

HTO CW

How I do

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*Aix en Provence- France*



# Planning

- ✓ Based on long film X ray
- ✓ Normo or hypercorrection
- ✓ Medial hinge in cancellous bone
- ✓ Souple fixation / plate



# Patient's setting

Supine position

Pad under buttock / foot vertical

Post on the lateral aspect of the thigh

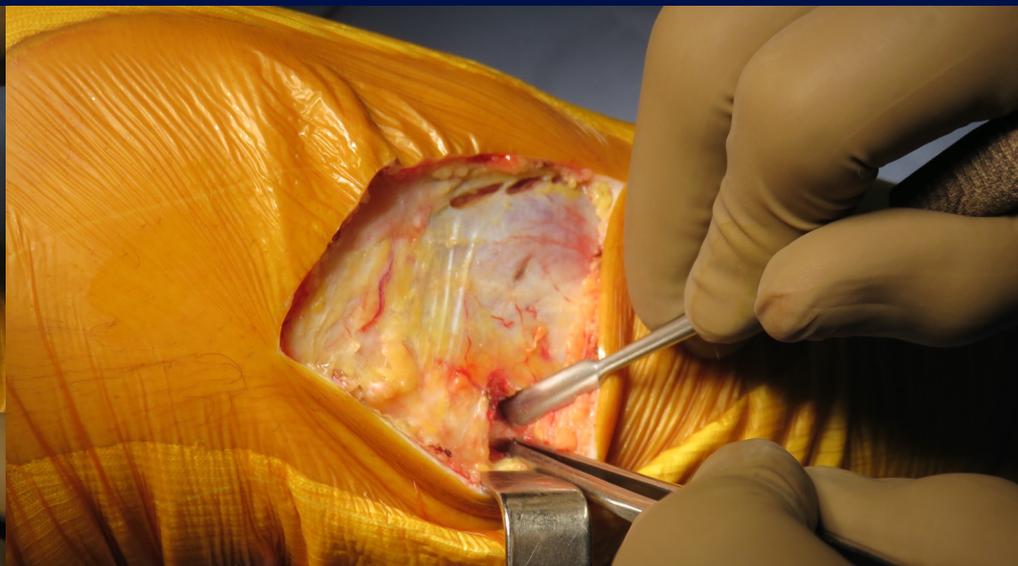
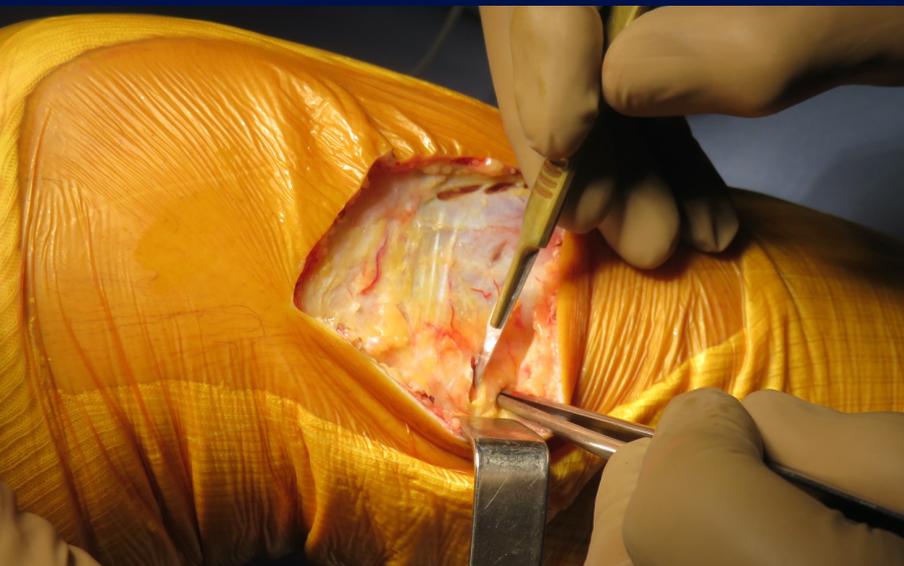


