

## Artros - Protoser

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Ortopedkliniken  
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## Artros - broskförslitning

- Primär
- Sekundär



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## Lokalisation

- Höftled
- Knäled
- Hand - DIP leder, tumbas
- Fotled - fot
- Axel
- Käkled
- Armbåge

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### Primär artros

- Ålder – 45-50åå
- 20 – 30% prevalens
- Hereditära faktorer – ex. Heberdeen
- Kön – kvinnor/män – 2/1
- Mekaniska faktorer – tungt arbete, idrott

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## Sekundär artros

- Tillväxtrubbning - dvärgväxt
- Artrit - RA
- Fraktur – engagerar ledytan ex acetabulum, tibiaplatå
- Instabilitet - ligamentskador
- Osteonekros
- Metabola sjukdomar – alkoholism, streoidbeh.

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## Symtom

- Smärta (belastning, igångsättning)
- Värk
- Svullnad
- Inskränkt rörlighet
- Instabilitet
- Deformitet

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## Undersökningsfynd

- Hydrops, kapselsvullnad
- Ömhet
- Inskränkt rörelseomfång
- Instabilitet
- Deformitet
- Muskelhypotrofi

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## Utredning

- Röntgen
- Scint
- Datortomografi
- MR
- Artroskopi

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## Coxartros



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## Utredning - röntgen



Stående belastad  
Flekterad

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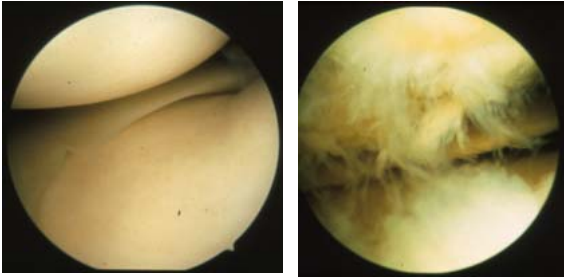
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## Artroskopi



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## Behandling - konservativ

- Information
- Avlastning
- Analgetica, antiflogistica
- Sjukgymnastik
- Cortison
- "Tuppkam" (hyaluronan)

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## När operera?

- **SMÄRTA**
- gångförmåga
- deformitet
- artrosens grad
  
- Ålder - allmäntillstånd
- Krav på fysisk aktivitet

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## Behandling - operativ

- Artroplastik
- Osteotomi - omvinklingsoperation
- Artrodes - steloperation
- Artroskopi - ”ledtoalett”

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## Osteotomi



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## Tibiaosteotomi postoperativt



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## Pre- och peroperativt Höft- och knäproteser

- Rtg preop < 1 år gammal
- Ej antiinflammatoriska eller Trombyl 10d preop
- Antibiotikaprofylax
- Trombosprofylax

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Hemiprotes höft  
Mooreprotes

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Totalprotes höft  
Charnleyprotes

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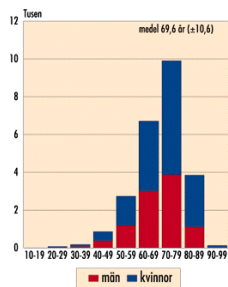
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## Ålder och kön vid primär höftprotosoperation




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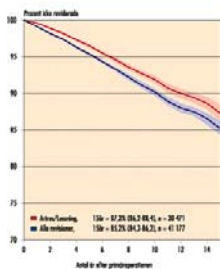
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## Resultat - cementerad höftprotos




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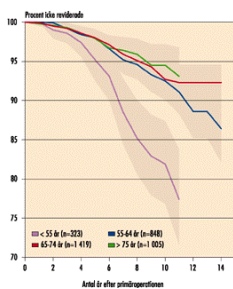
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## Ålderns betydelse




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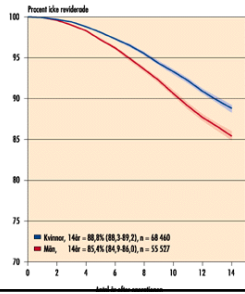
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## Könets betydelse



