UKA AFTER HTO

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UKA AFTER HTO

HTO

Avoid or postpone the need of arthroplasty

UKA

Better clinical outcomes and survival rates in the long term compared to HTO

UKA after HTO. Demanding procedure:

- Soft tissue scarring
- Potential loss of bone stock
- Altered tibial slope and patella height
- Hardware removal?

UKA AFTER HTO

HTO

Avoid or postpone the need of arthroplasty

Objective:

- Underload medial side
- Move the alignment to the lateral side

(normal or over-correction)

- Open medial tibial osteotomy
- Close lateral tibial osteotomy

Extra-articular correction of the deformity

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UKA

Better clinical outcomes and survival rates in the long term compared to HTO

Under-correction of the deformity MUST be done

- VARUS = VARUS
- VALGUS = VALGUS

Intra-articular under-correction of the deformity

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UKA after HTO. Demanding procedure:

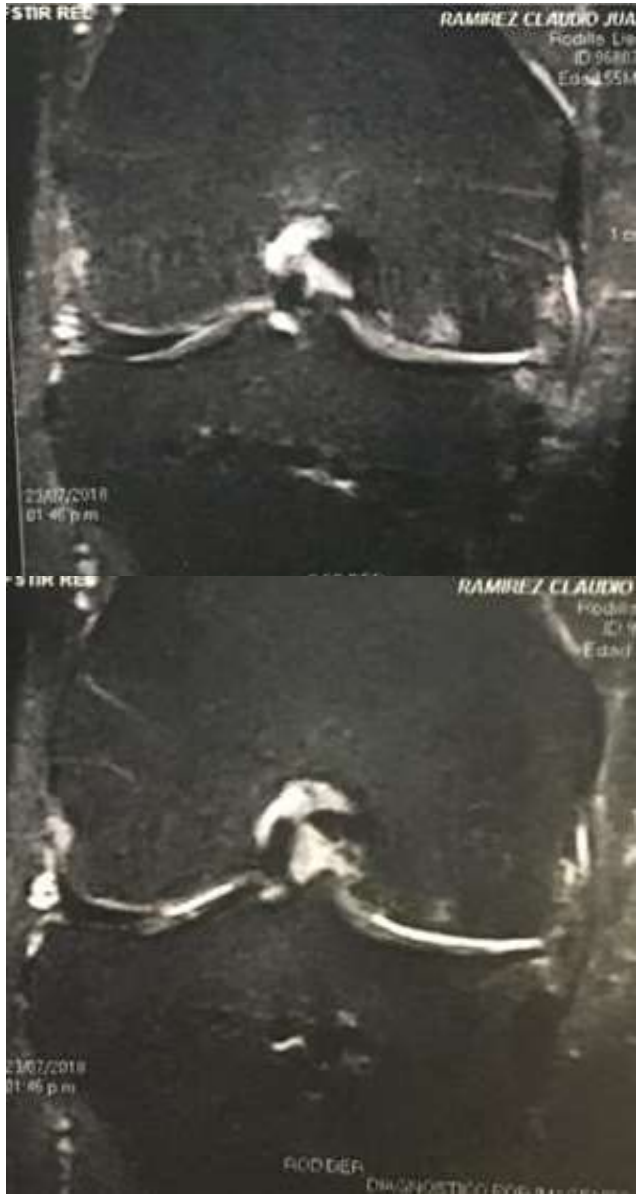
- Soft tissue scarring
- Potential loss of bone stock
- Altered tibial slope and patella height
- Hardware removal?

Usually done after failed HTO

- Residual varus
- Under-correction
- Hardware failure
- Non-union

Medial osteoarthritis progression

UKA AFTER HTO



UKA AFTER HTO

Indications:

- Unicompartmental osteoarthritis
- Residual varus
- Functional ACL
- NO lateral instability (varus thrust)
- Functional MCL
- Flexion = or + 90
- Extension contracture 10 or less
- Reductible deformity

UKA AFTER HTO

How I do it?

- Mini mid-vastus approach
- Deformity correction with tibial cut
- Tibial cut 2 degrees of varus
- Under-correction the deformity
- Preserve the HTO hardware if I can
- Security laxity of 2-3mm at 20 degrees of flexion (MCL)
- Avoid soft tissue release
- Fixed bearing implant

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SLOPE

- Should be less than 10 degrees

(if more, overload ACL)

HTO hardware

- Removal could increase fracture and bone weakness
- Wound complications (diferent location)
- Two stage? Increase hospital stay
- <u>UKA without hardware removal</u>

