Bölüm
8

EL BİLEĞİ VE EL AĞRILARINA YAKLAŞIM

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GİRİŞ

Günlük yaşantımızda el kavrama, tutma, kendimizi ifade etme ve dokunma gibi çok çeşitli fonksiyonlara sahiptir. Bu fonksiyonları yerine getirebilmek için elin kompleks bir yapısı vardır. Üst ekstremitenin en aktif bölümü olan el aynı zamanda yaralanmalara da açık bir organdır. El bileğinin ise elin üç düzlemde de hareketine izin verebilecek şekilde bir yapısı vardır ve el bileği eli önkola bağlar[(1)].

El ve/veya el bileği ağrısıyla başvuran hastalar farklı klinik özelliklere sahip olabilirler. Hastaların bu ağrılarıyla alakalı veya alakalı olmayan şikayetleri vardır. Ağrı bazen lokalize olabildiği gibi bazen de servikal, omuz veya dirsek gibi daha proksimalden kaynaklı olabilir. Kafa karıştırıcı durumlar olsa da bu faktörleri tanımlamak, ayırıcı tanıyı yapmak ve uygun tanıya göre tedavi etmek hekimin görevidir.

Bu bölümde kısaca el ve el bileğinin anatomisi, değerlendirilmesi ve sık karşılaşılan hastalıklarından bahsedilecektir.

ANATOMİ

El anatomisini tanımlamak için bazı terimler kullanılır. "Volar" ve "palmar" elin avuç tarafı için, "dorsal" elin sırtı için, "radial kısım" başparmak tarafı için, "ulnar kısım" 5. parmak tarafı için kullanılır[(2)].

El ve el bileği 27 kemik, 27 eklem, 34 kas, yüzden fazla ligament ve tendon ile sayısız damar ve sinirden oluşur. 8 karpal, 5 metakarpal ve 14 falanks kemiği bulunur. Distal radius ve ulna, 8 karpal kemik ve 5 metakarpal kemiğin proksimali el bileğini oluşturur. El bileğinde 13 eklem, 5 metakarpofalengeal eklem, 4

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ile konulabilmektedir. Ayrıca son yıllarda teknolojik gelişmelerle birlikte kas iskelet sistemi hastalıklarının tanı ve tedavisinde ultrasonografi gibi tıbbi cihazların kullanımı artmıştır. Hekimler kanıta dayalı tıp çerçevesinde hastalara uygun tanıları koyduktan sonra uygun tedavileri düzenlemelidirler. Konservatif tedaviler genellikle ilk seçenek olarak tercih edilmelidir. Bu tedavilere yanıt alınmayan hastalar ise cerrahi tedavi için fazla bekletilmeden ilgili hekimlere yönlendirilmelidir.

Anahtar Kelimeler: el, el bileği, karpal tünel sendromu

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