

临床论著

单节段脊柱去松质骨截骨与双节段经椎弓根截骨 矫正强直性脊柱炎后凸畸形的临床效果比较

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【摘要】目的: 比较单节段脊柱去松质骨截骨(vertebral column decancellation, VCD)与双节段经椎弓根截骨(pedicle subtraction osteotomy, PSO)矫正强直性脊柱炎后凸畸形的临床效果,探索两者之间的差异性。**方法:** 2007年1月~2013年3月共有33例需行40°~65°截骨的强直性脊柱炎后凸畸形矫形术后患者纳入研究,其中男31例,女2例,年龄19~56岁(35.2 ± 8.9 岁),后凸畸形以胸腰段后凸为重,脊柱胸腰段后凸 Cobb 角 $42.3^\circ \pm 15.2^\circ$,腰段前凸 Cobb 角 $4.4^\circ \pm 16.4^\circ$ 。A组15例行单节段VCD,B组18例行双节段PSO,记录手术前后胸椎后凸角、胸腰段后凸角、腰椎前凸角、矢状面垂直轴、骨盆入射角、骨盆倾斜角、骶骨倾斜角、截骨角度、脊柱侧凸研究学会(Scoliosis Research Society, SRS)-22量表评分、Oswestry功能障碍指数(Oswestry disability index, ODI)、术中出血量及手术时间,比较两组观察指标及其变化量之间的差异。**结果:** A组截骨部位分别为T12 1例、L2 6例、L3 8例,截骨角度 $46.7^\circ \sim 64.2^\circ (53.6^\circ \pm 6.7^\circ)$;B组截骨部位分别为L1、L3 13例,T12、L2 4例,T12、L3 1例,截骨角度 $45.1^\circ \sim 63.9^\circ (55.6^\circ \pm 6.0^\circ)$ 。固定节段于截骨部位近端及其远端延伸至少2个椎体,B组截骨部位之间椎体均固定。A、B两组患者术后均未出现神经系统并发症。A、B两组术后胸腰段后凸角、腰椎前凸角、骶骨倾斜角、骨盆倾斜角、矢状面垂直轴、ODI、SRS-功能评分、SRS-疼痛评分、SRS-外观评分、SRS-心理评分、SRS-满意度评分均较术前明显改善($P < 0.05$),A组术后胸椎后凸角与术前相比差异无统计学意义($P > 0.05$),B组术后胸椎后凸角与术前相比变小且差异有统计学意义($P < 0.05$)。两组观察指标对比,除胸椎后凸角变化量、术中出血量和手术时间两组间有统计学差异($P < 0.05$)外,余均无统计学差异($P > 0.05$)。**结论:** 对于需行40°~65°截骨角度的强直性脊柱炎后凸畸形患者,单节段VCD可取得与双节段PSO相似的矫正效果,且术中出血量更少,手术时间更短,在重建矢状面平衡与改善生活质量方面效果满意。

【关键词】 强直性脊柱炎;单节段脊柱去松质骨截骨;双节段经椎弓根截骨;对比分析

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[Abstract] **Objectives:** To investigate the surgical outcome differences of ankylosing spondylitis(AS)-related kyphosis between one-level vertebral column decancellation and two-level pedicle subtraction osteotomy. **Methods:** From January 2007 to March 2013, 33 patients(31 males and 2 females) with an osteotomy angle between 40° and 65°, and with an average age of 35.2 years(19~56 years) were reviewed. The thoracolumbar kyphosis angle was $42.3^\circ \pm 15.2^\circ$ and the lumbar lordosis angle was $4.4^\circ \pm 16.4^\circ$. Group A included 15 cases who underwent one-level vertebral column decancellation, and group B included 18 cases who underwent two-level pedicle subtraction osteotomy. The thoracic kyphosis, thoracolumbar kyphosis, lumbar lordosis, sagittal vertical axis, pelvic incidence, pelvic tilt, sacral slope, osteotomy angle, Scoliosis Research Society(SRS)-22 and Oswestry disability index(ODI) score at the pre- and post-operation were recorded between 2 groups. The observational indexes before and after surgery as well as the differences of the observational index variation

