

小儿骨科的临床基础

病史

- 现病史
- 出生史（产伤骨折、臂丛神经麻痹、脑瘫等）
- 发育史（侏儒、甲低、肌营养不良等）
- 家族史（多指、多发骨软骨瘤病等）

体格检查

- 望（整体外观，冠状面、矢状面、水平面）
- 患儿的面容（痛苦面容，21三体面容等）
- 表皮的色泽和皮肤生长情况
- 患儿身材比例
- 肢体对称情况
- 肢体长短情况
- 肢体活动情况
- 肢体畸形情况
- 躯干部活动情况
- 躯干部畸形情况
- 患儿的步态

体格检查

- 触
- 皮肤弹性
- 皮肤变色情况
- 局部肿胀情况，温度变化
- 包块（位置、大小、质地、界限、温度、皮色、与周边关系、活动度、压缩性）
- 压痛（位置，最大压痛点）
- 反常活动、骨擦音、骨擦感
- 紧张挛缩感
- 痉挛感
- 肌力（0~5级）

肌力

- 0级：无任何收缩
- 1级：只可触及收缩，没有任何活动。
- 2级：可于水平方向移动，不能对抗重力。
- 3级：仅能对抗重力，不能对抗阻力。
- 4级：能对抗一定程度的阻力
- 5级：肌力正常
- Lovett and Martin's肌力分级法
- Texas Scottish Rite Hospital肌力分级法

Palmar (hand) grasp reflex	Present in neonates and very young infants; normally disappears between ages 2 and 4 mo
Plantar (foot) grasp reflex	Present in neonates and infants; usually disappears between ages 9 and 12 mo
Moro's reflex	Present at birth; gradually disappears by ages 3-6 mo: CNS
Startle reflex	Appears at birth; present throughout life
Vertical suspension positioning	Reflex normally disappears after age 4 mo
Placing reaction	Normally present at birth in full-term neonates; upper limb placing usually disappears by ages 2-4 mo and lower limb placing by ages 1-2 mo; both responses may persist up to age 12 mo or older
Walking or stepping reflex	Normally present at birth; usually disappears by ages 1-2 mo
Crossed extension reflex	Present at birth; normally disappears by ages 1-2 mo
Withdrawal reflex	Present at birth; disappears between ages 1 and 2 mo
Positive support response/leg-straightening reflex	Present at birth; normally disappears at about 4 mo
Extensor thrust reflex	Present at birth; normally present up to 2 mo
Galant's reflex (trunk incurvation)	Present at birth; disappears at about 2-2½ mo
Rotation reflex	Time of disappearance varies
Tonic neck reflexes	Asymmetric reflex present at birth, normally disappears by 4-6 mo; symmetric reflex usually present by 5-8 mo, often diminished or absent by 12 mo
Landau's reflex	Normally present from 6 mo to 24-30 mo
Parachute reaction	Appears at about 6 mo; remains throughout life
Neck righting reflex	Normally present from birth to about 6 mo
Body righting reflex	Appears around 6 mo; can disappear any time after 5 yr or persist throughout life
Oral reflexes	Usually disappear at 3-4 mo; may be present longer during sleep

深反射

- 肱二头肌反射
- 肱三头肌反射
- 膝反射
- 踝反射

浅反射

- Babinski反射
- 提睾反射
- Hoffmann反射
- 括约肌反射
- 腹壁反射

Muscle	Segmental Innervation	Peripheral Nerve
Trapezius	Cranial XI; C(2)3-4	Spinal accessory nerve
Levator anguli scapulae	C3-4	Nerves to levator anguli scapulae
	C4-5	Dorsal scapular nerve
Rhomboideus major	C4-5	Dorsal scapular nerve
Rhomboideus minor	C4-5	Dorsal scapular nerve
Serratus anterior	C5-7	Long thoracic nerve
Deltoid	C5-6	Axillary nerve
Teres minor	C5-6	Axillary nerve
Supraspinatus	C(4)5-6	Suprascapular nerve
Infraspinatus	C(4)5-6	Suprascapular nerve
Latissimus dorsi	C6-8	Thoracodorsal nerve (long subscapular)
Pectoralis major	C5-T1	Lateral and medial anterior thoracic
Pectoralis minor	C7-T1	Medial anterior thoracic
Subscapularis	C5-7	Subscapular nerves
Teres major	C5-7	Lower subscapular nerve
Subclavius	C5-6	Nerve to subclavius
Coracobrachialis	C6-7	Musculocutaneous nerve
Biceps brachii	C5-6	Musculocutaneous nerve
Brachialis	C5-6	Musculocutaneous nerve

