

Treatment of Medial Compartment Osteoarthritis Knee Using Medial Open Wedge High Tibial Osteotomy Combined with Knee Arthroscopy: A 3 Year Follow-Up Study

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Abstract

Background: Osteoarthritis knee the most common disease affecting the elderly in both western world as well as India. High tibial osteotomy is a very popular surgical technique being easy, cheap alternative to arthroplasty with good results. Combined with knee arthroscopy the medial open wedge high tibial osteotomy corrects various knee deformities as well as provides diagnostic and therapeutic advantage of arthroscopy and improves the functional outcome of the surgery. **Materials & Methods:** Total 32 patients were studied, diagnosed clinically and radiologically with medial compartmental osteoarthritis knee. All patients were operated with diagnostic or therapeutic knee arthroscopy with standard anteromedial and anterolateral portals followed standard medial open wedge high tibial osteotomy with or without bone grafting and fixed using a wedge plate. **Results:** Out of 32 patients 26 were female. Most common indication was medial compartment osteoarthritis knee. At 3 years follow-up excellent results were seen in 14 patients, good results in 17, fair result in 1 patient. 7 patients showed degenerative tears in posterior horn of medial meniscus while 5 showed intercondylar notch synovitis, these were managed with arthroscopic debridement. All these patients showed significant improvement. All osteotomies united with average duration of 10 months. One patient developed superficial skin infection and paresthesia over great toe. **Conclusion:** Combined knee arthroscopy with medial open wedge osteotomy provides additional advantage to tackle any intra-articular pathology with correction of mal alignment and yields excellent functional outcome. This provides an effective alternative option to joint replacement surgery at young age.