Lateral approach



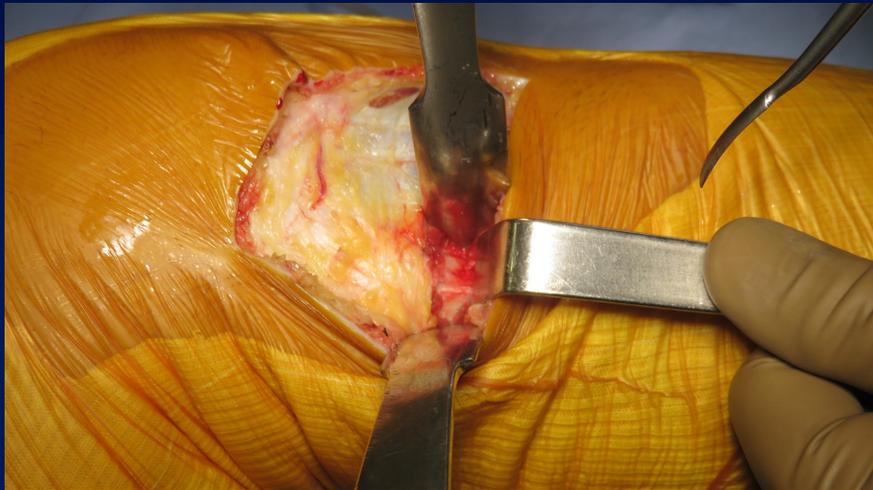
# Fibular osteotomy first

1. Gentle Muscular Detachment
2. Flexed knee
3. Three retractors
4. Two oblique cuts from lateral to medial  
& 2 mm bone washer resection



