

Knee arthrodiastasis for treatment in complicated total knee replacement. A novel technique.

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INTRODUCTION:

Failure of total knee replacements due to infection can be managed with knee arthrodesis but with uncomfortable patient results. The severe limitations affect daily activities and cause dissatisfaction in these patients. We propose knee arthrodiastasis with external fixation with an ilizarov frame obtaining good results with better patient satisfaction due to pain suppression, good motion and better daily activities.

METHODS:

We studied 8 patients with failed, infected total knee replacents, they were managed with a staged protocol of implantation of antibiotic knee spacers. After removal and debridment of the spacer we proceeded with the implantation of the open hinged, ilizarov frame external fixator with subsecuent controlled arthrodiastasis to create a controlled arthrofibrosis .

RESULTS:

Eradication of infection was achived in 8/8 patients. All of them were able to walk without pain and some of them can sit and get into cars with minimal help. All the patients presented with excellent satisfaction with this procedure.

DISCUSSION AND CONCLUSION: Knee arthrodiastasis for treatment in complicated total knee replacement is an option for treating these patients rather than performing arthrodesis. Kne fusion is quite limiting and has a high rate of dissatisfaction. knee arthrodiastasis is a viable option for these patients, we found all of our patients had acceptable results with high satisfaction rates.