Brachioradialis	C5-6	Radial nerve
Triceps brachii	C6-8(T1)	Radial nerve
Anconeus	C7-8	Radial nerve
Supinator brevis	C5-7	Radial nerve
Extensor carpi radialis longus	C(5)6-7(8)	Radial nerve
Extensor carpi radialis brevis	C(5)6-7(8)	Radial nerve
Extensor carpi ulnaris	C6-8	Radial nerve
Extensor digitorum communis	C6-8	Radial nerve
Extensor indicis proprius	C6-8	Radial nerve
Extensor digiti minimi proprius	C6-8	Radial nerve
Extensor pollicis longus	C6-8	Radial nerve
Extensor pollicis brevis	C6-8	Radial nerve
Abductor pollicis longus	C6-8	Radial nerve
Pronator teres	C6-7	Median nerve
Flexor carpi radialis	C6-7(8)	Median nerve
Pronator quadratus	C7-T1	Median nerve
Palmaris longus	C7-T1	Median nerve
Flexor digitorum sublimis	C7-T1	Median nerve
Flexor digitorum profundus (radial half)	C7-T1	Median nerve
Lumbricales 1 and 2	C7-T1	Median nerve
Flexor pollicis longus	C8-T1	Median nerve
Flexor pollicis brevis (lateral head)	C8-T1	Median nerve
Abductor pollicis brevis	C8-T1	Median nerve
Opponens pollicis	C8-T1	Median nerve

Flexor carpi ulnaris	C7-T1	Ulnar nerve
Flexor digitorum profundus (ulnar half)	C7-T1	Ulnar nerve
Interossei	C8-T1	Ulnar nerve
Lumbricales 3 and 4	C8-T1	Ulnar nerve
Flexor pollicis brevis (medial head)	C8-T1	Ulnar nerve
Flexor digiti minimi brevis	C8-T1	Ulnar nerve
Abductor digiti minimi	C8-T1	Ulnar nerve
Opponens digiti minimi	C8-T1	Ulnar nerve
Palmaris brevis	C8-T1	Ulnar nerve
Adductor pollicis	C8-T1	Ulnar nerve

Muscle	Segmental Innervation	Peripheral Nerve
Psoas major	L(1)2-4	Nerve to psoas major
Psoas minor	L1-2	Nerve to psoas minor
Iliacus	L2-4	Femoral nerve
Quadriceps femoris	L2-4	Femoral nerve
Sartorius	L2-4	Femoral nerve
Pectineus	L2-4	Femoral nerve
Gluteus maximus	L5-S2	Inferior gluteal nerve
Gluteus medius	L4-S1	Superior gluteal nerve
Gluteus minimus	L4-S1	Superior gluteal nerve
Tensor fasciae latae	L4-S1	Superior gluteal nerve
Piriformis	S1-2	Nerve to piriformis
Adductor longus	L2-4	Obturator nerve
Adductor brevis	L2-4	Obturator nerve
Adductor magnus	L2-4	Obturator nerve
	L4-5	Sciatic nerve
Gracilis	L2-4	Obturator nerve
Obturator externus	L2-4	Obturator nerve
Obturator internus	L5-S3	Nerve to obturator internus
Gemellus superior	L5-S3	Nerve to obturator internus
Gemellus inferior	L4-S1	Nerve to quadratus femoris
Quadratus femoris	L4-S1	Nerve to quadratus femoris
Biceps femoris (long head)	L5-S1	Tibial nerve
Semimembranosus	L4-S1	Tibial nerve
Semitendinosus	L5-S2	Tibial nerve
Popliteus	L5-S1	Tibial nerve
Gastrocnemius	L5-S2	Tibial nerve
Soleus	L5-S2	Tibial nerve