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between group A and group B were compared, respectively. **Results:** The osteotomy sites of group A included 1 in T12, 6 in L2 and 8 in L3, respectively. Osteotomy angle ranged from 46.7° to 64.2°(53.6°±6.7°). The osteotomy sites of group B included 13 in L1 and L3 respectively; 4 in T12, L2 and 1 in T12 and L3 each. Osteotomy angle ranged from 45.1° to 63.9°(55.6°±6.0°). The fixed segment in the proximal and distal segments extended at least two vertebral bodies, the vertebral body between osteotomy sites in group B must be fixed. The neurological complication was not noted in 2 groups after operation. The thoracic kyphosis, thoracic kyphosis, lumbar lordosis, sagittal vertical axis, pelvic tilt, sacral slope, SRS-22 and ODI of two groups improved significantly($P<0.05$) after operation except of the thoracic kyphosis of group A($P>0.05$). The differences of observational index variation between group A and group B showed no statistical significance($P>0.05$) except of the changes of thoracic kyphosis, peri-operative bleeding and operation time($P<0.05$). **Conclusions:** One-level vertebral column decancellation and two-level pedicle subtraction osteotomy have similar outcomes for AS patients with the osteotomy angle between 40° and 65°. While for sagittal balance and improvement of the quality of life, one-level vertebral column decancellation is more satisfactory.

【Key words】 Ankylosing spondylitis; One-level vertebral column decancellation; Two-level pedicle subtraction osteotomy; Comparative analysis

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强直性脊柱炎(ankylosing spondylitis, AS)是一种主要累及中轴骨的慢性炎性疾病^[1],由于炎性反应的作用,引起骨质侵蚀、肌腱韧带骨化,最终导致脊柱强直性后凸畸形^[2],进而影响患者站立、行走、呼吸和平视功能^[3]。Wang 等^[4]通过对传统椎体切除(vertebral column resection, VCR)技术的改良,结合“蛋壳技术”,发展成为脊柱去松质骨截骨(vertebral column decancellation, VCD)技术,由于其截骨铰链点的后移,造成前开放、后闭合式截骨,以更少的截骨量取得了更大的截骨角度,因此单节段的VCD技术最大截骨角度可达60°左右,形成与部分传统的双节段经椎弓根截骨(pedicle subtraction osteotomy, PSO)技术相同的截骨角度。虽然一期双节段截骨被证实是安全有效的^[5],但是相同截骨角度下,由于脊柱力学环境的不同,是否会对AS后凸畸形患者术后生活质量造成影响,目前还没有相关研究报道。我院2007年1月~2013年3月对截骨角度在40°~65°的AS后凸畸形患者,分别采用单节段VCD、双节段PSO矫正术,观察其临床效果,探索两种截骨矫正术之间的差异性。

1 资料和方法

1.1 一般资料

纳入标准:(1)诊断为AS后凸畸形;(2)病情稳定,血沉及C-反应蛋白在正常范围内;(3)截骨角度在40°~65°的单、双椎体截骨;(4)影像学及

随访资料完善。排除标准:(1)髋关节强直,活动受限;(2)有脊柱相关病史及手术史;(3)伴有脊髓神经症状体征;(4)随访资料不完善。

2007年1月~2013年3月共有33例AS后凸畸形患者纳入本研究。其中男31例,女2例,年龄19~56岁,平均35.2±8.9岁,后凸畸形以胸腰段后凸为重,脊柱胸腰段后凸 Cobb 角 42.3°±15.2°,腰段前凸 Cobb 角 4.4°±16.4°。A组15例行单节段VCD,B组18例行双节段PSO。

