

A Prospective Study on Outcome of High Tibial Osteotomy Among Patients of Osteoarthritis of Knee Joint With Varus Deformity At A Tertiary Care Center of Bihar

Nipendra Kishore¹, Md Anwar^{2*}, Mohammad Ekram³

¹Assistant Professor, Department of Orthopedics, Madhubani Medical College, Bihar, India

²Assistant Professor, Department of Orthopedics, Shree Narayana Medical Institute and Hospital, Saharsa, Bihar, India

³Associate Professor, Department of Orthopedics, Madhubani Medical College, Bihar, India

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Abstract

Introduction: Osteoarthritis is a degenerative disease characterized by gradual development of joint pain, stiffness, swelling and limitation of movements. Osteoarthritis causes chronic disability; the degree of disability depends on the site involved and varies greatly between individual. In the present study, outcome after high tibial osteotomy has been evaluated with respect to postoperative improvement and individual goal achievement. **Methodology:** A prospective interventional single centre study was conducted at Madhubani Medical College & Hospital, Bihar during the period of 1 year between August 2019 to July 2020 after permission from Institutional Ethical committee. After this, the patients were followed up till 12 months. The patients included were those who had standard indication for High tibial osteotomy. Inclusion criteria to include the patients in this series were, Unicompartmental Arthritis of knee with varus deformity, good muscle strength to carry out rehabilitation and good vascular status without arterial insufficiency. During the study period, a total of 20 patients were selected and assessed preoperatively and postoperatively with Knee Society score and Functional Score sheet. Assessment and evaluation was done using a regularized custom made protocol which included the symptoms of the patients, associated medical conditions, knee society score and knee society functional score. **Results:** In the current study, the age of the patients had ranged from 44 – 53 years with a mean age of 48.4 years. Among the 20 patients, majorities were female with a male: female ratio of 0.54:1. For majority of the patients right side of the knee was involved and 3 patients had bilateral knee involvement. 75% of the patients had grade III type of Osteoarthritis and rest 25% had grade IV type of Osteoarthritis. **Conclusion:** The main improvements seen in this study were related to pain reduction and an increase in the knee score and functional score after high tibial osteotomy and also delays the need for total knee replacement.

Key Words: High Tibial Osteotomy, Osteoarthritis Of Knee Joint, Varus Deformity.

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Introduction

Osteoarthritis is a degenerative disease characterized by gradual development of joint pain, stiffness, swelling and limitation of movements. Osteoarthritis causes chronic disability; the degree of disability depends on the site involved and varies greatly between individual[1]. During early stages of osteoarthritis, non-surgical treatment options include weight reduction, low impact activity and physiotherapy. As the disease progress to end stage osteoarthritis, the surgical treatment options are high tibial osteotomy, unicompartmental arthroplasty and total knee arthroplasty. Arthroplasty is considered a good option for healthier patient, older than 60 years with good long term outcome reported. However concern remains regarding the longevity of the implants in younger patients[2].

High tibial osteotomy is an accepted surgical technique for treatment of medial compartment arthrosis of knee in younger patients. This procedure stands ahead of closed wedge osteotomy because the peroneal nerve is not in jeopardy and there is no disruption of proximal tibiofibular joint and lateral collateral ligaments worth achievement of more precise correction[3]. The biomechanical principle of high tibial osteotomy is to redistribute the weight bearing forces from the worn medial compartment across to the lateral compartment thereby relieving pain and slowing the disease

progression. The main indication for high tibial osteotomy is pain and angular deformity of the knee due to unicompartmental gonarthrosis. Most cases reported in the literature have medial gonarthrosis with varus deformity of the knee, but about 15 percent of the subjects have lateral gonarthrosis with valgus deformity. Two main treatments have been available: closed wedge osteotomy and dome (vault) osteotomy. Normally, the knee is overcorrected to 5-13 degrees of valgus in medial gonarthrosis, and the opposite in cases of lateral gonarthrosis. This overcorrection is important for the final result of the osteotomy[4, 5]. Another possible mechanism may be reduction of the intraosseous pressure. Outcome is an evaluation of observations associated with a study period with respect to factors that can be of interest after some kind of intervention. The goals must be expressed in terms of reduction of disablement, and they must be measurable[6, 7, 8]. Whether a treatment is effective or not must be judged from the degree of goal achievement. Even if there is a statistically significant improvement, it is inadequate if the treatment goal is not reached. In the present study, outcome after high tibial osteotomy has been evaluated with respect to postoperative improvement and individual goal achievement.

