

帕金森病躯干前屈症发病机制及治疗

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【摘要】 姿势障碍是帕金森病的常见致残性运动症状,其中躯干前屈症是最常见的姿势障碍,可加重帕金森病运动障碍,严重降低患者日常生活活动能力和生活质量。本文综述帕金森病躯干前屈症的发病机制及治疗进展,为深入探究其发病机制提供理论依据并辅助临床诊断与治疗。

【关键词】 帕金森病; 姿势平衡; 躯干; 综述

Pathogenesis and treatment of Parkinson's disease with camptocormia

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【Abstract】 Postural disorder is a common disabling movement complication of Parkinson's disease (PD), in which camptocormia is the most common disabling postural disorder, which further aggravates the movement disorder of PD, and seriously reduces the activities of daily living and quality of life of patients. This paper reviews the pathogenesis and treatment progress of PD with camptocormia, providing theoretical basis for further investigation of the pathogenesis of camptocormia in PD, and assisting the clinical diagnosis and treatment of the disease.

【Key words】 Parkinson disease; Postural balance; Torso; Review

This study was supported by the National Natural Science Foundation of China (No. 82171245).

Conflicts of interest: none declared

躯干前屈症(CC)是一种以胸腰椎屈曲异常为特征的躯干矢状面姿势障碍,最初用以描述世界大战期间因转换障碍而出现前倾姿势的士兵,并认为是一种对残酷战争的逃避心理或应激反应^[1]。随着研究的不断深入,研究者发现该病可由多种器质性疾病引起,如帕金森病(PD)、特发性轴性肌病(idiopathic axial myopathy)、脊柱退行性疾病等^[2]。目前尚无帕金森病躯干前屈症的一致性诊断标准,各项研究报告的发病率差异较大,为2.24%~17.70%^[2-5]。多数学者采用的标准定义为,站立或行走时胸腰椎前屈角度 $\geq 45^\circ$,平卧或靠墙站立时完全缓解;也有学者将这一角度范围缩小至 $\geq 30^\circ$ ^[6]。2022年,国际运动障碍协会(MDS)将躯干前屈症分为上位躯干前屈症(UCC)和下位躯干前屈症

(LCC),前者指下胸椎和上腰椎之间某处异常躯干屈曲角度 $\geq 45^\circ$,后者指髌关节屈曲 $\geq 30^\circ$ ^[7]。重度躯干前屈症患者的弯曲角度高达 90° ,可进一步加重帕金森病运动障碍,严重降低患者日常生活活动能力和生活质量。本文拟综述帕金森病躯干前屈症发病机制及治疗进展,以为深入探究帕金森病患者躯干前屈症发病机制提供理论依据并辅助临床诊断与治疗。

一、发病机制

姿势控制受多系统的调控,包括感觉系统(本体感觉、视觉、前庭觉)、运动系统和感觉运动整合系统,这些系统异常均可能导致姿势异常。目前,帕金森病躯干前屈症的发生机制尚不明确,根据病变部位主要分为中枢性和外周性机制。帕金森病患者本体感觉和前庭功能障碍以及皮质-基底神经节-丘脑回路损害,使感觉传入机制和中枢感觉运动整合功能受损,异常信号转导至周围神经系统作用于外周肌肉,引起姿势障碍^[8,9]。

1. 感觉通路异常 大脑对来自前庭觉、视觉和

doi:10.3969/j.issn.1672-6731.2024.03.006

基金项目:国家自然科学基金资助项目(项目编号:82171245)