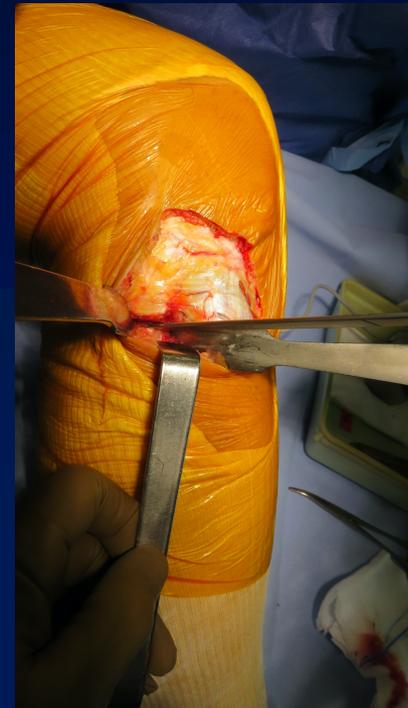
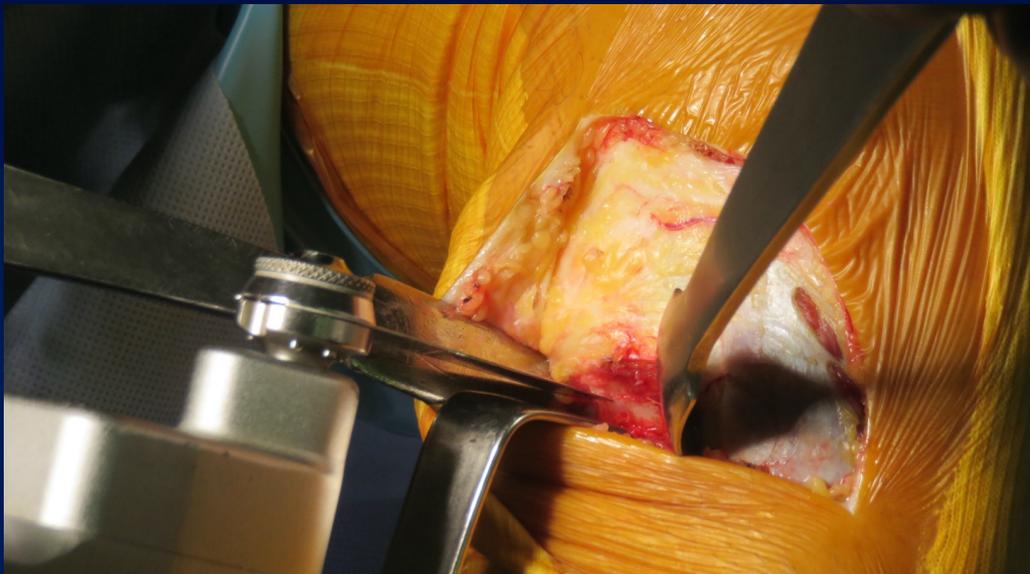
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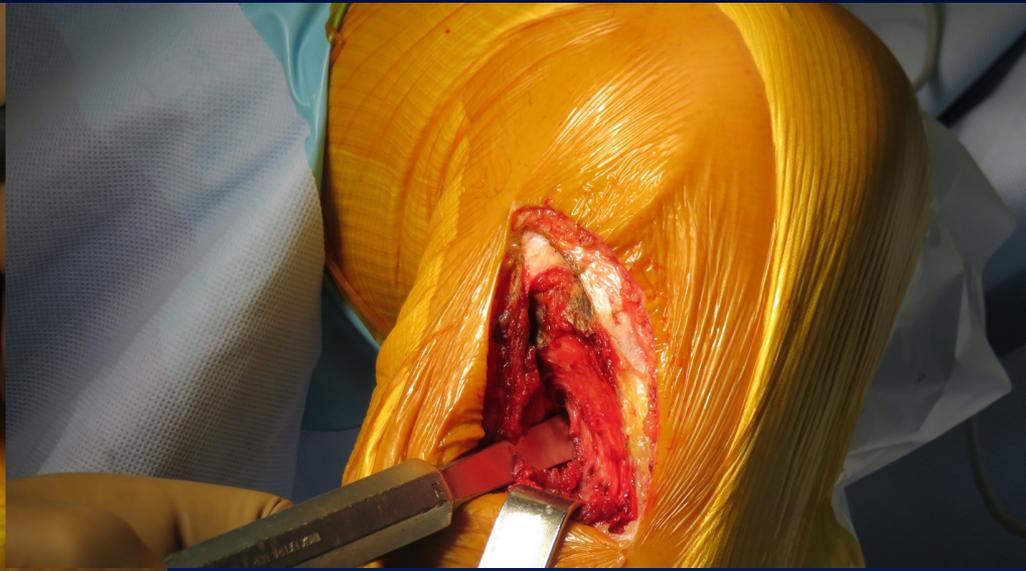
