

Bölüm 3

ÖN AYAK VE ORTA AYAK KIRIK VE ÇIKIKLARI

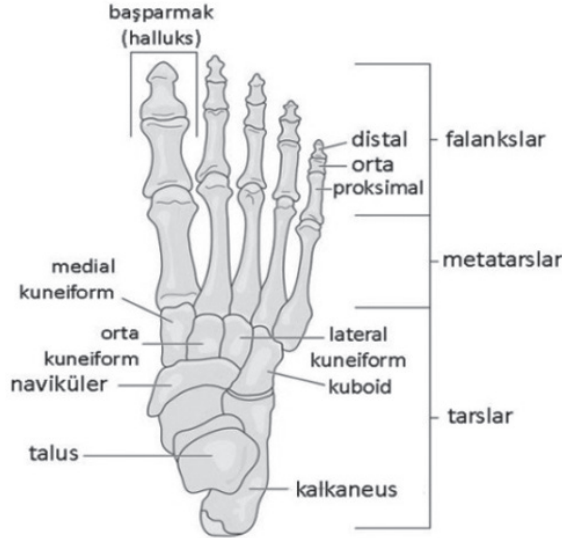
Bilgehan TAĞRIKULU¹

EPİDEMİYOLOJİ

Ön ayak ve orta ayak kırıkları tüm kırıkların %0.2 sini oluşturan nadir yaralanmalardır. Büyük oranda (%20) gözden kaçabilir bu yüzden tanıda ciddi şüphe gerektirir. Özellikle Lisfrank (tarsometatarsal) eklem yaralanmaları açısından dikkatli olunmalıdır. Lisfrank kırıklı çıkıkları Avrupada yapılan bir çalışmada 60000 nüfusta bir oranında görülmekle beraber sporcularda sıklığı % 6.2 olarak belirtilmiştir. Erkeklerde daha sık görülmektedir (Anderson,1977).

ANATOMİ

Orta ayak, chopart eklemi ile lisfrank eklemi arası bölgedir. Ayak kırıkları arka ayak (hindfoot-talus ve calcaneus), orta ayak (midfoot-küboid, naviküler, ve 3 küneiform kemik), ön ayak (forefoot-metatarsal, falankslar ve sesamoid kemikler) olmak üzere 3 bölümden oluşur. (Şekil 1)



Şekil 1. Ayak Kemiklerinin Anatomisi

¹ Op. Dr., Medicalpark Ankara Hastanesi, drbilgehanortopedi@gmail.com

KAYNAKLAR

1. Anderson JE (1983) Grant's atlas of anatomy, 8th edn. Williams and Wilkins, Baltimore
2. Anderson LD (1977) Injuries of the foot. Clin Orthop 122:18–27
3. Arangio GA (1983) Proximal diaphyseal fractures of the fifth metatarsal (Jones' fractures): two cases treated by cross pinning with review of 106 cases. Foot Ankle 3:293–296
4. Arntz CT, Hansen ST Jr (1988) Fractures and fracture-dislocations of the tarsometatarsal joint. J Bone Joint Surg 70A: 173–181
5. Chapman MW (1978) Fractures and dislocations of the ankle and foot. In: Mann RA DuVries surgery of the foot, 4th edition. Mosby, St. Louis
6. Eichenholtz SN, Levine D (1964) Fractures of the tarsal navicular bone. Clin Orthop 34:142
7. Fahey JJ, Murphy JL (1965) Dislocations and fractures of the talus. Surg Clin North Am 45:79–102
8. Feldman F, Pochaczewsky R, Hecht H (1970) The case of the wandering sesamoid and other sesamoid afflictions. Radiology 96:275–284
9. Giannestras NJ, Sammarco GJ (1975) Fractures and dislocations in the foot. In: Rockwood CA Jr, Green DP (eds) Fractures
10. Jahss MH: Traumatic dislocations of the first metatarsophalangeal joint. Foot Ankle 1980; 15–21.
11. Manoli A II, Weber TG (1990) Fasciotomy of the foot – an anatomical study with special reference to release of the calcaneal compartment. Foot Ankle 10:267–275 vol 2. Saunders, Philadelphia
12. Sangeorzan BJ (1993) Navicular and cuboid fractures. In: Myerson M (ed) Current therapy in foot and ankle surgery. Mosby, St Louis
13. Sangeorzan BJ, Swiontkowski MF (1990) Displaced fractures of the cuboid. J Bone Joint Surg 72B:376–378
14. Sangeorzan BJ, Benirschke SK, Mosca V et al (1989) Displaced intra-articular fractures of the tarsal navicular. J Bone Joint Surg 71A:1504–1510
15. Sarrafian SK (1983) Anatomy of the foot and ankle. Saunders, Philadelphia
16. Shereff MJ, Yang QM, Kummer FJ et al (1991) Vascular anatomy of the fifth metatarsal. Foot Ankle 11:350–353
17. Vuori JP, Aro HT (1993) Lisfranc joint injuries: trauma mechanisms and associated injuries. J Trauma 35/1:40–45