Plantaris	L5-S1	Tibial nerve
Tibialis posterior	L5-S1	Tibial nerve
Flexor digitorum longus	L5-S1	Tibial nerve
Flexor hallucis longus	L5-S1	Tibial nerve
Biceps femoris (short head)	L5-S2	Common peroneal nerve
Tibialis anterior	L4-S1	Deep peroneal nerve
Peroneus tertius	L4-S1	Deep peroneal nerve
Extensor digitorum longus	L4-S1	Deep peroneal nerve
Extensor hallucis longus	L4-S1	Deep peroneal nerve
Extensor digitorum brevis	L4-S1	Deep peroneal nerve
Extensor hallucis brevis	L4-S1	Deep peroneal nerve
Peroneus longus	L4-S1	Superficial peroneal nerve
Peroneus brevis	L4-S1	Superficial peroneal nerve
Flexor digitorum brevis	L4-S1	Medial plantar nerve
Flexor hallucis brevis	L5-S1	Medial plantar nerve
Abductor hallucis	L4-S1	Medial plantar nerve
Lumbricales (medial 1 or 2)	L4-S1	Medial plantar nerve
Quadratus plantae	S1-2	Lateral plantar nerve
Adductor hallucis	L5-S2	Lateral plantar nerve
Abductor digiti quinti	S1-2	Lateral plantar nerve
Flexor digiti quinti brevis	S1-2	Lateral plantar nerve
Lumbricales (lateral 2 or 3)	S1-2	Lateral plantar nerve
Interossei	S1-2	Lateral plantar nerve

临床检查

- 腹壁反射
- 敲击试验
- Barlow试验
- Coleman试验（足外翻）
- Ely试验（股直肌）
- 足前进角
- 前弯试验
- Galeazzi征
- Gower试验
- 髋关节旋转实验
- Nelaton线
- Ober试验
- Ortolani试验
- Patrick试验
- Phelps股薄肌试验
- Thomas试验
- 腘窝角
- Trenderlenburg试验

体格检查

- 动（肢体活动范围）
 - 屈：关节弯曲活动，关节向远离中立位的方向活动。
 - 伸：关节伸直活动，关节向靠近中立位的方向活动。
 - 过伸：关节伸展超过中立位的范围（膝关节和肘关节）
 - 内收：肢体向靠近身体的中线的方向移动
 - 外展：肢体向远离身体的中线的方向移动
 - 旋后：前臂或手部的掌面向前或指向身体的前面
 - 旋前：前臂或手部的掌面向后或指向身体的后面
 - 内翻：向内翻转（中立位）
 - 外翻：向外翻转（中立位）
 - 内旋：向着身体轴线的方向旋转
 - 外旋：远离身体轴线的方向旋转

Flexion: Act of bending a joint; a motion away from the zero starting position.

Extension: Act of straightening a joint; a return motion to the zero starting position.

Hyperextension: When the motion opposite to flexion is an extreme or abnormal extension (as may be seen with the knee or elbow joint), and the joint extends beyond the zero starting position.

Abduction: Lateral movement of the limbs away from the median plane of the body, or lateral bending of the head or trunk.

Adduction: Movement of a limb toward the median plane of the body.

Supination: Act of turning the forearm or hand so that the palm of the hand faces upward or toward the anterior surface of the body.

Pronation: Turning of the palm of the hand so that it faces downward or toward the posterior surface of the body.

Inversion: An inward turning motion (seen primarily in the subtalar joint of the foot).

Eversion: An outward turning motion.

Internal (inward) rotation: Process of turning on an axis toward the body.

External (outward) rotation: Process of turning on an axis away from the body (opposite motion of internal rotation).

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