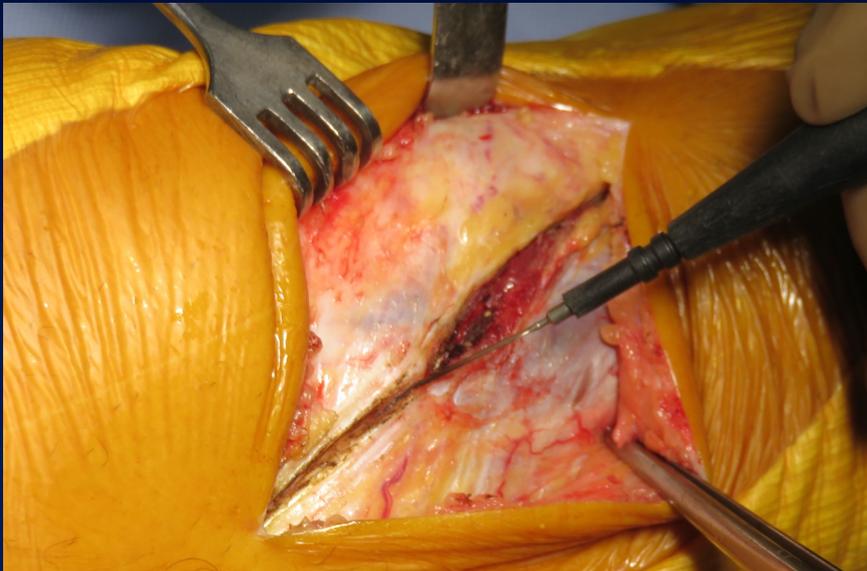
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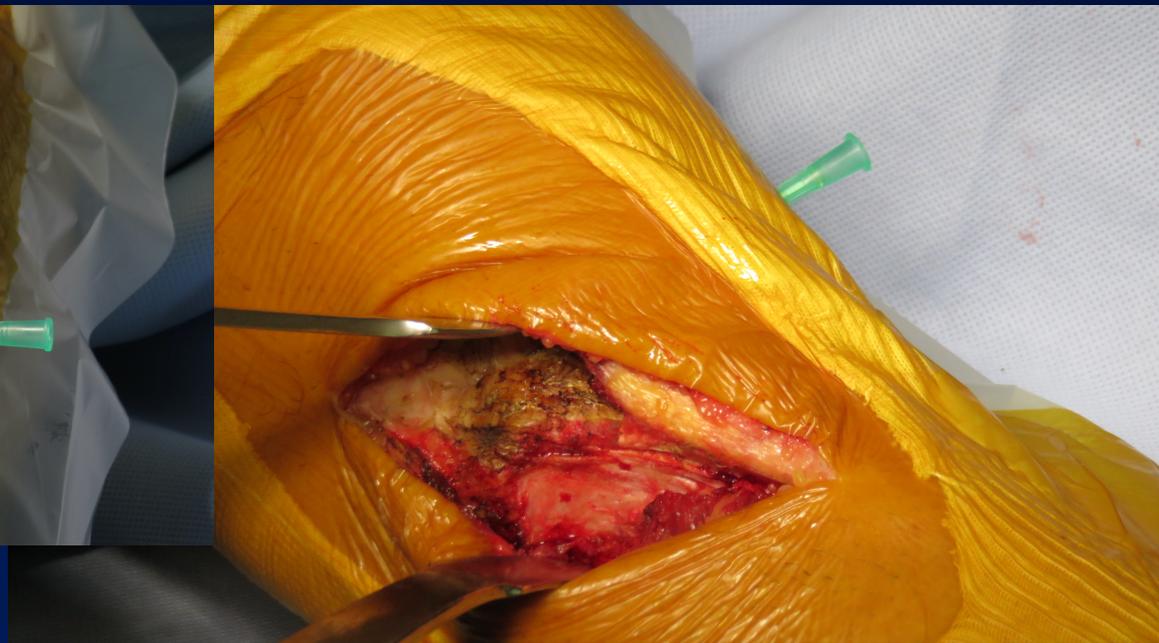
# Tibial Exposure

