INTRODUCTION
➢ Medial compartment arthritis is very common in Asian population, because of a preponderance of varus knees.
➢ The choice in such early OA varus knees has been between two radical surgeries, total knee replacements and high tibial osteotomies.
➢ The Proximal Fibular Osteotomy (PFO) is a much simpler, minimally invasive, day care procedure that realigns the knee joint and delays knee replacements by a decade or longer.

OBJECTIVES
To assess the effects of proximal fibular osteotomy for pain relief and improvement of medial joint space and function in patients with medial compartmental knee osteoarthritis.

MATERIALS
➢ Patients with medial compartmental osteoarthritis of knee who satisfy the inclusion criteria attending Orthopedics OPD in JJM Medical College & Hospital, Davangere
➢ Sample size – 20
➢ Study design – Prospective cohort study
➢ Sampling design – Convenient sampling
➢ Study duration – Between June 2016 and September 2017 (15 months)

INCLUSION CRITERIA
➢ Patients with medial compartmental osteoarthritis with varus knee
➢ Grade 2 and 3 OA knee according to Kellgren & Lawrence classification
➢ Good lateral joint space in weight bearing X ray films
➢ Patients aged more than 20 years
➢ Patients willing for admission and given informed written consent

EXCLUSION CRITERIA
➢ Patients with severe osteoarthritis and genu varus deformity
➢ Grade 0, 1 and 4 OA knee according to Kellgren & Lawrence classification
➢ Lateral compartment osteoarthritis of knee
➢ Patients medically unfit for surgery
➢ Patient who has not given written consent for surgery

RESULTS
➢ PFO was performed by removing a 2 to 3 cm length of fibula at a site 6 to 10 cm from the caput fibulae.
➢ Full weight bearing and free mobilization were allowed postoperatively

SEX DISTRIBUTION

PRE OP VAS & KOOS SCORE

6 MONTHS VAS & KOOS SCORE

DISCUSSION
➢ All the patients were followed up immediate postop period, end of 1st, 2nd, 3rd and 6th month.
➢ Knee pain was assessed using a visual analogue scale and functional assessment by American Knee Society score.
➢ The mean VAS & KSS score at final follow up was 2 (p < 0.001) and 92.3 ± 31.7 (p < 0.001) which is significantly improved than mean preoperative VAS & KSS score which was 7 and 45.0 ± 21.3.
➢ No complications were observed in the study.
➢ All patients who underwent proximal fibular osteotomy reported pain free range of movements in the knees.
➢ Limitation of the study are the absence of a control group, small sample size and short duration of follow up.

CONCLUSION
➢ Proximal fibula osteotomy remains the simple, safe, fast and affordable surgery to relieve pain and improve joint function & the medial joint space in knee osteoarthritis

REFERENCES