Patella baja

- Unfrecuent. Usually after closing osteotomy

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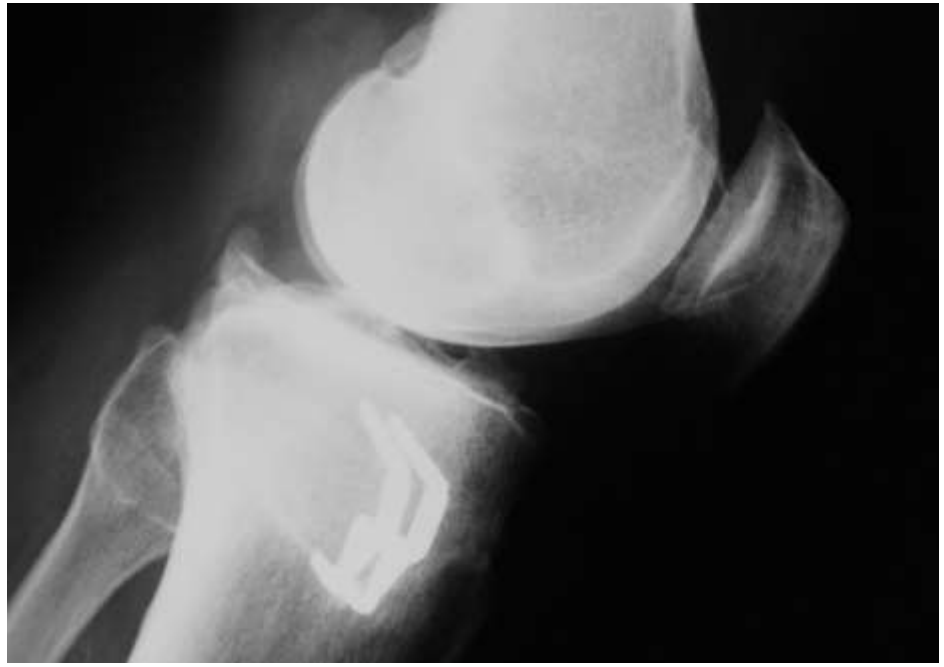
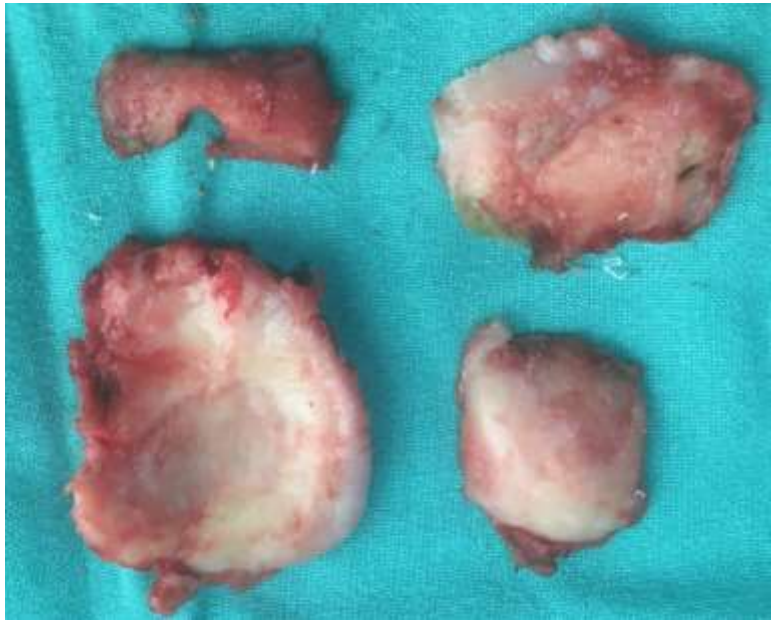


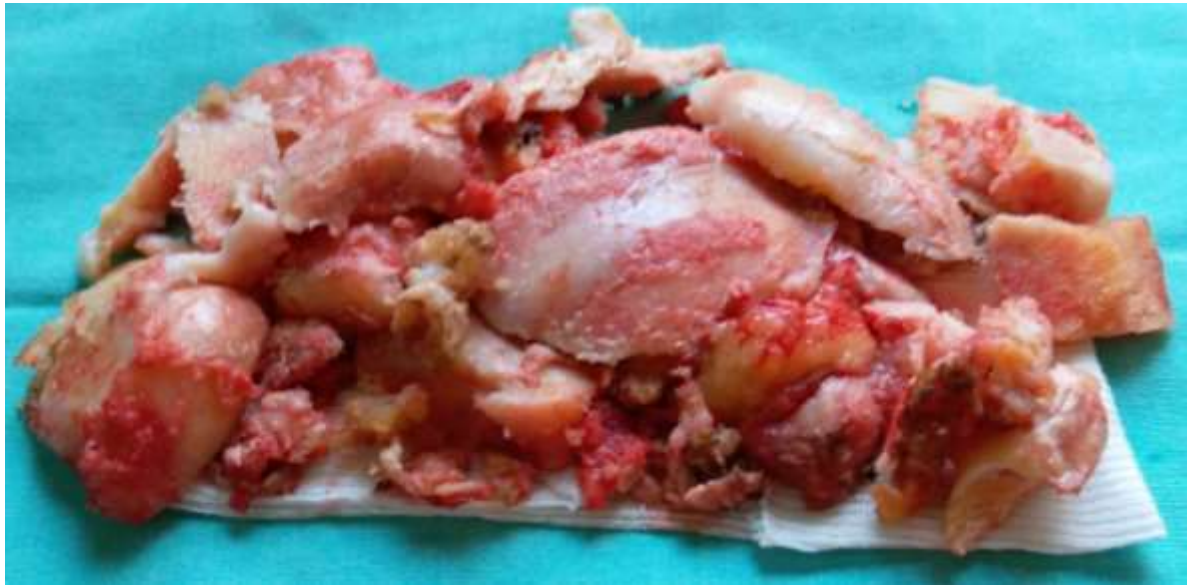
UKA AFTER HTO

UKA vs TKA after HTO

- Most surgeons perform TKA after HTO
- Usually younger patients
- Active and sportist patients
- UKA is associated with better functional results
- Less complications and hospital stay
- Faster rehabilitation and job return
- Fewer dissatisfaction rates
- Return to normal life with a forgoten knee



UKA



TKA

Many thanks

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