1. Muscular & PT release
2. Retractors
3. Needle in the medial joint line



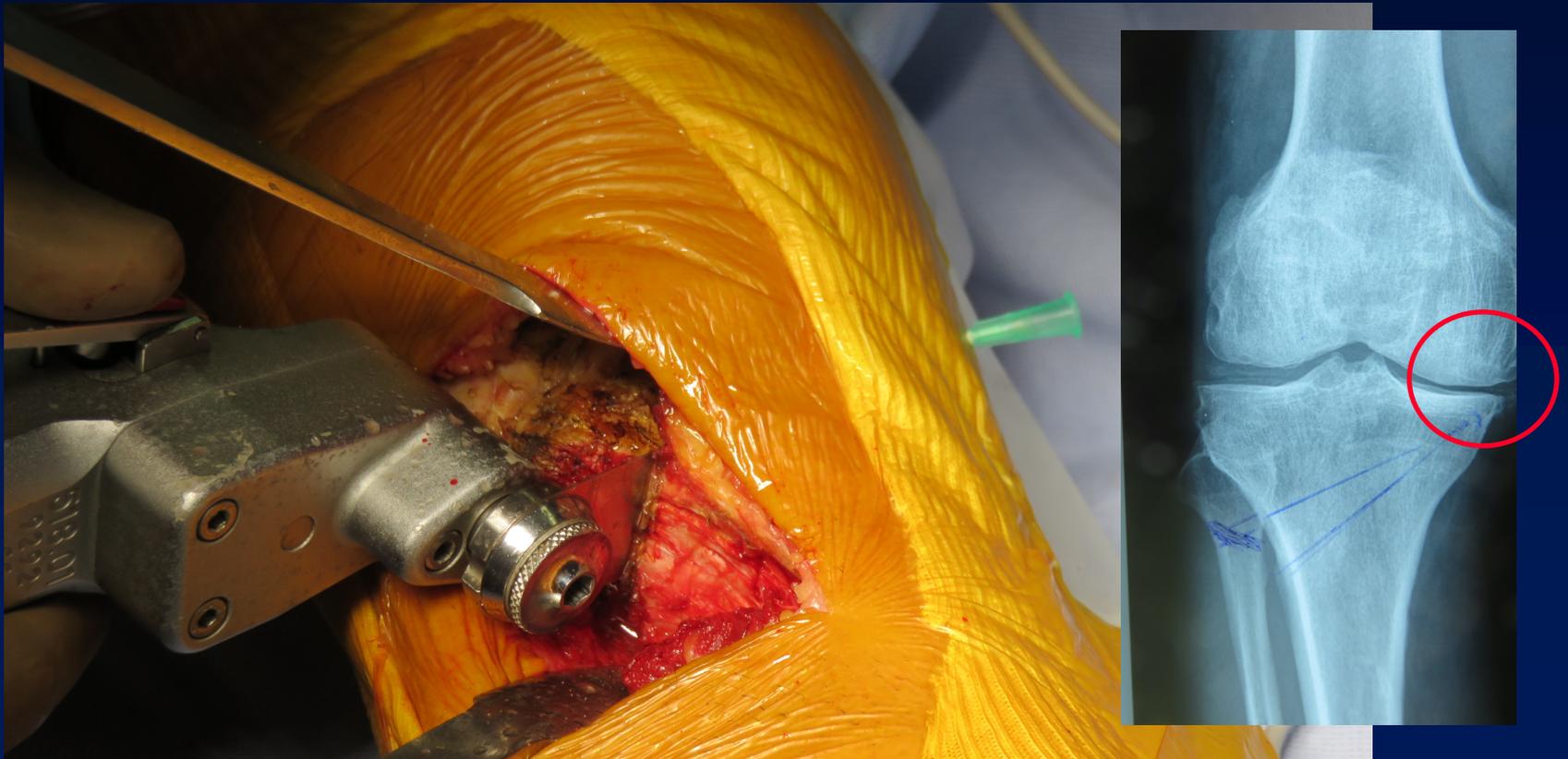
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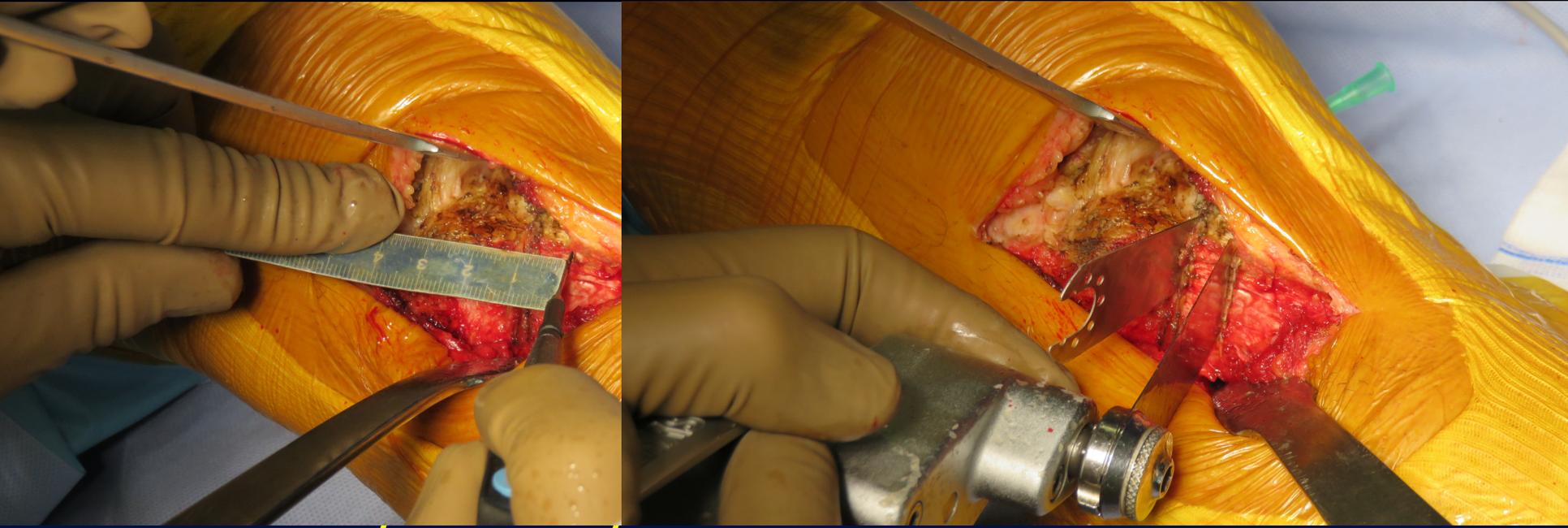


# Tibial cuts

1. First from lateral to medial
2. Target = needle (cancelous bone of medial plateau)
3. No X-ray routinely
4. Pay attention to obliquity / slope

