

Giriş

Ağrı, hastaların en sık tıbbi bakım arama ve doktora başvurma nedenlerinden biridir (1). Kardiyak patolojiler, bulaşıcı hastalıklar ve diyabette ölüm oranlarının daha yüksek olmasına rağmen kronik ağrı toplumda daha sık görülür ve daha fazla özürüllüğe yol açar (2). Kronik ağrı sadece kişinin psikolojik ve fiziksel yeteneklerine değil aynı zamanda ekonomi üzerine de ciddi etkilere sahiptir(3). Konservatif tedaviye yanıt vermeyen kronik ağrı durumunda cerrahi müdahale yapılabilmektedir. Cerrahi tedavi ağrıda belirgin azalma sağlayarak hastaların işlevlerini iyileştirir ve tıbbi harcamaları azaltır. Bu bölümde ağrı tedavisinde kullanılan cerrahi yöntemlerin endikasyonları, kontrendikasyonları, komplikasyonları, etkinliği ve tekniği ele alınmıştır.

Omuz

Omuz ağrısı, kas iskelet sistemi ağrısı ile başvuran hastalarda en sık görülen şikayetlerden birisidir(4). Kırıklar ve travmatik rotator manşet yırtıkları hariç çoğu omuz ağrısı sorununa başlangıçta konservatif tedavi ile yanıt alınır. Cerrahi tedavi, ağrılı omuz patolojilerinde nadir olmasına rağmen tanı kesinleştirildikten sonra konservatif tedaviye yanıt alınmazsa düşünülebilir (5).

Rotator Cuff Sendromu

Subakromial sıkışma: Rotator manşet kaslarının (supraspinatus tendonu, bisipital tendon) üst yapılar (AC eklem, akromiyon, CA bağ) tarafından sıkıştırılması sonucunda tendonlarda inflamasyon ve bursit gelişimine neden olur. Subakromiyal sıkışma, rotator manşet hastalığının ilk aşamasıdır. Hastalığın ilerleyen dönemlerinde tendonda, fibrozis ve tendinit, kısmi ila tam kalınlıkta yırtılma, masif rotator manşet yırtıkları ve rotator manşet yırtığı artropatisi görülebilir(6). Rotator manşet yırtığı olmadan tek başına subakromiyal sıkışma tedavisinin ilk basamağı konservatif tedavidir.

Cerrahi tedavi

Endikasyon: En az 4-6 aylık nonoperatif tedavide başarısız olan subakromiyal sıkışma sendromu

Teknik

- Subakromiyal dekompresyon ve akromiyoplasti
 - Akromiyoplasti
 - Açık veya artroskopik olarak gerçekleştirilen iki aşamalı prosedürdür.
 - Önce anterior akromiyonektomi yapılır

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