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## Diagnosens betydelse

- OA
- RA
- Fraktur

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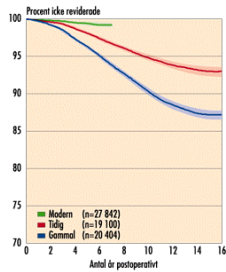
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## Teknik - betydelse



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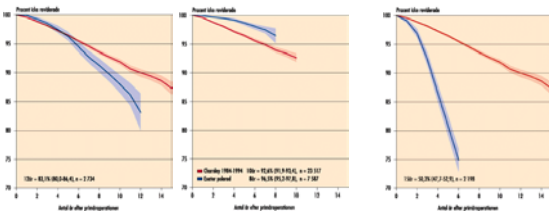
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# Protestyp - betydelse

Exeter - matt kontra polerad yta

Christiansen

Exeter Matte  
Osmotiskt/Nagel lossning




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# Knäproteser

- Behov 31 - 112/10.000 invånare
- 6000 operationer/år i Sverige
- Resultat - mer än 90% bra efter 10 år

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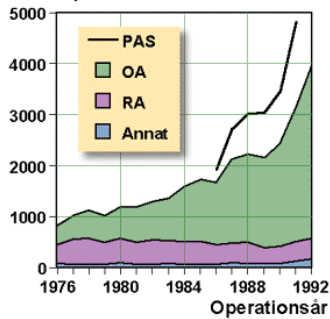
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# Orsak till operation

Antal operationer




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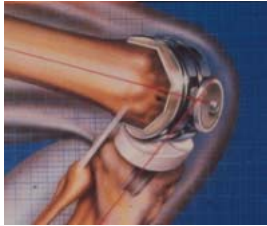
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# Knäprotes

Unikompartmentell



Bi-trikompartmentell




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# Knäprotes rgt




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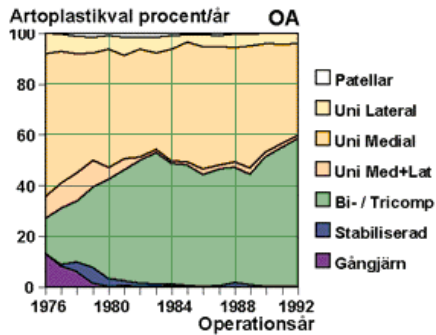
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# Protesval i Sverige




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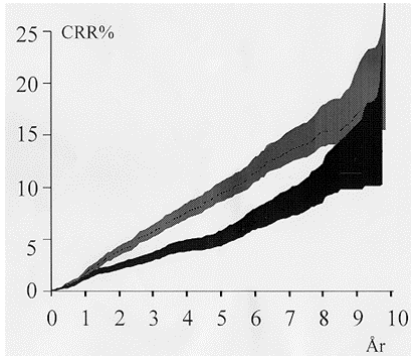
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## Resultat



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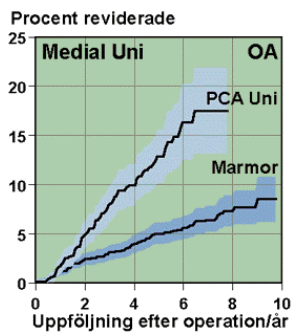
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## Protesval viktigt



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## Postoperativt förlopp

- Omedelbar mobilisering med full belastning
- Rörelseträning
- Gångträning - kryckor, trappa
- Hem 5 - 7 dagar

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## Vanliga frågor om postoperativt förlopp

- Kryckor - hur länge?
- Smärta - hur länge?
- Bensvullnad - hur länge?
- Bilkörning - när?
- Vad får jag inte göra?

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## Komplikationer

### Tidiga

- Infektion
- Trombos - emboli
- Pneumoni
- Luxation

### Sena

- Proteslossning
- Slitage
- Luxation
- Infektion
- Protesfraktur

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## Komplikation - proteslossning



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### Komplikation - slitage



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### Komplikation - luxation



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### Komplikation - protesfraktur



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