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RTS and Outcomes



KEY OF SUCCESSFULL KO

Indication => 30% of the Job

Planning => 20%

Surgery 50%

Technique 5%

Adapted Correction 30%

Optimal Materials (Void fillers) 5%

Unscathed Hinge 10%

Make it easy :

KO Is indicated when

There is a **mechanical issue inside of the joint**

That's originated at least partially **outside of the joint**

**KO IS INDICATED IN SUBSTANTIAL METAPHYSAL
DEFORMITY**

WITH INTRA-ARTICULAR RELATED PAIN !

Make it easy :

KO Is CONTRAindicated when

THE DEFORMITY IS MAINLY INTRA-ARTICULAR

THERE IS AN INFLAMMATORY REASON

THERE IS A HIGH RISK OF FAILURE

Massive osteopenia

Skin problem

tobacco ? Drugs...

CROSSING THE BORDER-LINES

When should i think about it (level 2)

MENISCUS TEARS + EXTRA-A D (ADDITIONAL O)

CHRONIC KNEE INSTABILITY (SAGITAL O)

PATELLA INSTABILITY (TORSIO O)

POST-TRAUMA (INTRA-A O)

GAIT ABNORMALITIES (TRIPLANAR O)

MASSIVE COMBINED DEFORMITY (KA O)

Esska consensus background

Patients have high expectations of their osteotomy surgery and rate the return to work as the function of highest importance

67% of patients expect to return to work without any limitations and 19% with only minor adaptations

The median duration of incapacity was 87 days (range 14 – 450) // 9.4% of patients are unable to return to work at the same level

A systematic review from 2016 (19 studies, 1,189 patients) recorded 84.5% of patients overall returned to work within one year of high tibial osteotomy with 65.5% at equal or greater level than pre-operatively (4).

Esska consensus background

Return to sport is safe when the osteotomy had radiographically healed !

Patients return to sports after HTO at the same or a higher level within 1 year of surgery. Return to play averages at 4.9 - 7.5 months.

DFO patients show a lower participation in high-impact activities (10 vs. 6%) and higher participation in intermediate-impact activities (32 vs. 39%)

Half of the patients returned to sports within 15 weeks of the surgery and 71% returned within 6 months.

Opening wedge high tibial osteotomy allows better outcomes than unicompartmental knee arthroplasty in patients expecting to return to impact sports

Christophe Jacquet¹, Firat Gulagaci¹, Axel Schmidt¹, Aniruddha Pendse¹,
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Affiliations + expand

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Results: Mean time to return to sport activities 4.9 ± 2.2 months for HTO group vs 5.8 ± 6.2 months for UKA group ($p = 0.006$)

previous professional activities 3 ± 3 months for HTO group vs 4 ± 3 months for UKA group ($p = 0.006$).

At 24-month 31 patients (62%) were practicing impact sport in the HTO group versus 14 (28%) in the UKA group (odd-ratio 4.2 CI 95% (1.8-9.7) $p < 0.0001$).

Conclusion: HTO offers statistically significant quicker return to sport activities and previous professional activities with a higher rate of patients able to practice impact activity compared to UKA.

THM

VERY LARGE INDICATIONS

FEW CONTRA-INDICATIONS

DEFORMITY ANALYSIS IS THE KEY

PLANNING => WAIT A LITTLE....

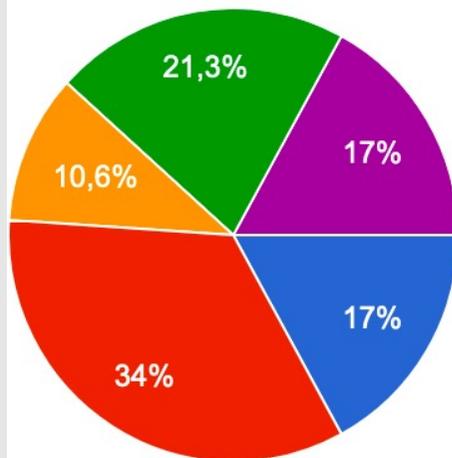
SURGICAL TECHNIQUE => LEARNING CURVE // WE START TOMORROW

Patients will love you... 2 yr after surgery

Your level of satisfaction after surgery

19 réponses 47 réponses

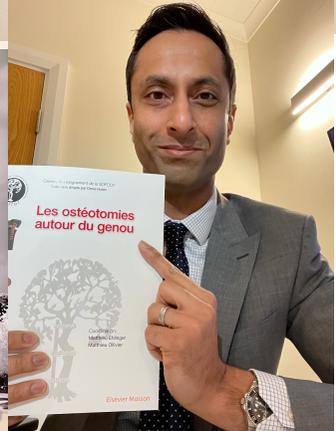
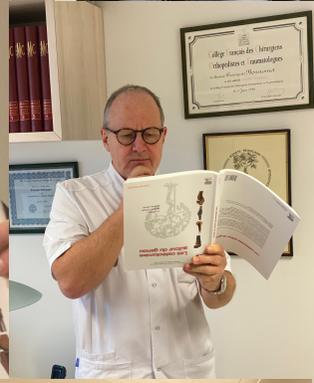
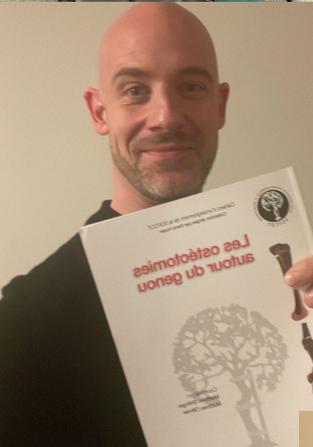
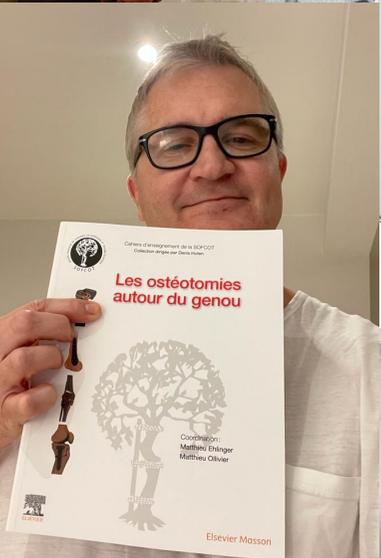
All In
the
tibia



- 0 dissatisfied
- 1 not completely satisfied
- 2 satisfied
- 3 really satisfied
- 4 I would recommend to my family

ALL In the tibia > 10° correction





Osteotomy Consensus : Chairs Matt Dawson // Matt Ollivier



Science Opens the Mind

ESSKA

CONGRESS PROGRAMME REGISTRATION & HOTEL INDUSTRY ESSKA

20TH ESSKA CONGRESS
27-29 APRIL 2022
PARIS, FRANCE

The theme for the 2022 Congress is Science Opens the Mind

Learn more about the ESSKA Congress!

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The banner features a background image of the Eiffel Tower in Paris at sunset. It includes a navigation bar with yellow buttons for 'CONGRESS', 'PROGRAMME', 'REGISTRATION & HOTEL', and 'INDUSTRY', and a blue button for 'ESSKA'. The main text announces the '20th ESSKA Congress' from April 27-29, 2022, in Paris, France, with the theme 'Science Opens the Mind'. A 'Learn more about the ESSKA Congress!' button with a play icon is present. A 'Read more' button is located at the bottom left. On the right side, there are social media icons for Twitter, Facebook, YouTube, and LinkedIn.