1.2 手术方法

全麻后俯卧位,调整折叠手术床与患者后凸相适应的形状,后正中切口,沿骨膜下剥离组织,C型臂X线机定位截骨节段后,分别于截骨节段近端及远端至少置入2对椎弓根螺钉,为减少术中出血,先保留椎板,于截骨节段椎弓根处使用磨钻经椎弓根磨除部分楔形椎体,其中A组根据Wang等^[4]的VCD技术以中柱为铰链点,B组截骨以椎体前沿为铰链点,保留前方椎体皮质,为保证截骨后稳定程度,采用跳跃式截骨,两个截骨椎体之间保留一个椎体并置钉。去除截骨节段椎板,临时棒固定截骨节段上下椎弓根螺钉,塌陷式咬除椎弓根内壁、椎体后壁骨质。根据所需截骨角度,预弯钛棒至脊柱截骨复位后的形状,缓慢调整手术床使脊柱复位,逐渐闭合截骨间隙,确保硬膜囊及神经根无受压,C型臂X线机确认复位良好,无明显偏移,行唤醒试验,确认双下肢活动正常后,将其余节段棘突切除,连同椎板减压骨粒制作

骨床,留置引流管后逐层缝合切口。

1.3 观察指标

在术前及术后站立位全长脊柱X线片上测量各影像学指标。(1)胸椎后凸角(thoracic kyphosis, TK):T4椎体上终板与T12椎体下终板之间的夹角(后凸为正,前凸为负)。(2)胸腰段后凸角(thoracolumbar kyphosis,TLK):T10椎体上终板与L2椎体下终板之间的夹角(后凸为正,前凸为负)。(3)腰椎前凸角(lumbar lordosis,LL):L1椎体上终板与S1椎体上终板之间的夹角(前凸为正,后凸为负)。(4)矢状面垂直轴(sagittal vertical axis,SVA):C7铅垂线至S1终板后上角的垂直距离。(5)骨盆入射角(pelvic incidence,PI):S1上终板中点与两股骨头中点连线中点的连线与垂直S1上终板直线的夹角。(6)骨盆倾斜角(pelvic tilt,PT):S1上终板中点与两股骨头中心连线中点的连线与水平垂线的夹角。(7)骶骨倾斜角(sacral slope,SS):S1上终板与水平线的夹角。

截骨角度为矫形术前后截骨节段近端椎体下终板与远端椎体上终板 Cobb 角变化值。术前及术后6个月采用脊柱侧凸研究学会(Scoliosis Research Society,SRS)-22问卷调查表评分和Oswestry功能障碍指数(Oswestry disability index,ODI)评估。记录术中出血量及手术时间。

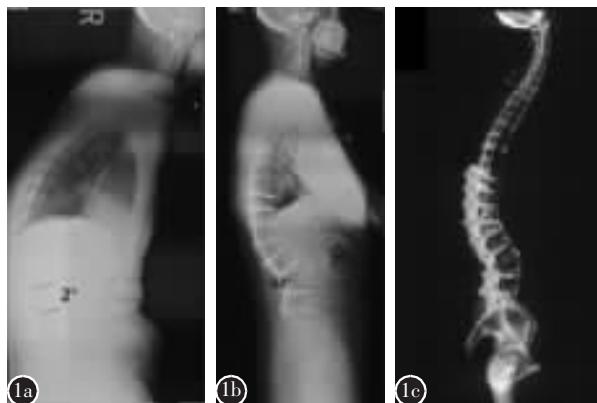


图1 患者男,38岁,L3单节段脊柱去松质骨截骨 **a** 截骨节段术前前后凸 Cobb 角 2° **b** 截骨节段术后前凸 Cobb 角 53°, 截骨角度=2°+53°=55° **c** 术后即刻 CT 示截骨部位情况

1.4 统计学处理

应用SPSS 16.0进行统计学处理,采用均数±标准差将手术前后影像学参数与主观评分行配对T检验;A、B组间均值比较,符合正态分布者采用单因素方差分析,不符合者采用非参数检验。 $P < 0.05$ 为差异有统计学意义。

