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High Fibular Osteotomy (HFO) for medial compartmental arthritis of knee with varus deformity in Indian subcontinent

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Osteoarthritis (OA) Knee is a common health problem affecting almost 29% of India's Population¹. Gold standard treatment for high grade Arthritis is Total Knee Replacement². However this procedure carries its risk to benefit ratio and complications³ like DVT, persistent pain. High tibial osteotomy and uni-compartmental replacement are other modalities for high grade knee which needs surgical skills and has its risk to benefit ratio and complications⁴ like fracture, implant failure and others. Incidental findings Of High Fibular Osteotomy a Simple Surgical Procedure seems to be boon for those patients who have excruciating pain and waiting for total knee replacement but cannot go for it due to its prohibitive cost. Evidence of its efficacy has been piling up fast and seems to

buy time for patient with medial compartment arthritis for total knee replacement and gives short to medium term relief. For Indian subcontinent where > 50 % have varus deformity with medial compartment arthritis seems to be best interim surgery with minimal blood loss, small surgical scar, ability of full weight bearing walk and squat on the same day and cost effective with no age limits⁵. A total follow up of 20 patient shows increase in medial joint space of > 2mm and decrease Tibiofemoral angle around 2° with improved Visual Analogue Score (VAS) score from 2 To 8. Thus HFO can be considered as a choice of treatment for medial compartment knee with varus deformity as a joint preserving procedure for a span of 2-10 years.

Biography

Shah Kushal V has accomplished his MS in Orthopaedics from Rajiv Gandhi University of Health Sciences, Bangalore in 2017. Currently he is working as Consultant Surgeon at Parul Sevashram Hospital (Vadodara) and was previously associated with Zydus Hospital (Dahod, Gujarat). He is a Member of ISKSAA, Member of Indian Orthopaedic Association and Member of Gujarat Orthopaedic Association.

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