the results of surgery for cervical spondylotic myelopathy/TANG Yanchao, YU Miao, LIU Xiaoguang, et al//Chinese Journal of Spine and Spinal Cord, 2014, 24(8): 742-746, 765

【Abstract】 Objectives: To investigate the correlation between preoperative compression degree of the spinal cord assessed by magnetic resonance imaging and the results of surgery for cervical spondylotic myelopathy. **Methods:** From February 2006 to July 2010, 115 patients with cervical spondylotic myelopathy in Peking University Third Hospital undergoing anterior or posterior decompression were included in this study. There were 75 males and 40 females with the age ranged from 24 to 85 years (average, 56 years). All patients were followed up for at least 24 months (average, 29 months). The number of compression levels was measured on T2-weighted sagittal MRI, then the ratio of the sagittal diameter of the spinal cord to the sagittal diameter of the dural sac was calculated as MRI Pavlov ratio at the site of maximal cord compression. The transverse

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area, transverse diameter and sagittal diameter of the spinal cord and the dural sac at the site of maximal cord compression were measured on T2-weighted axial MRI. Then the occupation ratio was calculated as the ratio of the area of the spinal cord to the area of the dural sac, the sagittal/transverse occupation ratio was calculated as the ratio of the sagittal/transverse diameter of the spinal cord to the sagittal/transverse diameter of the dural sac as percentage. The severity of myelopathy was evaluated by the modified Japanese Orthopaedic Association(mJOA) score, and recovery was determined by recovery rate(RR). Imaging findings and preoperative mJOA(pre-mJOA) score were then correlated with 24-month postoperative mJOA(post-mJOA) score and RR. Then a linear regression analysis was established regarding the 24-month post-mJOA score and RR as dependent variables, and the predictive RR was correlated with the actual RR. **Results:** The spinal cord was compressed at 1 level in 37 cases, 2 levels in 17 cases, 3 levels in 15 cases, 4 levels in 25 cases and 5 levels in 21 cases. The MRI Pavlov ratio was 0.426 ± 0.097 , the sagittal and the transverse occupation ratio was $(79.1 \pm 8.4)\%$ and $(76.2 \pm 7.3)\%$, and the occupation ratio was $(54.6 \pm 16.2)\%$. The mJOA score increased from the preoperative 12.1 ± 2.9 to the postoperative 14.7 ± 2.0 ($P < 0.001$), and the RR was $(43.0 \pm 55.7)\%[-200\% - 100\%]$. The post-mJOA score and the RR correlated significantly with the pre-mJOA score, the MRI Pavlov ratio and the sagittal occupation ratio ($P < 0.05$), but not correlated with the occupation ratio or the transverse occupation ratio significantly ($P > 0.05$). The multiple regression equations to predict the results of surgery were as follows: $\text{post-mJOA} = 4.202 + 0.346 \times \text{pre-mJOA} + 4.973 \times \text{MRI Pavlov ratio} + 0.053 \times \text{sagittal occupation ratio } (\%)$; $\text{RR} = -30.348 + 115.875 \times \text{MRI Pavlov ratio} + 1.226 \times \text{sagittal occupation ratio } (\%) - 5.993 \times \text{pre-mJOA}$. The predictive and actual RRs were correlated significantly ($R^2 = 0.138$, $P < 0.001$). **Conclusions:** The compression degree of the spinal cord at the sagittal plane assessed preoperatively by MRI correlates significantly with the surgical effects of cervical spondylotic myelopathy.

[Key words] Cervical spondylotic myelopathy; Cervical spine; Magnetic resonance imaging; Compression degree of the spinal cord; Recovery rate

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脊髓受压是脊髓型颈椎病的主要病因,无论是针对压迫结构的前路减压固定融合术还是针对脊髓储备空间的后路椎管扩大成形术的术后效果均与脊髓及椎管的形态学变化有关^[1-6]。以往研究主要应用 X 线及 CT 测量椎管和脊髓矢状径,间接推测脊髓的储备空间及受压程度,为手术入路和节段的选择提供依据。然而,脊髓、硬膜囊、后纵韧带及黄韧带等软组织结构并不能够在 X 线或 CT 上良好显示,从而大大影响了对脊髓受压程度测量的准确性,特别是在以软组织病变如后纵韧带骨化、黄韧带肥厚为主的患者中,这种局限性更加不可忽视。MRI 因为能够直接而且更加准确地对脊髓、硬膜囊等软组织结构的形态进行显示而已广泛应用于脊髓型颈椎病的影像学测量^[7-11]。本研究应用 MRI 测量脊髓受压程度,探讨其对脊髓型颈椎病手术效果的预测价值。

