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封面故事

“跳跃斑点征”（Jumping Dot Sign，JD征）是评估囊性距骨骨软骨损伤骨髓刺激术预后的MRI影像指标。其定义为在质子密度加权像上，囊肿周围骨髓水肿背景中出现的显著高信号斑点，反映了局部软骨下骨的微结构破坏与活跃炎症反应。

JD征对骨髓刺激术的疗效具有较强的预测价值。术前存在JD征的患者，术后面临更高的治疗失败风险：其骨髓水肿消退缓慢，骨囊肿复发率显著升高（约70%），且疼痛缓解与功能恢复程度均明显劣于阴性患者。这一发现提示，JD征阳性，尤其合并损伤偏大患者。可能标志着病变已超出单纯骨髓刺激术的修复能力范围。因此，临床识别JD征较为重要。对于阳性患者，该征象提示医生需仔细评估治疗方案，谨慎采用单一微创手术，转而积极考虑植骨填充或更积极的结构性重建策略，以期改善患者的远期关节功能与生活质量。