

언어구분 KOR

논문구분 원저/구연

논문분야 수부

논문제목 **Vitamin D** 보충과 원위 요골 골절 후 파악력 회복

영문제목 **Vitamin D Supplementation is Associated with Better Grip Strength Recovery after a Distal Radius Fracture**

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저 자 이희종, 송철호, 백구현, 이영호, 이승환, 이혁진, 김지형, 김정환, 공현식

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재료 및 방법 : It has been suggested that vitamin D contributes to muscular function. The purpose of this study was to test the hypothesis that baseline vitamin D levels and vitamin D supplementation are associated with grip strength recovery in patients recovering from a distal radius fracture (DRF).

결과 : Grip strength of affected hands (adjusted for hand dominance) averaged 65% of contralateral sides (range, 25-100%) at 6 months after injury. Multivariate analysis indicated that vitamin D supplementation was independently associated with greater grip strength recovery ($p < 0.001$, $\beta = 0.488$). Age and wrist range of motion were also found to be independently associated with grip strength recovery ($p = 0.004$, $\beta = -0.307$, and $p = 0.038$, $\beta = 0.238$, respectively). No significant association was found between grip strength recovery and the other variables assessed, which were baseline vitamin D level, baseline parathyroid hormone level, bone mineral density (femoral neck and lumbar spine), operation, pain intensity, and radiological outcomes at 6 months after injury.

결론 : The findings of this study suggest that vitamin D supplementation, and not baseline vitamin D level, is associated with better grip strength recovery at 6 months after injury in postmenopausal women with a distal radius fracture. Further prospective, comparative studies are warranted to confirm the effect of vitamin D supplementation on grip strength recovery.

acknowledgment :

vitamin D, distal radius fracture, grip strength