1 资料与方法

1.1 一般资料

2006 年 2 月~2010 年 7 月以脊髓型颈椎病

于北京大学第三医院骨科接受手术治疗的患者 115 例,其中男 70 例,女 45 例。年龄 24~85 岁,平均 56 岁。病程 1~120 个月,平均 23.2 个月;术前改良 JOA(mJOA)评分 1.5~16.5 分,平均 12.1 ± 2.9 分。

1.2 手术方法

参考患者症状、体征及影像学检查结果,综合考虑脊髓受压节段数、压迫方向、引起临床症状的“责任节段”、手术创伤、患者身体状况等因素,为患者制定个体化的手术入路和方式,其中前路减压固定融合术 56 例,后路单开门椎管扩大成形术 50 例,前后路联合手术 9 例。

1.3 MRI 测量

所有患者术前均行 MRI 检查。采用 1.5T 场强 Siemens 磁共振成像系统,轴位、矢状位扫描 T1 及 T2 加权像均采用 TSE 序列,扫描参数:(1) T1 加权像,TR/TE=590/12ms,矩阵 192×256 ,采集时间 1min20s,采集次数 2 次,层厚 2mm;(2) T2 加权像,TR/TE=4480/130ms,矩阵 180×256 ,采集时间 1min52s,采集次数 2 次,层厚 2mm。X 线摄

片采用 DR 摄影系统,患者直立位站立,双手自然放松,双目向前平视,然后由左向右摄片,上起颅骨基底,下至近端胸椎,投照距离保持在 230cm。所用测量软件为强生公司 Centricity Enterprise Web 3.0 的标尺和套圈工具,所有内容均由两名资深脊柱外科医师独立测量 3 次后,取各自测量值的中位数的平均值,若两值相差较大,则重复测量以保证测量结果的一致性。

(1)在矢状位 MRI T2 像上测量:①受压节段数。硬膜囊受压致脊髓变形或者髓内出现高信号视为此节段脊髓受压,记录受压最重节段及受压节段总数。②在脊髓受压最重节段测量中矢径比值。测量椎体前缘中点至椎体后缘中点的距离作为椎体中矢径,硬膜前缘中点至硬膜后缘的最短距离作为硬膜囊中矢径,计算硬膜囊中矢径/椎体中矢径即中矢径比值(图 1a)。当受压最重部位位于椎间隙水平时,同时测量上、下节段的椎体中矢径、硬膜囊中矢径,取其平均值作为椎间隙水平的近似椎体中矢径和硬膜囊中矢径。(2)在轴位 MRI T2 像上脊髓受压最重节段测量:①硬膜囊占有率。测量脊髓及硬膜囊横截面积,计算脊髓横截面积/硬膜囊横截面积 $\times 100\%$,即硬膜囊占有率(图 1b)。②矢状径占有率。测量脊髓(硬膜囊)前缘中点至后缘的最长距离作为脊髓(硬膜囊)矢状径,计算脊髓矢状径/硬膜囊矢状径 $\times 100\%$,即矢状径占有率(图 1b)。③水平径占有率。测量脊髓(硬膜囊)左缘至右缘的最长距离作为脊髓(硬膜囊)水平径,计算脊髓水平径/硬膜囊水平径 $\times 100\%$,即水平径占有率(图 1b)。

1.4 术后随访及疗效评价

所有患者影像资料齐全。均依据改良 JOA 17 分法(mJOA, 1994 年版)评价脊髓功能。随访时间 24~60 个月,平均 29 个月,以患者术后 24 个月 mJOA 评分及评分改善率 [(术后评分-术前评分)/(17-术前评分) $\times 100\%$]^[9]评价手术效果。