2 结果

A组截骨部位:T12 1例,L2 6例,L3 8例;截骨角度为46.7°~64.2°(图1);B组截骨部位:L1、L3 13例,T12、L2 4例,T12、L3 1例;截骨角度为45.1°~63.9°(图2)。固定节段于截骨部位近端及其远端延伸至少2个椎体,B组截骨部位之间椎体均固定。两组患者术后均未出现神经系统并发症。

两组患者手术前后影像学测量结果见表1,ODI及SRS-22量表评分结果见表2。两组术后TLK、LL、SS、PT、SVA、ODI、SRS-功能评分、SRS-疼痛评分、SRS-外观评分、SRS-心理评分、SRS-满意度评分均较术前有统计学差异($P < 0.05$),A组术后TK与术前相比差异无统计学意义($P > 0.05$),B组术后TK与术前相比差异有统计学意义($P < 0.05$)。手术前后各影像学参数变化值、PI、截骨角度、手术时间、术中出血量、ODI变化值和



图2 患者男,40岁,T12、L2双节段经椎弓根截骨 **a** 截骨节段术前前后凸 Cobb 角是 34° **b** 截骨节段术后前凸 25°, 截骨角度=34°+25°=59° **c** 术后即刻 CT 示截骨部位情况

Figure 1 A case of vertebral column decancellation(VCD), male, 38 years, osteotomy site in L3 **a** The kyphosis of osteotomy site is 2° in the pre-operation **b** The lordosis of osteotomy site is 53° in the post-operation. Osteotomy angle=2°+53°=55° **c** The immediate CT scan in the post-operation shows the situation of osteotomy site **Figure 2** A case of pedicle subtraction osteotomy(PSO), male, 40 years, osteotomy site in T12, L2 **a** The kyphosis of osteotomy site is 34°in the pre-operation **b** The lordosis of osteotomy site is 25° in the post-operation. Osteotomy angle=34°+29°=59° **c** The immediate CT scan in the post-operation shows the situation of osteotomy site

SRS-22 量表评分变化值见表 3。A 组术中出血量及手术时间均低于 B 组 ($P<0.05$)。A、B 两组比较,除 TK 变化量、术中出血量和手术时间两组间有统计学差异外 ($P<0.05$),其他影像学参数变化量、主观评分变化量、PI、截骨角度均无统计学差异 ($P>0.05$)。

3 讨论

随着“经济圆锥体”^[6]的提出,人们越来越重视矢状面平衡在双足平衡机制中的作用^[7-9]。AS 患者由于长期的炎症活动导致椎体骨赘增生、韧带

骨化,逐渐形成强直性后凸畸形^[10,11],后凸导致了躯干重心病理性前移,为了恢复低能量消耗体位,降低机体的能量消耗,患者通常需要代偿性伸髋、屈膝,通过骨盆的后倾促使躯干重心重新处于中立位线上。但当后凸畸形无法通过代偿来维持平衡时,患者的活动能力明显受限,生活质量急剧下降^[12,13]。由于 AS 的病理学特征,导致其脊柱僵硬、骨性融合,造成 AS 后凸畸形患者自身代偿能力有限,只能通过手术干预进行后凸的矫正。但脊柱融合后活动度和弹性明显降低,如果不进行截骨,其手术矫正率非常有限。近年来,各类截骨矫形技

表 1 两组患者手术前后影像学参数测量结果

($\bar{x}\pm s$)

Table 1 The outcome of radiographic parameters in the pre-and post-operation between two groups

