

## 10. Bölüm

# AYAKBİLEK KIRIKLARI

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### Giriş

Ayak bileği kırıkları, fizis açık bireylerde meydana gelen, metafiz seviyesinde veya distalde meydana gelen distal tibia ve fibula kırıklarıdır. Çocuklarda tüm büyüme plağı yaralanmalarının yüzde %15-20'sini oluşturur. Pediatrik popülasyonda yıllık ayak bileği kırığı insidansı yaklaşık % 0.1'dir. Erkeklerde 2 kat daha sık görülmekle beraber tepe insidansı 8-15 yaş aralığındadır. Ayakbilek kırıkları uzun dönemde en sık sekel bırakan kırıklar olarak karşımıza çıkar. Çocuk kırıklarının değerlendirilmesi sırasında, aksesuar kemikleşme merkezleri kırık olarak yanlış okunabileceğinden, fizik muayene ve radyografik bulguları ilişkilendirmek çok önemlidir. Çocuklardaki ayakbilek kırıklarının tedavisindeki en önemli amaçlar tatmin edici redüksiyon elde edilmesi, erken artroz oluşmasını engellemek, açısal deformiteyi minimize etmek, bacak uzunluk farkının korunması ve eklem sertliği gelişmemesi için fizis hasarından kaçınmaktır. (Şekil 1).

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