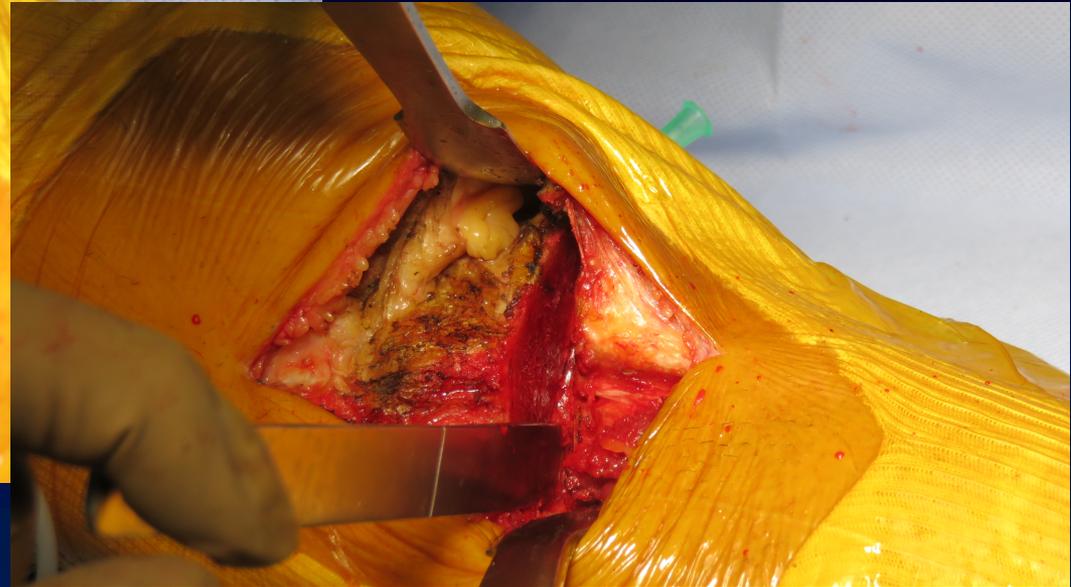
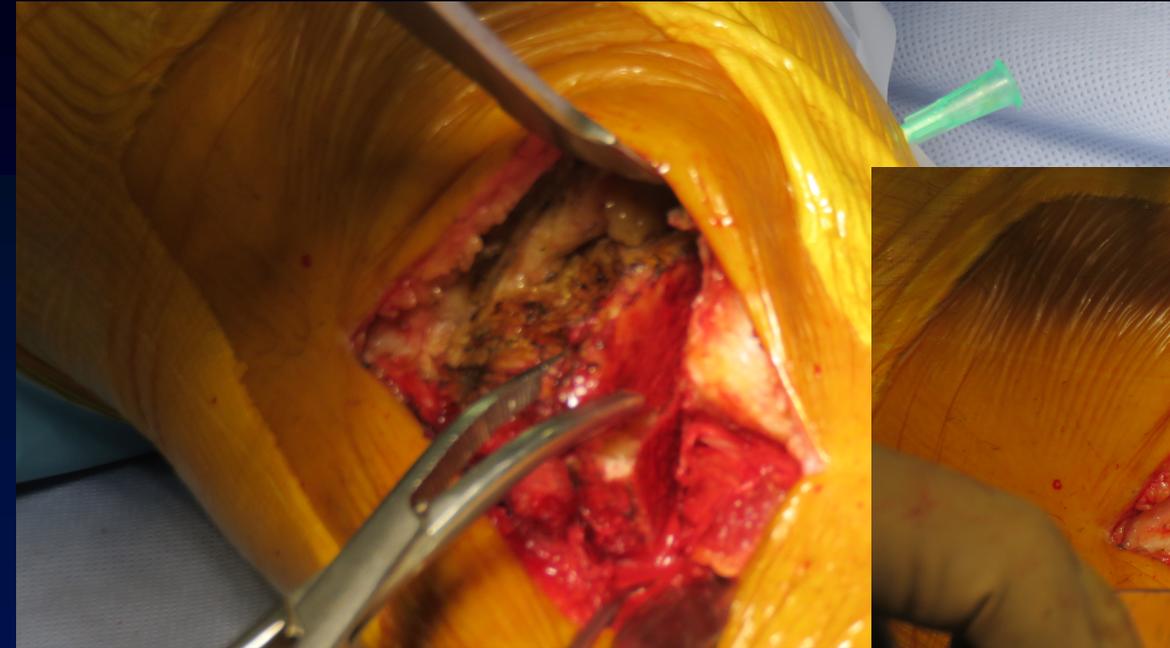


