

KONU 19

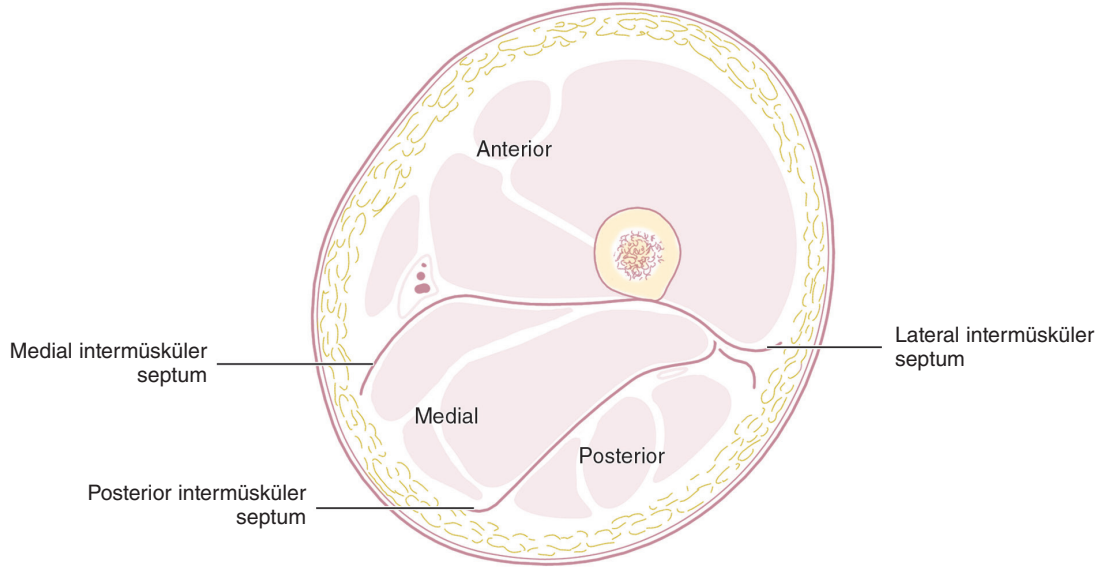
Uyluk

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GİRİŞ

Uyluk ekstremiteler içinde anatomik açıdan en büyük bölümdür ve femur shaftını saran güçlü kas gruplarından oluşur. Femur vücuttaki en ağır ve uzun kemiktir. Derin femoral arterden mükemmel şekilde kanlanır ve ayrıca kemik zarı da kollateral dolaşımdan kapsamlı olarak beslenir. Sonuç olarak femur devaskülarizasyondan iyi bir şekilde korunur ve iyileşme potansiyeli yüksek olan bir kemiktir.

Uyluk kasları, femurun posterior kısmında aşağı doğru inen çizgiye, yani linea aspera'ya bağlanan kaslar arası septum ile üç bölme ayrılır (Şekil 19-1). Anterior bölme kalça fleksörlerini ve diz ekstansörlerini içerir, buna quadriceps (rectus femoris, vastus medialis, vastus lateralis ve vastus intermedius) de dahildir. Posterior bölmede hamstring kasları bulunur, bunlara biceps femoris'in uzun ve kısa başları, ayrıca medial olarak semimembranosus ve semitendinosus kasları da dahildir. Medial bölme addüktör kas grubundan oluşur, bunlara adductor longus, brevis ve magnus, aynı zamanda gracilis de dahildir.



Şekil 19-1. Uyluğun bölümleri.

FEMUR KIRIKLARI

FEMUR ŞAFT KIRIKLARI

Femur shaftı, küçük trokantere 5 cm distal olan bölgeden addüktör tüberküle 8 cm proksimal olan bölgeye uzanır.

Femur shaft kırıkları üçe ayrılır.

1. Spiral, transvers ya da oblik shaft kırıkları
2. Parçalanmış femur shaft kırıkları
3. Açık femur shaft kırıkları

Spiral, transvers ya da oblik kırık ayrımı yapmak, tedaviyi ya da prognozu değiştirmez.

Parçalanmış kırıklar, Winquist tarafından kırık parçasının büyüklüğüne ve parçalanmanın derecesine bağlı olarak ayrıca sınıflandırılır (Şekil 19-2).¹ I. Derece kırıklarda parçalanma çok azdır ya da yoktur ve kırık parçaları küçüktür (\leq femur shaftı genişliğinin % 25'i). II. Derece kırıklar %25 ila %50 kırık parçasına sahiptirler, buna karşılık III. derece kırıklar büyük bir kebek kırığı ($>$ femur shaftının genişliğinin %50'si) ile ilişkilendirilir. IV. Derece kırıklarda kemik

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