

OSTEOTOMY

KNEE-SAVING SURGERY

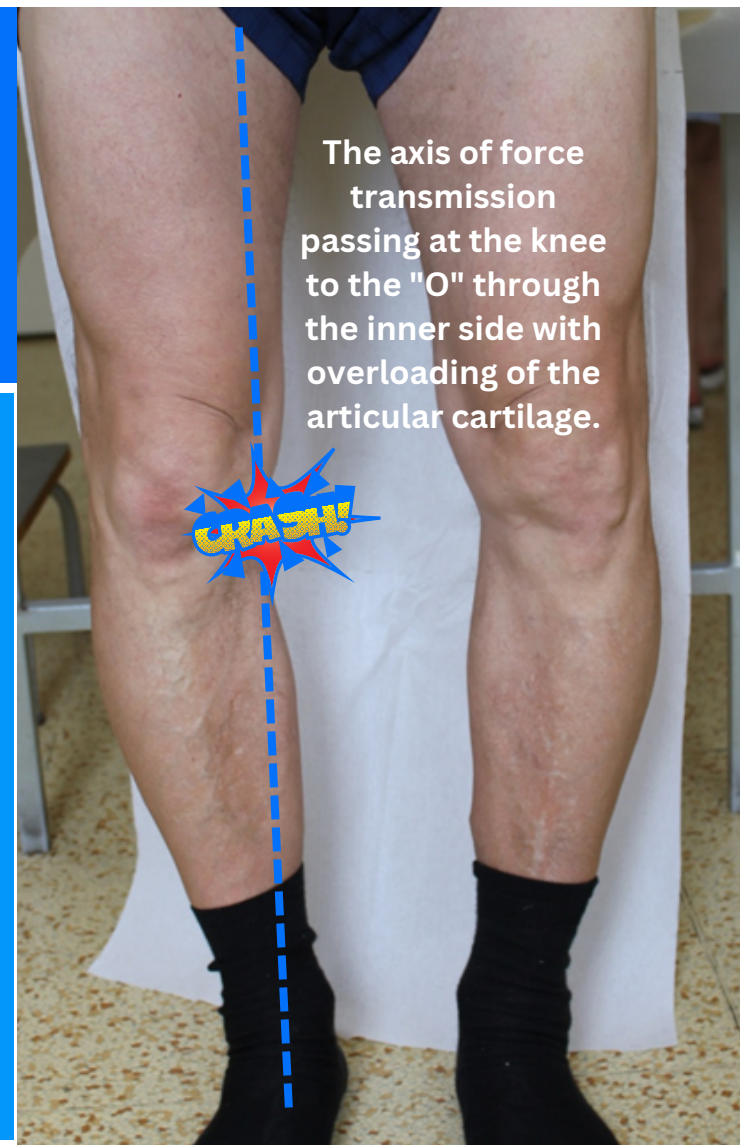
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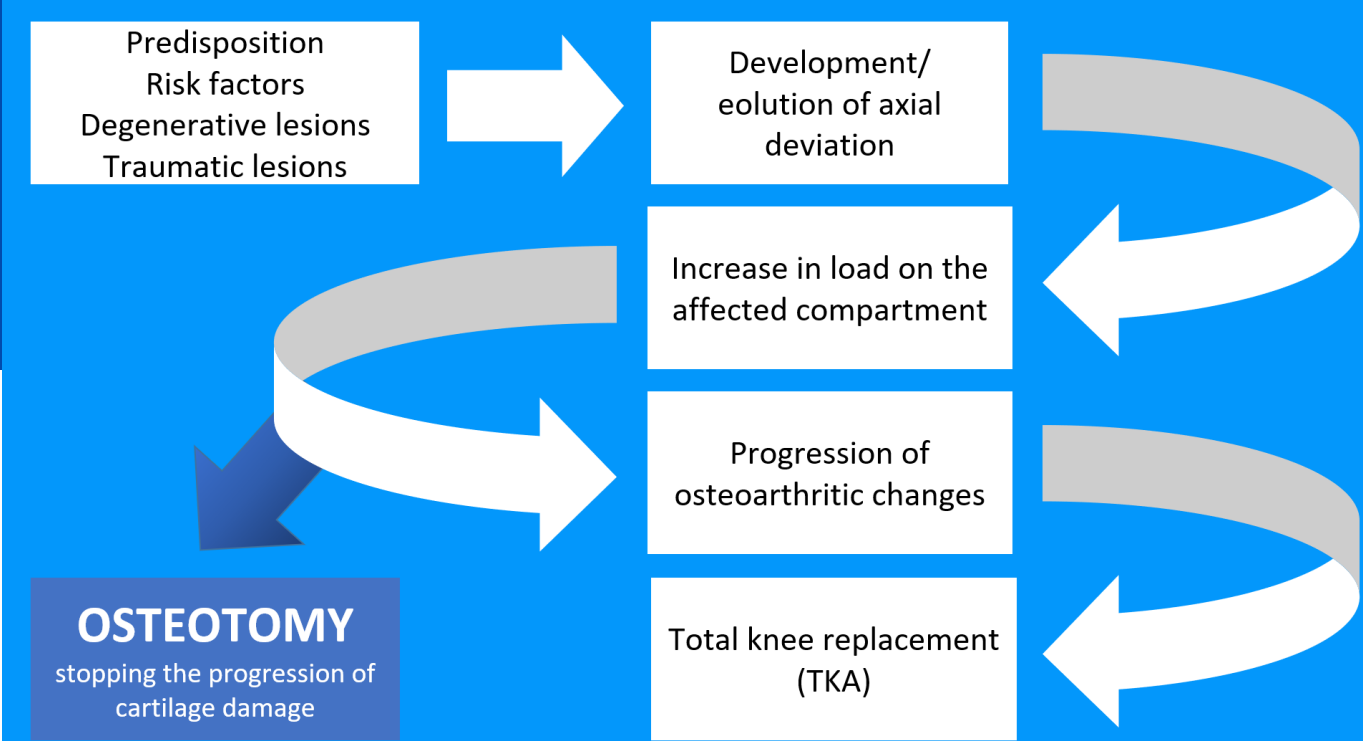
Knee osteotomy is a surgical method in which we correct (straighten) the axis of the lower limb in order to prevent uneven and often enormous overloading of only a certain part of the knee joint. Osteotomies correct both "O" and "X" knees. More often, we certainly encounter "knock leg", in which the inner side of the knee in particular is overloaded. The aim of the osteotomy is to spread the load evenly between the two compartments of the knee during walking/running.