	TK(°)	TLK(°)	LL(°)	SS(°)	PT(°)	SVA(cm)
A组(n=15) Group A						
术前 Pre-operation	54.48±15.70	37.18±15.96	5.89±19.32	12.17±9.38	38.69±10.27	23.64±9.91
术后 Post-operation	52.23±14.16	10.20±18.76 ^①	52.33±10.76 ^①	29.91±8.25 ^①	20.81±8.30 ^①	6.39±5.76 ^①
B组(n=18) Group B						
术前 Pre-operation	58.14±21.51	46.56±13.52	3.22±13.94	9.56±8.62	41.90±10.15	22.19±5.57
术后 Post-operation	49.30±18.02 ^②	11.91±14.35 ^②	50.37±12.50 ^②	30.74±6.70 ^②	20.59±9.46 ^②	6.85±5.34 ^②

注:TK,胸椎后凸角;TLK,胸腰段后凸角;LL,腰椎前凸角;SS,骶骨倾斜角;PT,骨盆倾斜角;SVA,矢状面垂直轴。^①与 A 组术前相比 $P<0.05$; ^②与 B 组术前相比 $P<0.05$

Note: TK, thoracic kyphosis; TLK, thoracolumbar kyphosis; LL, lumbar lordosis; SS, sacral slope; PT, pelvic tilt; SVA, sagittal vertical axis; ^①Compared with group A before operation, $P<0.05$; ^②Compared with group B before operation, $P<0.05$

表 2 两组患者手术前后 ODI 及 SRS-22 量表评分

($\bar{x}\pm s$)

Table 2 The ODI score and SRS-22 scale in the pre-and post-operation between two groups

ODI	SRS-22 量表评分 SRS-22 scales				
	功能 Function	疼痛 Pain	外观 Appearance	心理 Mental health	满意度 Satisfaction of management
A组(n=15) Group A					
术前 Pre-operation	33.9±8.3	2.62±0.53	2.70±1.15	1.75±0.46	2.47±0.79
术后 Post-operation	7.8±10.6 ^①	4.43±0.36 ^①	4.50±0.36 ^①	4.30±0.30 ^①	4.48±0.40 ^①
B组(n=18) Group B					
术前 Pre-operation	29.2±11.2	2.43±0.36	2.43±0.63	1.58±0.47	2.40±1.18
术后 Post-operation	4.4±16.2 ^②	4.08±0.35 ^②	4.35±0.44 ^②	4.30±0.24 ^②	4.23±0.59 ^②

注:ODI,Oswestry 功能障碍指数;SRS,脊柱侧凸研究学会;^①与 A 组术前相比 $P<0.05$;^②与 B 组术前相比 $P<0.05$

Note: ODI, Oswestry disability index; SRS, Scoliosis Research Society; ^①Compared with group A before operation, $P<0.05$; ^②Compared with group B before operation, $P<0.05$

表 3 A、B 两组资料对比

Table 3 The data between group A and group B

	A组 Group A	B组 Group B
病例数 Case	15	18
△TK	2.25±4.96	8.84±11.31 ^①
△TLK	26.98±23.64	34.66±13.66
△LL	46.44±17.20	47.15±13.13
△SVA	17.24±9.51	15.34±5.20
△PT	17.88±7.31	21.31±6.73
△SS	17.73±8.94	21.18±7.12
PI(°)	50.38±12.48	51.46±9.10
截骨角度(°) Osteotomy angle	53.57±6.67	55.64±5.96
术中出血量(ml) Peri-operative bleeding	1230±608	1965±1312 ^①
手术时间(h) Operative time	4.30±0.88	6.47±1.29 ^①
△ODI	26.1±9.6	24.8±9.0
△SRS-22		
功能 Function	1.82±0.66	1.65±0.30
疼痛 Pain	1.80±1.07	1.93±0.69
外观 Appearance	2.55±0.60	2.73±0.49
心理 Mental health	2.02±0.90	1.83±0.80
满意度 Satisfaction of management	3.17±0.54	3.56±0.32

注:△, 手术前后变化量;PI, 骨盆入射角;①与 A 组比较 $P<0.05$

Note: △, the variable in pre- and post-operation; PI, pelvic incidence; ①Compared with group A, $P<0.05$