1.5 统计学分析

应用 SPSS 19.0 统计软件,首先对计量资料数值进行正态分布检验,然后采用 Pearson 相关系数检验术后 24 个月 mJOA 评分及评分改善率与中矢径比值、矢状径占有率、水平径占有率、硬膜囊占有率及术前 mJOA 评分的相关性。采用 Spearman 相关系数检验术后 24 个月 mJOA 评分及评分改善率与受压节段数的相关性。以术后 24 个月 mJOA 评分、mJOA 评分改善率为因变量,以各 MRI 测量指标及术前 mJOA 评分为自变量,向后线性回归分析,得到拟合 mJOA 评分及评分改善率,并采用 Pearson 相关系数检验实际 mJOA 评分改善率与拟合 mJOA 评分改善率的相关性。 $P < 0.05$ 为有统计学意义。

2 结果

2.1 手术疗效评价

mJOA 评分由术前的 12.1 ± 2.9 分增加至术后 24 个月的 14.7 ± 2.0 分 ($P < 0.001$); 术后 24 个月 mJOA 评分改善率为 $(43.0 \pm 55.7)\%$ ($-200\% \sim 100\%$)。

2.2 影像学测量结果

脊髓受压 1 个节段 37 例,2 个节段 17 例,3 个节段 15 例,4 个节段 25 例,5 个节段 21 例。MRI 中矢径比值为 0.426 ± 0.097 ,矢状径占有率为

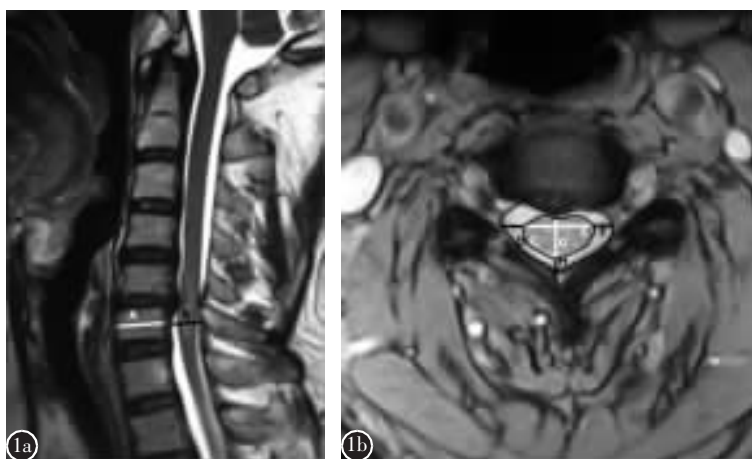


图 1 a 在矢状位 MRI T2 像上测量:A,椎体中矢径;B,硬膜囊中矢径 b 在轴位 MRI T2 像上测量:C,脊髓横截面积;D,硬膜囊横截面积;E,脊髓水平径;F,硬膜囊水平径;G,脊髓矢状径;H,硬膜囊矢状径

Figure 1 a A, the sagittal diameter of the vertebral body; B, the sagittal diameter of the dural sac on T2-weighted sagittal MRI b C, the cross-sectional area of the spinal cord; D, the cross-sectional area of the dural sac; E, the transverse diameter of the spinal cord; F, the transverse diameter of the dural sac; G, the sagittal diameter of the spinal

cord; H, the sagittal diameter of the dural sac on T2-weighted axial MRI

(79.1±8.4)%, 水平径占有率为(76.2±7.3)%, 硬膜囊占有率为(54.6±16.2)%。

2.3 手术疗效与术前 MRI 测量指标的相关性分析

术后 24 个月 mJOA 评分和 mJOA 评分改善率与术前各 MRI 测量指标的 Pearson 或 Spearman 相关性如表 1 所示。术后 24 个月 mJOA 评分与术前 mJOA 评分、中矢径比值、MRI 矢状径占有率显著相关, 对其做向后线性回归得到方程: 术后 24 个月 mJOA 评分=4.202+0.346×术前 mJOA 评分+4.973×中矢径比值+0.053×矢状径占有率 (%); mJOA 评分改善率与中矢径比值、矢状径占有率和术前 mJOA 评分显著相关, 对其做向后线性回归得到方程: mJOA 评分改善率 (%)=-30.348+115.875×中矢径比值+1.226×矢状径占有率 (%) -5.993×术前 mJOA 评分, 依据回归方程计算的拟合 mJOA 评分改善率与实际 mJOA 评分改善率显著相关($R^2=0.138$, $P<0.001$, 图 2)。术后 24 个月 mJOA 评分及评分改善率与受压节段数、水平径占有率及硬膜囊占有率无显著相关性($P>0.05$)。