Methodology

A prospective interventional single centre study was conducted at Madhubani Medical College & Hospital, Bihar during the period of 1 year between August 2019 to July 2020 after permission from Institutional Ethical committee. After this, the patients were followed up till 12 months. The patients included were those who had standard indication for High tibial osteotomy. Inclusion criteria to include the patients in this series were, Unicompartmental Arthritis of knee with

*Correspondence

Dr. Md Anwar

Assistant Professor, Department of Orthopedics, Shree Narayana Medical Institute and Hospital, Saharsa, Bihar, India.

E-mail: Dranwar18@gmail.com

varus deformity, good muscle strength to carry out rehabilitation and good vascular status without arterial insufficiency. Exclusion Criteria were patients who lost follow-up, ligamentous instability, lateral tibial subluxation of more than 1 cm, medial compartment tibial bone loss of > 2 or 3 mm, flexion contraction of > 15°, knee flexion < 90°, >20° of correction needed and rheumatoid arthritis.

During the study period, a total of 20 patients were selected and assessed preoperatively and postoperatively with Knee Society score and Functional Score sheet. Assessment and evaluation was done using a regularized custom made protocol which included the symptoms of the patients, associated medical conditions, knee society score and knee society functional score. The Knee Society Score is a special score which has been widely accepted as an objective measure of knee status in patients undergoing High Tibial Osteotomy. The Knee flexion is measured using Goniometer. All the data are entered into the protocol proforma. X rays included standing anteroposterior view and lateral view of the knee. Postoperative X ray were done immediate postoperative and after 1 month, 6 months and thereafter 1 year.

Data are entered and analyzed by statistical analysis using SPSS version 16. Mean, Standard Deviation, Chi-square test was used to analyze the result and test the significance.

Results

In the current study, the age of the patients had ranged from 44 – 53 years with a mean age of 48.4 years. Among the 20 patients, majorities were female with a male: female ratio of 0.54:1. For majority of the patients right side of the knee was involved and 3 patients had bilateral knee involvement. 75% of the patients had grade III type of Osteoarthritis and rest 25% had grade IV type of Osteoarthritis. The mean knee score was 55.6 with a standard deviation of 2.1 and the mean functional score was 51.4 with a

standard deviation of 3.1. Both the mean scores was considered as poor based on the categorization of the scores.

The immediate postoperative infection was the wound infection which had developed in 5 – 7 days post-operative. Out of 20 patients, 2 patients had developed the infection and for the remaining patients the wound was clear without any infections. Patients with infection presented with serous discharge. The patients who had infection were treated with high level antibiotics for 5 days and at the end of 1 week the discharge was cleared and wound were healthy. Out of all, only one patient had developed the foot drop due to the common peroneal nerve injury. For that patient proper braces were given to improve the condition.

Table 1 shows that all the patients were followed for a period of 1 year at the interval of 3, 6 and 12 months. Each visits the patients knee score and functional score was assessed using the standard orthopaedics knee society protocol. The grading of the knee society was done as score below 60 was considered as poor, score 60 – 69 was considered as fair, score 70 – 79 was good and score 80 – 100 is excellent. It has inferred from the table that the patients total knee score has gradually improved over the period of 1 year. The score was initially in the range of fair to good and at the end of 1 year it was excellent (>80). The improvement in the score over the period of 1 year was proven to be statistically significant ($p < 0.05$). The knee society score at the end of 3 months was 62.6 and at end 12 months was 84.1. The patient's functional score had gradually improved over the period of 1 year. The initial score at the end of 3 months was 64.4 and at the end of 12 months it was 82.8 and this improvement in the functional knee score over the period of 12 months was found to be statistically significant ($p < 0.05$). It shows that the patients who were in the grade of poor based on the total knee score and functional score before the high tibial osteotomy had improved to excellent after the surgery.

Table 1: Mean and Standard Deviation of the knee society score and functional score among the study population after high tibial osteotomy

Score	Post-operative period (Mean ± SD)			P-value
	3 months	6 months	12 months	
Knee Society Score	62.6	76.3	84.1	<0.05
Functional score	64.4	74.9	82.8	<0.05

Discussion

The present study had shown a favorable outcome for high tibial osteotomy. The patients who had undergone lateral closing wedge high tibial osteotomy for osteoarthritis with Varus deformity had shown a statistically significant improvement in both the knee score and the functional score at the end of 1 year follow-up following the surgery. Out of all patients only one patient had developed a foot drop due to common peroneal nerve injury, as a post-operative complication.