# Tibial cuts



4. Pay attention to obliquity / slope
5. Second cut parallel to the blade after measurement

# Tibial cuts



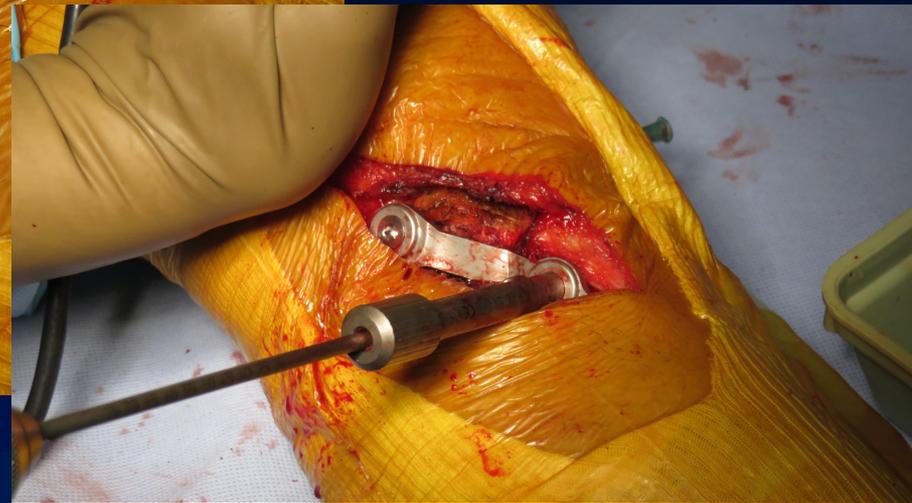
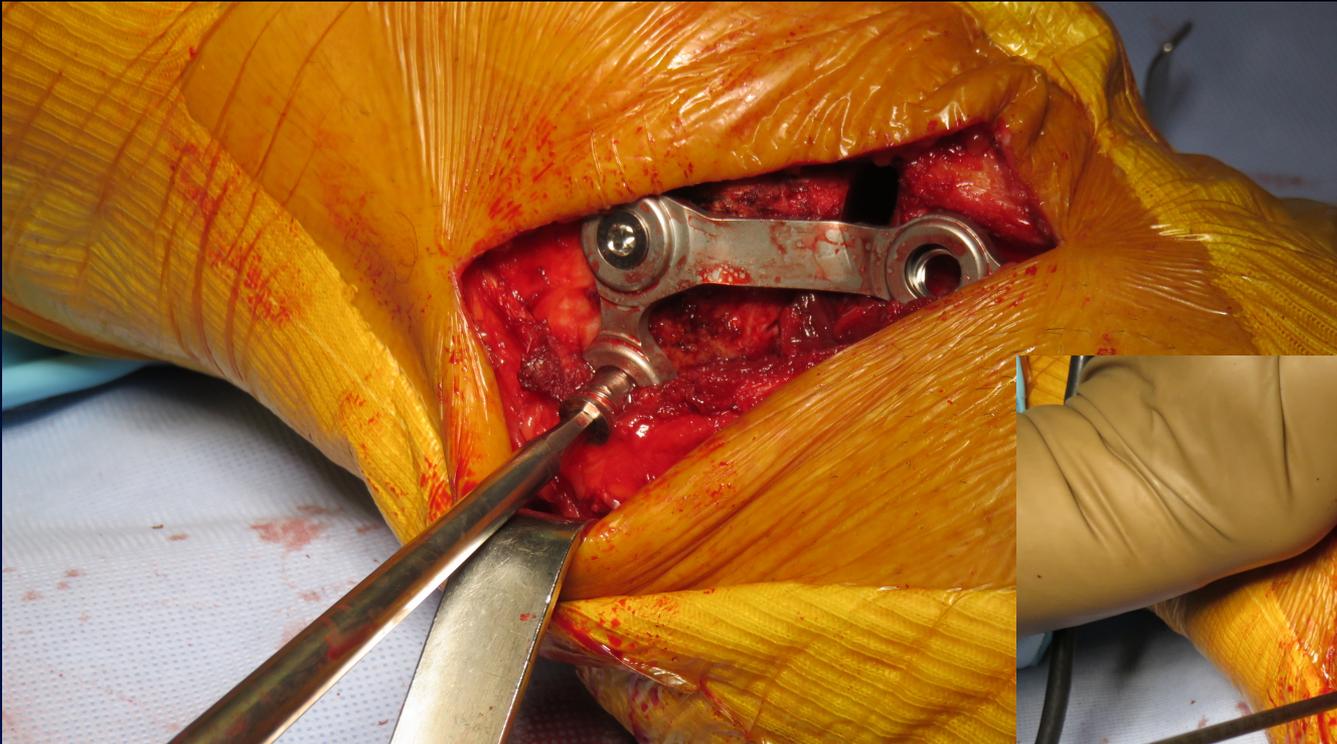
6. Bone removal
7. Cut tibial posteromedial cortex ++