WHY IS THE CORRECT LOWER LIMB AXIS IMPORTANT?

The axis of the limb is crucial for the transmission of forces in the knee, and the greater the degree of axis deviation, the greater the load and can lead very quickly to the development of irreversible changes in the articular cartilage (arthrosis).



WHO IS OSTEOTOMY RECOMMENDED FOR?



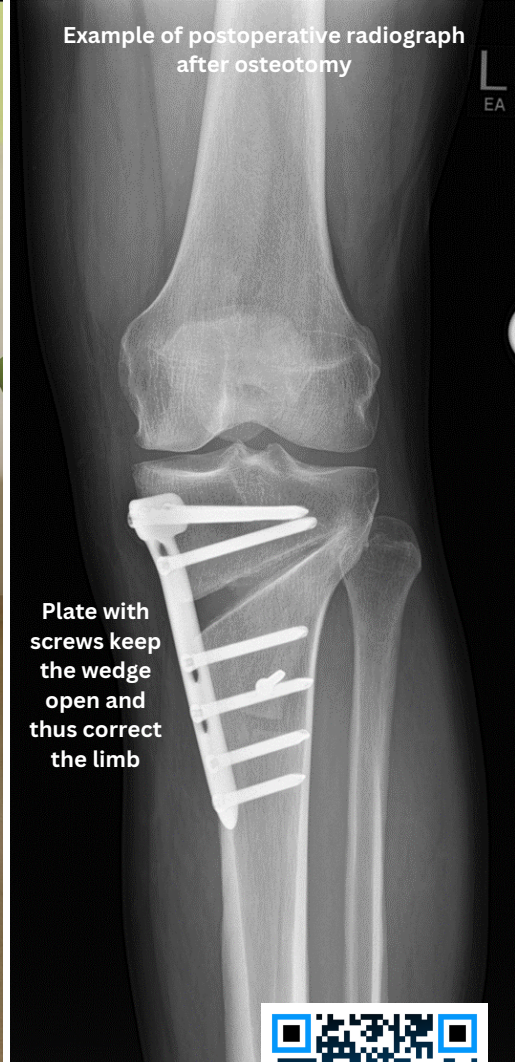
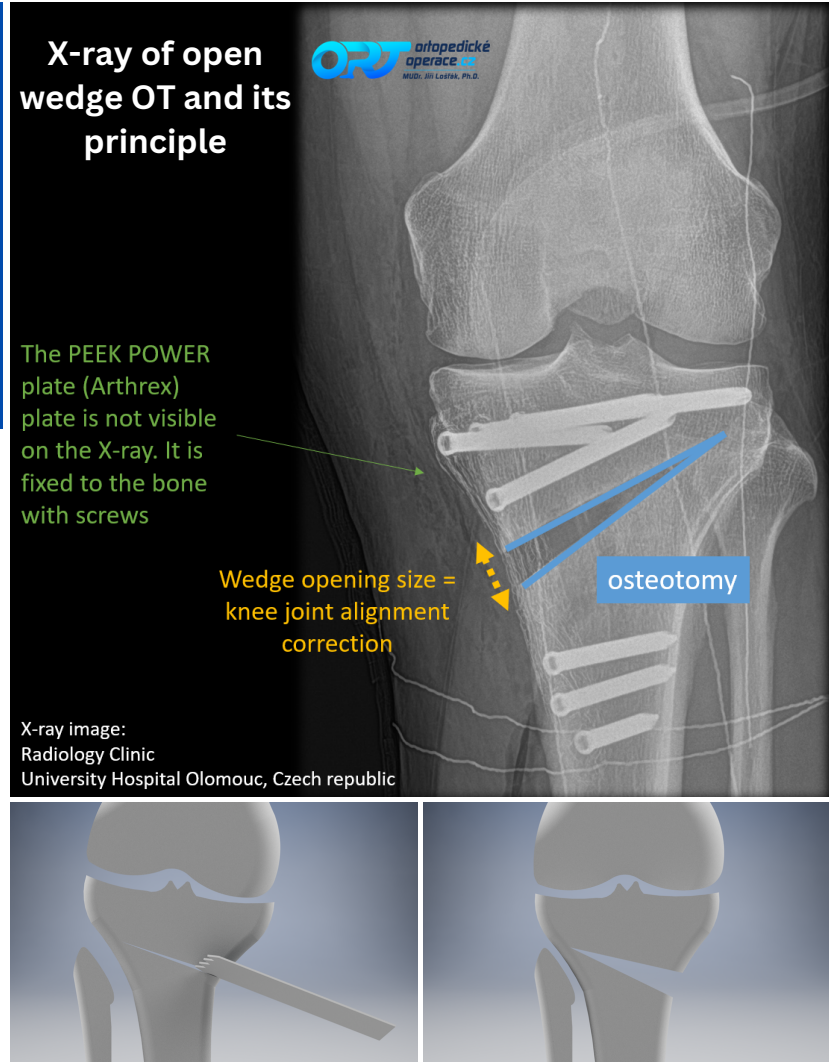
A physically active person aged up to 65 years with axial deviation to "O" or "X" and knee osteoarthritis to grade II-III according to X-ray. Knee flexion above 100 degrees. BMI less than 30 (kg/m²). Non-smoker.

WHAT ARE BENEFITS OF KNEE OSTEOTOMY?

The indisputable advantage of osteotomy is the preservation of the joint itself, which allows a return to active life without special restrictions. By correcting the axial deviation, we interrupt the repetitive cycle that leads to overloading of the already damaged compartment and the progression of arthrosis. Relief from pain and prolongation of the life of the arthritic knee. Osteotomy can delay the endoprosthesis for more than 10-15 years. In many cases, osteotomy is also a definitive procedure!

HOW AN OSTEOTOMY IS PERFORMED?

There are two types of osteotomies - open and closed. In open (see photos) the wedge is opened and in closed the wedge is pushed out. The osteotomy is performed at the site of the bone deformity, at the knee to the "O" most often the tibia.



More information about osteotomy, postoperative regime including videodocuments can be found at www.ortopedickeoperace.cz

