

Functional and radiological outcome following proximal fibular osteotomy in patients with knee osteoarthritis: a prospective study

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Abstract

Background: Osteoarthritis of knee is a common joint disease, with a prevalence of about 30 percent of individuals older than 60 years of age. Medial compartmental OA Knee, is by far the most prevalent variant of degenerative tibio-femoral joint disease and makes upto90% of uni-compartment knee OA. Proximal Fibular Osteotomy (PFO), which essentially is resection of upper fibular diaphysis, had become increasingly adopted for the surgical intervention in the last decade.**Aim:** To Assess the functional and radiological Outcome In Patients Who Had Medial Compartment Knee Arthritis following Proximal Fibular Osteotomy. **Materials and methods:** The study was done in the Department of Orthopaedics, at Chettinad Hospital & Research institute, Tamil Nadu. The study population included total 22 cases with knee medial compartmental osteoarthritis and underwent Proximal Fibular Osteotomy.**Results:** In our study, mean age group of cases was 52.51 years. The mean post-operative VAS was 1.4 which was significantly lesser than pre-operative value. Significant improvement in the functional and clinical outcome, was observed. The post-operative medial joint space and knee joint ratio, were significantly enhanced.**Conclusion:** PFO is a suitable option for pain relief, as well as to achieve a painless knee ROM to benefit activities of daily life in patients with medial compartment osteoarthritis.

Keywords: Proximal Fibular Osteotomy, Medial Compartment, Knee Osteoarthritis