# Fixation

1. Progressive reduction by valgus to compact bone. (Pay attention to fibular sliding)



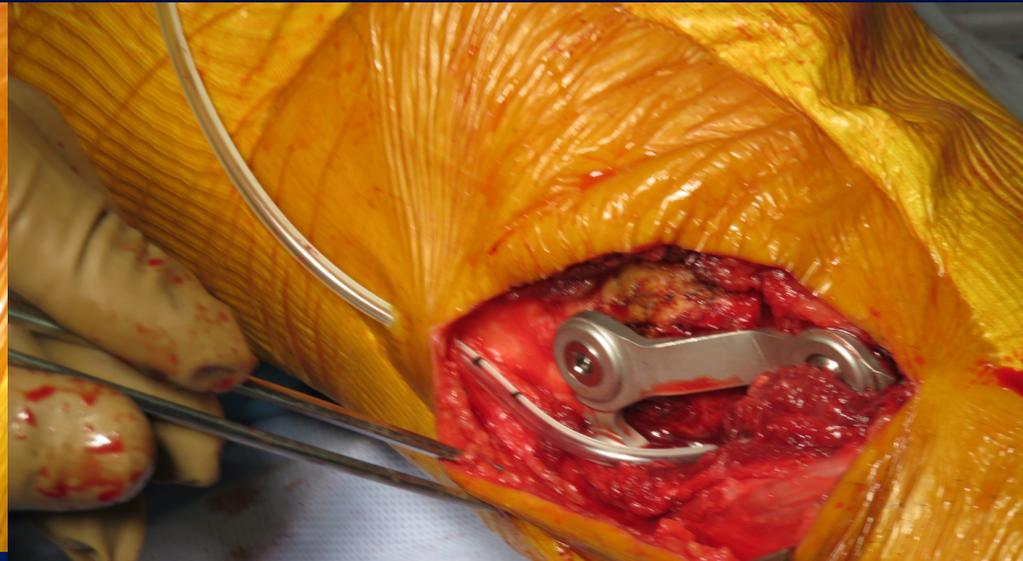
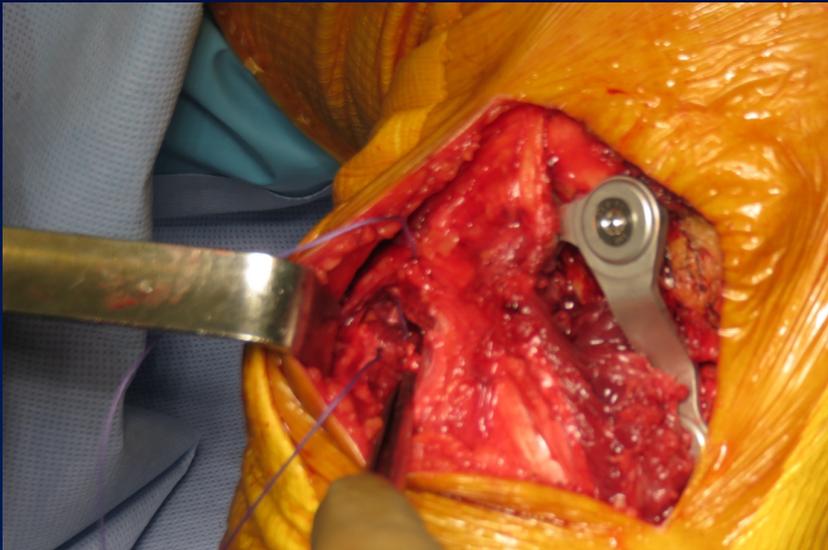
# Fixation



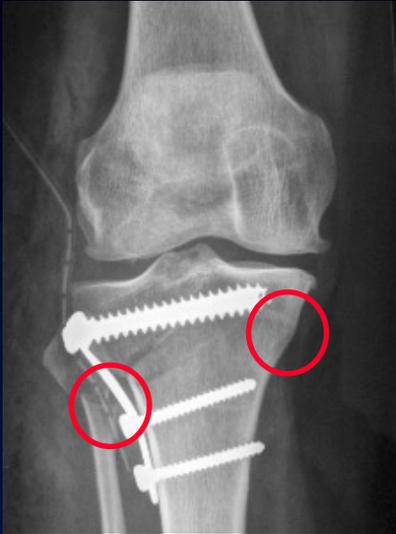
2. Fix the plate proximally
3. Fix the plate distally with distal screw while assistant reduce manually

# Closure

- ✓ Drainage
- ✓ Muscle on fibular neck
- ✓ Aponeurosis
- ✓ No block / compartment syndrom!



# Dynamic fixation / Post op regimen



1. No limited early motion
2. Massage, quad strenghtening
3. WB to stimulate bone formation
  - ✓ 1/3 @ day 2 with splint
  - ✓ 2/3 @ day 45 w/o splint, cycling, swimming
  - ✓ Progressive to full WB @ 3 month