表 1 术后 24 个月 mJOA 评分和改善率与术前 MRI 测量指标及术前 mJOA 评分的相关性

Table 1 The correlation between the 24-month postoperative mJOA score/recovery rate of mJOA and MRI findings/preoperative mJOA score

	术后 24 个月 mJOA 评分 24-month postop- erative mJOA score		mJOA 评分 改善率 Recovery rate of mJOA	
	<i>r</i>	<i>P</i>	<i>r</i>	<i>P</i>
压迫节段数 Compression levels	-0.174	0.062	-0.061	0.516
X线中矢径比值 Pavlov ratio	0.143	0.126	0.056	0.555
MRI中矢径比值 MRI Pavlov ratio	0.255	0.006 ^①	0.225	0.016 ^①
硬膜囊占有率 Occupation ratio	0.062	0.511	0.098	0.297
矢状径占有率 Transverse occupation ratio	0.282	0.002 ^①	0.203	0.029 ^①
水平径占有率 Sagittal Occupation ratio	0.02	0.831	0.003	0.972
术前 mJOA 评分 Preoperative mJOA score	0.519	<0.001 ^①	-0.303	0.001 ^①

注: ①在置信度为 0.05 时, 相关性是显著的

Note: ①The correlation was significant when the confidence coefficient was 0.05

3 讨论

3.1 脊髓受压程度的 MRI 测量

脊髓型颈椎病的发病因素主要是颈椎间盘及椎间关节退变, 造成对脊髓矢状径方向的压迫, 从而出现相应的临床症状。因此, 许多研究试图利用影像学测量脊髓在椎管内的受压程度, 来预测脊髓型颈椎病患者脊髓功能和手术效果。Pavlov 等^[12]于 1987 年提出椎管中矢径/椎体中矢径即 Pavlov 比值(也称 X 线中矢径比值), 作为颈椎管矢状径的度量指标, 来衡量矢状径方向上脊髓在椎管内的储备空间。Nagase^[13]试图用 CT 测量脑脊液及脊髓的横截面积, 来表示脊髓在椎管内的储备空间和受压程度。Fujiwara 等^[4,5]发现术前 CT 测量的脊髓横截面积和手术效果显著相关。但是, 无论是脊髓、硬膜还是后纵韧带、黄韧带, 都不能在 X 线或 CT 上良好显示, 从而大大影响了对脊髓受压程度测量的准确性, 特别是在以软组织病变为主的脊髓型颈椎病患者中, 这种局限性更加不可忽视。随着 MRI 在临床的广泛应用, 许多研究试图利用 MRI 揭示椎管内部形态学变化于脊髓功能及手术效果的关系, Hulcelle 等^[9]对硬膜、脊髓等软组织结构的横截面积和直径进行了测量, 发现正常人脊髓径线差异很大, 因此单纯对颈椎骨性结构的 X 线或 CT 测量并不能够准确评估脊髓在椎管内的储备空间和受压程度。此后, Oginno 等^[14]和 Ono 等^[15]发现脊髓受压程度和术前脊髓功能显著相关, Fukushima 等^[6]发现术前 MRI 测量的脊髓横截面积和脊髓型颈椎病手术效果密切相关。然而, 许多研究表明, 无论是对脊髓径线还是面积的测量都存在不可忽视的个体差异的影响。因此, 本研究应用 MRI 直接测量了矢状位 T2

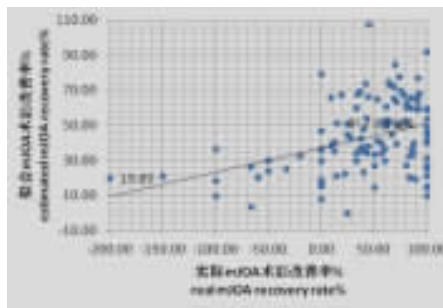


图 2 实际 mJOA 术后改善率和拟合 mJOA 术后改善率的 Pearson 相关性($R^2=0.138$, $P<0.001$)

