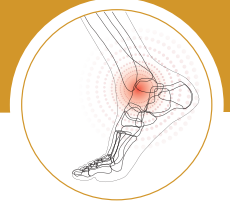


# BÖLÜM 13



## Ezilmiş Ayak

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### GİRİŞ

Yüksek oranda travma sonucu oluşan ağır yaralanmalardır. Ezilmiş ayak tanımı için cilt, vasküler, sinir ve kemiğe ait 4 major organ sisteminden 3'ünde hasarlanma olması gerekmektedir (Resim 1). Bazılarına göre 4 organ sisteminden 2'sinin hasarlanması yeterlidir. Çok nadir vakada cilt tutulumu yoktur (1).

En sık sebep %49 ile trafik kazalarıyken bunu yüksekten düşme ve iş kazaları takip etmektedir. Trafik kazalarında üst ekstremitte, alt ekstremiteye oranla daha iyi korunmaktadır (2). Kompleks ayak yaralanmaları, kötü prognoz ve uzun kemik kırıklarının da eşlik edebilmesi nedeniyle özel ilgiyi hak eder. Bazı yazarlara göre açık ayak kırıklarının tedavisi birinci basamak merkezlerde yapılmalıdır (3).

Bu tarz yaralanmaların nasıl yönetileceği cerrahi tekniklerdeki ilerlemelere rağmen oldukça problemlidir. LEAP(Lower Extremity Assessment Project) çalışmasında prospektif, longitudinal ve 8 adet birinci basamak travma merkezinin katılımı ile geniş çaplı bir değerlendirme yapılmaya çalışılmıştır (4). Proje sonucunda amputasyon ve rekonstrüksiyon arasında fonksiyonel olarak benzer sonuçlar bulunmuştur. Amputasyon ya da rekonstrüksiyon kararı alınması için bir çok skorlama sistemi kullanılsa da ideal bir sistem hala yoktur.

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etkilidir. En nihayetinde hastanın sosyal hayatını en rahat yaşayabileceği, bağımsız yürüyebileceği tedavi hedeflenmelidir.

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