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本体感觉传感器的感觉信息进行充分整合后,发出指令支配肌肉产生运动反应,以产生或维持相应姿势。根据本体感觉失调假说,异常或错误的本体感觉信息被传递至脊髓以上高位中枢,并向脊髓间神经回路提供异常或错误的前馈信息以调整轴向肌肉张力,形成异常肌肉负荷,导致肌强直和神经肌肉病,最终引起躯干前屈症。帕金森病患者本体感觉障碍引起的关节被动运动准确性较差、觉察阈值较高^[10],且矢状面本体感觉障碍与统一帕金森病评价量表(UPDRS)运动症状评分呈正相关关系^[11],因此推测,帕金森病患者躯干前屈症可能是本体感觉负荷敏感性降低或椎旁肌本体感觉失调所致^[12]。对伴躯干前屈症的帕金森病患者进行椎旁肌活检结果显示,肌纤维病理改变与切断肌腱后引起的肌纤维病变相似^[13],后者依赖完整的神经支配,去神经肌支配后肌纤维病变不再发生^[14],提示肌纤维病理改变系肌张力反射机制紊乱所致。上述研究均支持躯干前屈症肌肉结构改变可能与本体感觉失调有关。应注意的是,仅一种感觉信号只可提供不确切的信息,而在来自其他感觉方式(前庭觉、视觉)的附加信息的综合作用下,可以解决这种不确定性,并允许产生适当的运动反应以控制平衡^[15]。黑暗环境下对帕金森病患者进行旋转震荡试验以评价其平衡功能,发现患者感觉信号整合障碍,无法准确整合各类信息,仅以其中一种为主进行姿势调节反馈^[15];此外,帕金森病患者出现的躯干伸肌无力、肌力控制障碍也提示感觉运动整合障碍^[9],进一步加重姿势异常^[16]。

2. 皮质-基底神经节-丘脑回路与多巴胺能系统 皮质-基底神经节-丘脑回路异常是帕金森病的重要机制,该回路对信息整合及姿势反射调节具有重要作用^[15]。动物模型和临床研究业已证实多巴胺能功能障碍和皮质-基底神经节-丘脑回路异常可促进帕金森病肌张力障碍的发生发展^[17-18]。由于肌张力障碍可发生于帕金森病患者任何躯体部位,可在帕金森病患者行走或运动时出现、劳累后加重,这些特征符合肌张力障碍的定义,同时靠墙站立、负重背包等缓解方法与肌张力障碍的“感觉诡计”相似,进一步支持躯干前屈症是帕金森病肌张力障碍的一种表现形式^[15]。姿势异常的帕金森病患者左旋多巴治疗效果不一,多数伴躯干前屈症和比萨综合征(Pisa syndrome)的患者左旋多巴治疗效果较差,而伴垂颈征(antecollis)的患者左旋多巴治疗有

效^[19-20],部分有左旋多巴治疗反应的躯干前屈症患者与药物“关”期有关^[19]。有帕金森病患者应用多巴胺受体激动药(罗匹尼罗^[21]、普拉克索^[22])和多巴胺受体阻断药(左舒必利^[23])后出现躯干前屈症、停药后症状好转的个案报道,支持帕金森病躯干前屈症的多巴胺相关神经递质失衡学说。

3. 外周肌肉作用 Wrede等^[13]对14例伴躯干前屈症的特发性帕金森病患者进行椎旁肌活检,均存在相同病理改变,包括1型纤维肥大、2型纤维丢失、氧化酶活性丧失和病变肌肉组织酸性磷酸酶反应性,但并未出现肌炎。椎旁肌MRI检查发现,伴躯干前屈症的帕金森病患者椎旁肌水肿和脂肪变性更常见,且躯干前屈症病程与水肿程度呈负相关、与脂肪变性程度呈正相关,可辅助躯干前屈症的临床分期(急性或慢性)^[24]。伴躯干前屈症的帕金森病患者放松状态下胸椎旁肌活动亢进,运动单位电位(MUP)持续时间短、波幅低,提示肌肉过度活跃在躯干前屈症的发生发展中具有重要作用^[25]。此外,伴躯干前屈症的帕金森病患者血清肌酸激酶(CK)水平显著高于不伴躯干前屈症的患者^[26]。上述研究均提示,帕金森病患者躯干前屈症可能由椎旁肌局灶性病变所致,但其具体病理生理学机制尚不清楚,可能与本体感觉失调及感觉运动整合障碍有关。

二、临床治疗

躯干前屈症是一种致残性疾病,严重影响患者日常生活活动能力,增加家庭负担,提示临床医师在疾病早期即退行性变侵袭椎旁肌前及时识别并采取针对性治疗措施具有重要意义。帕金森病躯干前屈症的治疗主要包括非手术治疗和手术治疗,其中非手术治疗是首选方法。