Aglietti et al[9]. performed 139 osteotomies with three different techniques: (1) lateral closed wedge osteotomy, without internal fixation followed by long leg cast; (2) lateral closed wedge or "en chevron" osteotomy, fixed with two screws and immobilized with a long leg cast; and (3) Lateral closed wedge osteotomy according to Insall et al[10]. without internal fixation and with cylinder cast immobilization. The outcomes were satisfactory in 87% (from 2 to 5 years of follow-up), in 70% (from 6 to 10 years of follow-up) and in 64% (more than 10 years of follow-up). The authors concluded that the third group of patients had better results and correction, that severe articular destruction had poorer outcomes and that under corrected knees tended to relapse.

Matthews et al[11]. treated 40 patients with Coventry or Coventry-Bowman techniques followed by cast immobilization. Internal fixation with staples was used in 25 cases and external fixation in three cases. They reported 86% of satisfactorily results at one year from surgery, 64% at three years, 50% at five years and 28% at nine years. They also concluded that obesity, advanced age, overcorrection or under correction had the worst outcomes.

Ivarsson et al[12]. performed 99 lateral closing wedge High Tibial Osteotomy, fixed with staples and immobilized in a cast. They reported 75% of good and acceptable outcomes at 5.7 years and 60% at 11.9 years. They obtained better results in patients with Ahlbäck grade I or II osteoarthritis and when a slight overcorrection was achieved (from 3° to 7° of valgus). Naudie et al[13]. performed 94 closing wedge osteotomies and 12 dome osteotomies, fixed with staples and followed by cast immobilization in 75 cases. The Kaplan-Meier analysis showed survivorship of 75% at five years, 51% at ten years, 39% at 15 years and 30% at 20 years. However, in patients younger than 50 years old and with range of motion >120°, the longevity increased to 80% at ten years. They thus underlined the importance of correct patient selection. In their series, earlier failure was associated with age >50 years, previous arthroscopic debridements, lateral tibial thrust, preoperative knee flexion < 120°, under correction and delayed union.

Sprenger and Doerzbacher[14] treated 76 knees with closing wedge High Tibial Osteotomy and internal fixation. Survival rates were 65–74% at ten years from surgery. However, tenyear survivorship was 90%, when the femurotibial angle was between 8 and 16° valgus at one year from surgery.

Koshino et al[10]. performed 75 closing wedge High Tibial Osteotomy, fixed by external fixation, internal fixation or long leg cast. The survivorship reported was 97.3% at seven years, 95.1% at ten years and 86.9% at 15 years from surgery.

Tang and Henderson[15] treated 67 knees with lateral closing High Tibial Osteotomy, fixed with staples or plate or immobilized in a long leg cast. Survival rates reported were: 89.5% at five years, 74.7% at ten years and 66.9% for 15 and 20 years.

Asik et al[16]. performed 65 open wedge osteotomies fixed with the Puddu plate. They reported significant improvement of pain and knee function at an average follow-up of 34 months.

Chiang et al[17]. used dome-shaped High Tibial Osteotomy and external fixation to treat 25 knees with medial compartment arthrosis. In their series, the Hospital for Special Surgery (HSS) score was excellent or good in 18 knees at five years and in 13 knees at an average of 15 years.

Papachristou et al[18]. followed up 44 closing wedge High Tibial Osteotomy, fixed with one or two staples. Survivorship analysis showed a success rate of 80% at ten years, 66% at 15 years and 53% at 17 years from surgery.

Flecher et al[19]. followed up 301 patients treated with closing wedge High Tibial Osteotomy and internal fixation. Survivorship was 85% at 20 years. They also concluded that the most important risk factors predicting revision (the chosen endpoint) were: age >50 years and preoperative Ahlbäck grade III or more arthrosis.

Gstöttner et al[20]. treated 134 arthritic knees with lateral closing High Tibial Osteotomy, fixed with staples. The survival rates were 94% at five years, 79.9% at ten years, 65.5% at 15 years and 54.1% at 18 years.

Akizuki et al[21]. followed up 118 closing wedge High Tibial Osteotomy, fixed with a plate. Survivorship was 97.6% at ten years and 90.4% at 15 years from surgery.

High Tibial Osteotomy in social settings, where floor sitting (rather than chair sitting) and use of toilets without seat are common, and also where economy, in terms of health insurance coverage, are important issues, is one of the useful armamentarium in the hand of an orthopedic surgeon. An improvement in functional scoring, particularly in items such as pain, surface walking, use of Persian-style toilets, floor sitting, shopping, participation in social activities and self-esteem are to be expected in over the year's period.

Conclusion

The main improvements seen in this study were related to pain reduction and an increase in the knee score and functional score after high tibial osteotomy and also delays the need for total knee replacement. Hence it is indisputable that appropriate patient selection, precise surgical planning and various operative techniques provide a favorable outcome of High Tibial Osteotomy in medial knee arthritis in young or middle-aged active patients.

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