术已应用于临床矫正此类后凸畸形患者, 通过对比研究^[14], PSO 由于其较高的矫正率及相对较少的手术相关并发症, 与 Smith-Petersen osteotomy (SPO)、VCR (vertebral column resection) 对比, 较为推荐应用于 AS 后凸畸形矫形术。但文献报道单椎体的 PSO 极少能超过 40°^[15], 所以 Chen 等^[16]提出了双节段 PSO, Zheng 等^[5]的回顾性研究也指出一期双节段截骨对于 AS 后凸畸形的矫形安全有效。然后后凸的矫正不仅仅是为了改善患者的外观, 更重要的是重建矢状面平衡, 达到改善 AS 后凸畸形患者活动能力和生活质量的目的^[11,13]。所以对于 AS 后凸患者的脊柱矫形手术重点应在于恢复骨盆的中立位, 重建矢状面的平衡上^[17], 而非重建脊柱各节段的生理曲度。Zheng 等^[5]提出, 矫正腰段后凸畸形相比于矫正胸腰段后凸畸形显得更有临床价值, 重建腰椎前凸不仅可以达到恢复脊柱-骨盆中立位的目的, 还因为截骨节段靠

下, 远离脊髓, 降低了严重神经并发症的几率。

由于 PSO 截骨角度的受限^[15], 对于严重的 AS 后凸畸形, 通常需要选择双节段 PSO 截骨来重建矢状面平衡^[16]。虽然研究证实一期双节段截骨是安全有效的^[5], 但额外的截骨操作不可避免地会增加手术时间、术中失血量及手术相关并发症。Wang 等^[4]通过 VCR 与 PSO 技术的结合, 并进行相关改良, 形成了 VCD 技术, 在增大截骨角度的同时, 降低了截骨量, 与传统的前开放后闭合式截骨 (closing-opening wedge osteotomy, COWO) 相比, 该技术在去松质骨的前提下保留了部分松质骨充当“Bony cage”, 减少了人工支撑内置物的使用, 同时也有效避免了矫形过程中脊柱过度短缩带来的不良影响, 使得脊柱截骨的安全性得到了提高。但相对于 AS 后凸畸形患者“C”型的脊柱后凸而言, 同等截骨角度下, 双节段截骨对于脊柱力学环境的改善明显优于单节段截骨, 这种差异是否会造成本来效果的差异, 还未有相关文献报道。本研究结果显示, 同范围截骨角度下, 双节段截骨对于 TK 的矫正明显优于单节段, 差异有统计学意义; 但对比矢状面脊柱、骨盆其他参数, 两组间并没有统计学差异; 通过对 AS 后凸畸形矫形术后患者的随访, 可见 SRS-22 评分与 ODI 的变化量在两组间的差异也无统计学意义。由此可以初步认为, 虽然单节段的 VCD 技术对于脊柱力学环境的重塑不及同等截骨角度下的双节段 PSO, 但两者的临床效果并未显示出明显差异。

由于临床工作的局限性, 本研究存在样本量较小的缺陷, 可能会造成选择性偏倚, 同时, 随访资料的收集困难, 缺少对于远期临床效果的评估, 仍需要进一步的大样本量队列研究来完善相关结论。考虑到医疗费用及放射线暴露问题, AS 后凸矫形患者术后随访并未常规行 CT 检查, 但笔者通过对个例的观察, 发现单节段大角度的截骨患者, 截骨部位融合速度通常较慢, 出现假关节的可能性较高, 考虑是否由于脊柱力学环境的因素, 导致截骨面剪切力增加, 应力局限于单个节段, 导致局部的力学破坏而形成了假关节^[18,19]。由于随访资料的相对受限, 笔者将继续下一步的随访来完善相关结论。

总之, 对于需行 40°~65° 截骨角度的强直性脊柱炎后凸畸形患者, 单节段 VCD 显示出与双节段 PSO 相似的效果, 且术中出血量更少, 手术时

间更短，在重建矢状面平衡与改善生活质量方面效果满意。

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