OSTEOTOMY CASE STUDY

MARK

Aged 47yrs

I'd been having problems for about 2 years prior to my op. I first injured my knee playing football, hearing a popping sound. Obviously I couldn't continue playing, and needed some rest prior to even thinking about exercise. As the knee didn't get much better, I contacted my healthcare provider to ask to be referred to a consultant

The first consultant sent me for an MRI scan. He thought I had possibly damaged my ACL, but the MRI team concluded that it had been ruptured. The consultant wasn't convinced, and advised that ACL reconstruction (if needed) wasn't advise after a certain age, and I was better off managing the issue, doing forms of exercise that didn't aggravate the knee. This worked well for a while, but then the knee pain became more consistent and pronounced. At this point, I was recommended Matt by a work colleague who had recently had a HTO

The surgery seemed a bit daunting and disproportionate to the pain I was feeling when exercising. I was even having doubts on the morning of the op! However, the op itself went smoothly, and although the pain post op was sometimes quite bad, the pain medication prescribed helped keep it manageable. Recovery for me was much better than I could possibly have hoped, and I was back on a static bike a month or so post op, and climbed Coniston Old Man early June! (Op was March 7th)

In addition to the above, I completed the virtual Great North Run on Sunday 13th September, completing the half marathon in 1 hour 54 minutes. I'm also looking to start playing football in the next few weeks!

I'm delighted with the outcome. My recovery was speedier than anticipated, and I never expected to be able to do as much as I am. Matt and the team at Lancaster were fantastic and Matt himself was very thorough post op. We finally got to meet up a month or so ago where I was officially signed off

RIGHT KNEE ARTHROSCOPIC POSTERIOR HORN MEDIAL MENISCAL RESECTION AND MEDIAL OPENING WEDGE HIGH TIBIAL OSTEOTOMY

OPERATION DATE: 7th March 2020