

Bölüm 17

TRICEPS TENDON RÜPTÜRÜ TEDAVİSİNDE GÜNCEL YAKLAŞIMLAR

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GİRİŞ

Triceps Tendonunun Anatomisi

Triceps kası, ismi gibi üç kas başından oluşur. Tricepsin lateral, uzun ve medial başları ortak triceps tendonunu oluşturarak olekranon posterior kısmına yapışarak sonlanır. Uzun baş, skapulanın infraglenoid tüberkülünden, medial ve lateral baş ise proksimal humerustan başlangıç gösterir. Kolun tüm posterior yüzünü kaplar. Triceps, radiyal sinir (C6-C8) tarafından innerve edilir (1).

Tendonun lateral kısmı, uzun ve medial kısımlardan önemli ölçüde daha zayıftır (2). Tendonunun ortalama genişliği yaklaşık 24-28 mm, kalınlığı 7 mm'dir (1,3). Olekranona; 1,9-4,2 cm arasında değişen 466 mm²'lik ayak izi ile bağlanmaktadır. Ayak izi, en büyük kısmı distal olarak ölçülen ve en uzun kısmı merkezde ölçülen bir kubbe görünümündedir (Şekil 1) (4). Triceps tendonu, anconeus kasına doğru distalden laterale uzanarak genişler ve fasya ile kaynaşarak sona erer. Bu genişleme, olekranon üzerinden daha geniş bir tendon yüzey genişliğine yol açarak triceps tendonuna ek kuvvet sağlar (Şekil 2). Böylece, triceps komplet rüptüründe güçsüz fakat zayıf olarak var olan dirsek aktif ekstansiyonunun varlığı açıklanabilmektedir (3).

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