1. 非手术治疗 (1) 药物治疗:包括口服药物治疗和肌肉注射药物治疗。口服左旋多巴对帕金森病患者躯干前屈症改善有限,且多巴胺受体激动药还可诱发躯干前屈症,通过减少药物剂量、调整给药方式(皮下注射、空肠输注等)或停药等优化治疗方案以改善姿势异常^[27-28]。因此,探究抗帕金森病药物与躯干前屈症的关系、明确姿势障碍是药物诱导还是脑组织多巴胺水平波动引起的“关”期肌张力障碍,对帕金森病躯干前屈症的治疗具有重要意义。极少数局灶性肌炎引起的帕金森病躯干前屈症患者激素治疗有效^[29],亦有棕榈酰乙醇酰胺、木犀草素^[30]、伊曲茶碱^[31]等药物改善躯干前屈症的个

案报道。肉毒毒素(BoNT)可以显著减少局灶性肌张力障碍患者的肌肉过度活动,但其治疗躯干前屈症的研究较少且疗效差异较大^[32],综合多项研究结果发现,腹直肌或腹外斜肌肌肉注射肉毒毒素疗效最佳^[33]。腹外斜肌肌肉注射利多卡因亦可改善躯干前屈症,但维持时间较短,持续注射4~5天后疗效可维持90天^[34]。(2)康复治疗:康复治疗可以改善帕金森病患者运动症状,尤其是步态障碍和平衡障碍。穿戴石膏紧身衣、负重背包、应用有前臂支撑的高框架步行器和胸-骨盆前牵引矫形器、可穿戴传感器,以及本体感觉和触觉刺激、肌肉拉伸、姿势训练、背部伸肌强化训练、核心肌群训练等物理治疗均可改善躯干前屈症^[8,35-36]。此外,康复治疗联合利多卡因可以显著提高临床疗效^[37]。

2. 手术治疗 (1)脑深部电刺激术(DBS):电刺激丘脑底核(STN)治疗帕金森病躯干前屈症的有效性已经多项研究证实^[38-39],其临床疗效与躯干前屈症病程、左旋多巴反应和本体感觉有关^[39-40],联合康复治疗和心理治疗的效果更佳^[39]。椎旁肌横截面积和竖脊肌宽度可以作为脑深部电刺激术后预后的预测指标^[41]。近年有多项研究探讨苍白球内侧部(GPi)脑深部电刺激术在帕金森病躯干前屈症中的应用,Lai等^[42]的研究进行(7.3±3.3)个月的随访,下位躯干前屈症患者髋关节屈曲角度改善40.4%,上位躯干前屈症患者下胸椎与上腰椎之间某处异常躯干屈曲角度改善22.80%,提示GPi-DBS对帕金森病躯干前屈症患者具有潜在疗效;Sławek等^[43]报告1例抗帕金森病药物无效且伴疼痛的帕金森病躯干前屈症患者行单侧苍白球切开术后,姿势障碍和疼痛即明显缓解,且这种获益在6个月随访时仍存在。(2)脊髓刺激:脊髓刺激是治疗帕金森病的潜在方案。脊髓电刺激术(SCS)可以作为脑深部电刺激术的补偿治疗,对脑深部电刺激术疗效减退并出现疼痛的帕金森病躯干前屈症患者予以脊髓刺激后,运动功能和躯干前屈症均改善^[44]。重复经脊髓磁刺激(rTMS)是一种非侵入性、无痛且安全的技术,与脊髓电刺激一样,可用来刺激脊神经。一项单中心随机对照试验结果显示,重复经脊髓磁刺激可以改善帕金森病患者躯干前屈症,但疗效较短^[45]。动物实验显示,前庭功能障碍可以影响纹状体多巴胺能受体的表达^[46];健康志愿者行冷热水前庭试验时的H₂¹⁵O-PET显像显示,壳核和尾状核代谢增高,支持基底节接受前庭信息传入的观点^[47]。