Figure 2 The Pearson correlation between the real and estimated mJOA recovery rate($R^2=0.138$, $P<0.001$)

像硬膜囊、椎体直径,并仿照 X 线中矢径比值形式以硬膜囊中矢径/椎体中矢径构造 MRI 中矢径比值;同时测量了轴位 T2 像上脊髓、硬膜囊矢状径、水平径和横截面积,构造矢状径占有率、水平径占有率及硬膜囊占有率,对脊髓及硬膜囊进行全面测量的同时避免了个体差异的影响。

3.2 脊髓型颈椎病手术效果的预测

对于颈椎病手术效果的预测因素以往已有研究。Okada 等^[1]认为颈椎病的术后恢复率和术前压迫最重节段脊髓横截面积、髓内信号强度、病程显著相关;Jenkins 等^[16]和 Mehalic 等^[17]也认为脊髓横截面积和髓内病理变化有关,因此能够对手术效果进行预测。我们发现,在术前脊髓功能(mJOA 评分)和脊髓受压节段数、中矢径比值、矢状径占有率、水平径占有率、硬膜囊占有率等 MRI 形态学因素中,术后 24 个月 mJOA 评分改善率与中矢径比值、矢状径占有率及术前 mJOA 评分显著相关,对 mJOA 评分改善率向后线性回归得到方程: mJOA 评分改善率 (%) = -30.348 + 115.875 × 中矢径比值 + 1.226 × 矢状径占有率 (%) - 5.993 × 术前 mJOA 评分。我们发现:(1)回归方程中影响 mJOA 评分改善率的形态学因素包括中矢径比值和矢状径占有率,并无水平径及横截面积的测量指标,说明虽然脊髓四周均被椎管结构包围,但对于脊髓型颈椎病的发病机制而言,压迫因素主要局限于矢状径方向。(2)回归方程中中矢径比值和矢状径占有率的系数为正值,说明硬膜囊矢状径越大,术前脊髓在矢状径方向的储备空间越小,手术效果就越好。可能是因为硬膜囊矢状径越大,脊髓在矢状径方向的储备潜能就越大,对手术后恢复的帮助也就越大;同时,原有压迫越重,脊髓功能可逆性障碍特别是脊髓前动脉受压所致的脊髓缺血性改变也就越重,手术减压的效果可能就越显著。(3)回归方程中术前 mJOA 评分的系数为负值,提示术前患者的脊髓功能越差,手术效果也就越差,与 Okada 等^[1]的研究结论一致,可能因为压迫所致的脊髓功能损害部分是不可逆的,特别是病程长、压迫重的患者,脊髓结构的改变在术后无法得到有效缓解。(4)回归方程拟合的 mJOA 评分改善率与实际值显著相关 ($P < 0.001$),其中 R^2 值为 0.138,说明回归方程是有效的,同时还有其他因素对术后改善率存在影响,这也是日后需要进一步深入研究的问题。

本研究是一个基于至少 2 年随访时间的回顾性病例对照研究,如果能够扩大样本量,将进一步得到更加有说服力的结论。术后 24 个月 mJOA 评分及 mJOA 评分改善率可能同时受其他多重因素的影响,如 MRI 上脊髓内信号强度、具体受累节段、患者一般状况(病程、年龄、合并症等)、手术方式及具体手术情况(如手术时间、术中出血量、术中是否碰到硬膜囊、是否碰到神经根等),受病例数所限,在保证客观性的前提下并未详细研究,这也是本文的一个遗憾。虽然中矢径比值、矢状径占有率等测量数据可以对临床症状、手术效果进行预测,但这些比例的获得均需经过比较繁琐的测量和计算,使其临床推广存在困难,且其相关系数具有一定局限性,可进一步将已经证实对手术效果有影响的因素细化,如矢状径占有率的分级等。

本研究显示,术后 24 个月 mJOA 评分改善率与中矢径比值、矢状径占有率显著相关,说明术前应用 MRI 测量的脊髓在矢状径方向的受压程度与脊髓型颈椎病的手术效果相关性显著。

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