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What is High Tibial Osteotomy (HTO)?

HTO is a surgical procedure used to realign the weight-bearing axis of the knee by altering the angle of the tibia (shinbone). It is commonly performed to treat medial compartment osteoarthritis of the knee.

Who is a candidate for HTO?

Candidates for HTO typically have early to mid-stage osteoarthritis primarily affecting the medial compartment of the knee. They may be younger, active individuals with specific anatomical features that make them suitable candidates for this procedure.

How does HTO alleviate knee pain?

HTO redistributes the weight-bearing forces within the knee joint, reducing the load on the damaged or arthritic portion of the knee (usually the medial compartment). By shifting the weight-bearing axis, HTO can relieve pain and improve function in the affected knee.

What are the different types of HTO procedures?

There are various techniques for performing HTO, including medial opening wedge osteotomy and lateral closing wedge osteotomy. The choice of procedure depends on factors such as the patient's anatomy, severity of arthritis, and surgeon preference.

What can I expect during the recovery period after HTO?

Recovery from HTO typically involves a period of immobilization followed by physical therapy to regain strength, flexibility, and range of motion in the knee. Patients may need to use crutches or a walker initially and gradually transition to full weight-bearing over several weeks.

How long does it take to fully recover from HTO?

The recovery timeline varies depending on factors such as the patient's overall health, the extent of the surgery, and adherence to rehabilitation protocols. Most patients can expect significant improvement within a few months, with full recovery taking up to a year.

What are the potential risks and complications associated with HTO?

Like any surgical procedure, HTO carries risks such as infection, blood clots, nerve or blood vessel damage, and failure of the osteotomy site to heal properly. Patients should discuss these risks with their surgeon before undergoing the procedure.

Will I still need knee replacement surgery after HTO?

HTO can provide long-lasting pain relief and functional improvement for many patients, potentially delaying or even avoiding the need for knee replacement surgery. However, some patients may eventually require knee replacement if their symptoms persist or worsen over time.

What lifestyle modifications may be necessary after HTO?

Following HTO, patients may need to modify their activities to reduce stress on the knee joint. This may include avoiding high-impact activities or sports that involve repetitive knee bending. Maintaining a healthy weight and staying physically active can also help prolong the benefits of HTO.



HTO



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