前庭电刺激(GVS)可以无创性刺激前庭系统,改善帕金森病患者运动功能^[48]。对伴躯干前屈症的帕金森病患者行前庭电刺激后,睁眼和闭眼条件下肢体向前弯曲角度均显著减少,提示前庭电刺激可能是一种潜在的治疗方案,尚待扩大样本量进一步验证^[49]。(3)骨科矫形手术:尽管多项研究显示,骨科矫形手术可减轻帕金森病躯干前屈症患者的疼痛,纠正体位,但是由于手术创伤较大、术后并发症风险较高^[50-51],且脊柱外科手术可能是躯干前屈症的病因,通常不推荐作为首选方案,唯有在脑深部电刺激术和非手术治疗失败且患者主观意愿较强的情况下,方考虑骨科矫形手术治疗。

综上所述,躯干前屈症作为一种躯干矢状面姿势障碍,在帕金森病患者中相对常见,其发展可能与更严重的帕金森病临床症状有关,随病情进展为一种不可逆性疾病,因此,制定明确的诊断标准、早期识别、及时治疗至关重要。可穿戴设备及生物信息技术的发展对识别病变部位、明确治疗策略具有新的意义;肉毒毒素注射、脑深部电刺激术及脊髓刺激等治疗方法尚待大规模临床试验进一步明确其有效性和安全性。由于抗帕金森病药物自身可能导致躯干前屈症等姿势障碍,提示临床医师治疗帕金森病的过程中应密切关注患者情况,动态调整药物剂量。

利益冲突 无

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(收稿日期:2023-12-10)

(本文编辑:柏钰)

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中英文对照名词词汇(三)

- 剪切波弹性成像 shear wave elastography(SWE)
- 简易智能状态检查量表
Mini-Mental State Examination(MMSE)
- 健康相关生活质量 health-related quality of life(HRQoL)
- 降钙素原 procalcitonin(PCT)
- 进行性核上性麻痹 progressive supranuclear palsy(PSP)
- 经颅磁刺激 transcranial magnetic stimulation(TMS)
- 经颅多普勒超声 transcranial Doppler ultrasonography(TCD)
- 经颅脑实质超声 transcranial sonography(TCS)
- 经颅直流电刺激
transcranial direct current stimulation(tDCS)
- 颈肌前庭诱发肌源性电位
cervical vestibular evoked myogenic potentials(cVEMP)
- 静脉造影剂吞咽造影检查
Videofluoroscopic Swallowing Study(VFSS)
- 聚焦超声消融手术
focused ultrasound ablation surgery(FUAS)
- 抗核抗体 anti-nuclear antibody(ANA)
- 抗心磷脂抗体 anti-cardiolipin antibody(ACA)
- 快速进展性痴呆 rapidly progressive dementia(RPD)
- 快速眼动睡眠期行为障碍
rapid eye movement sleep behavior disorder(RBD)
- 快速眼动睡眠期行为障碍筛查量表
Rapid Eye Movement Sleep Behavior Disorder Screening Questionnaire(RBDSQ)
- 溃疡性结肠炎 ulcerative colitis(UC)
- 酪氨酸羟化酶 tyrosine hydroxylase(TH)
- 励-协夫曼言语治疗 Lee Silverman voice treatment(LSVT)
- 临床痴呆评价量表 Clinical Dementia Rating Scale(CDR)
- 临床痉挛量表 Clinic Spasticity Scale(CSS)
- 磷酸化 tau 蛋白 phosphorylated tau(p-tau)
- 磷脂酶 D phospholipase D(PLD)
- 磷脂酸 phosphatidic acid(PA)
- 磷脂酰胆碱 phosphatidylcholine(PC)
- 磷脂酰甘油 phosphatidylglycerol(PG)
- 磷脂酰肌醇 phosphatidylinositol(PI)
- 磷脂酰丝氨酸 phosphatidylserine(PS)
- 流涎评定量表 Drooling Rating Scale(DRS)
- 流涎严重程度和频率量表
Drooling Severity and Frequency Scale(DSFS)
- 路易体痴呆 dementia with Lewy bodies(DLB)
- 路易小体 Lewy body(LB)