



Educational Resources in International Languages

髋关节检查

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髋关节检查

1. 自我介绍并获准检查

2. 站立位检查

从正面、侧方、背面进行观察，确认有无以下几种情况

- 疤痕，凹陷
- 肿胀，炎症
- 臀肌萎缩
- 畸形
- 骨盆倾斜
- 腰椎前凸，脊柱侧弯
- 使用辅助工具，比如，手杖

3. 评估步态

询问患者是否使用步行辅助器，然后请患者在房间里来回走动

4. 特伦德伦伯格试验（TRENDELENBURG TEST，又称单腿独立试验）（臀皱襞上升为阳性，下降为阴性）

要求患者单腿轮流站立。观察对立面骨盆移动。

如果对立面骨盆向上倾斜，检查结果呈阴性。（属于正常）

如果对立面骨盆向下倾斜，检查结果呈阳性。

5. 患者躺在诊查台上进行检查

a) 视诊

- 检查髌前上棘是否在同一水平上
- 查看脚踝是否对齐（腿的长度是否有明显的区别？）
- 查看两侧髌骨和脚的位置（是否向外扭转）
- 查看大腿和床之间的角度（是否屈曲畸形？）

b) 触诊

- 首先询问患者是否感到疼痛
- 使用手背比较髌关节的温度

- 触诊大转子，检查有无压痛
- 触摸前面的关节线（从侧部到股动脉脉搏）

c) 量诊

1. 表面腿部长度的测量：从剑突或肚脐到内踝的长度
2. 真实腿部长度的测量：从髌前上棘到内踝的长度

如果有差距，检查股骨是否短缩：

要求患者弯曲双腿膝盖，并拢踝关节，比较膝关节与髌关节的距离与弯曲之前有无差距

如果膝盖以上短缩，需要测量从髌前上棘到大转子的距离（把拇指放在髌前上棘上，用手指往下触摸，直到达到大转子的顶部）

距离差的存在表明髌关节短缩

d) 动诊

测试主动与被动移动：

- 屈曲
- 髌与膝屈至90度，进行内旋及外旋运动
- 外展及内收
- o 确保髌前上棘对齐
- 患者俯卧式进行伸展

6. 完成检查

表明自己打算进行的检查项目：

- 检查背部和膝盖
- 执行下肢的神经和血管检查
- 执行臀部X射线检查

7. 感谢患者配合



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