Lateral opening wedge distal femur osteotomy using patient specific instrumentation for valgus knee alignment

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Background:

Valgus knee alignment has been shown to increase the risk of chondral damage and arthritis in the lateral compartment of the knee. In patients that have failed non-operative measures, valgus corrective osteotomies are a surgical option. The use of patient specific instrumentation is associated with increased accuracy and decreased fluoroscopy time.

Purpose:

This video overview and case presentation demonstrates a lateral distal femur osteotomy using a custom patient specific cutting gig and instrumentation.

Methods:

A case of a 39 year old female with valgus knee alignment and lateral compartment arthritis is presented. A distal femur osteotomy is performed using patient specific instrumentation.

Results:

Neutral alignment of the limb was achieved and the osteotomy was performed. The patient is recovering well and progressing with therapy.

Conclusion:

Lateral distal femur osteotomy using patient specific instrumentation is reproducible, accurate, and can lead to improved patient outcomes.