

OSTEOTOMY CASE STUDY

PAUL

AGED 39yrs

I have had a number of operations on both of my legs since the age of 11. This included external pins, lots of time off school/work and at times excruciating pain with long periods of recovery in between.

Prior to 2015 I was an avid runner, I enjoyed participating in half marathons and other outdoor challenges. In 2016 I started to have issues with my right leg. This made it difficult to walk as I would have severe shooting pains in my leg and it would also give way often. I saw an orthopaedic surgeon in Qatar who carried out meniscus surgery and offered to give me injections into my leg every six weeks or so. The surgery was a disaster and soon after, I was in worse pain than before. I don't know if I was misdiagnosed or if the meniscus had any relation to the cause of the problems that I was having. I returned to the UK six months later and did a google search for orthopaedic surgeons in Cumbria. Mr Dawson came at the top of the list. The surgery was described to me in detail so that I knew exactly what to expect along with the potential benefits. I had nothing to lose, by this stage walking without severe pain was impossible. I had gone from being a perfectly fit and healthy individual to being overweight and wondering when or how the pain would ever stop.

I was given a spinal which meant that I would not be unconscious during the procedure. The worst part of the surgery was the thought of this. However, unlike my many other operations, I did not spend days after vomiting from the anesthetic. I did not feel anything at all during the operation, I was relaxed and even fell asleep! The pain after the operation was managed in the hospital.

It has taken me a while to recover from the surgery. I have had swelling and there has been pain. However, I am now able to walk long distances in the Lakes and the pain is minimal in comparison with the agony pre-op. I have started to cycle and I can begin to lead a more normal life. I don't think that I'll ever be able to run again but I've found alternative activities that are of interest. The main outcomes of the surgery have been that I am no longer in excruciating pain, my foot and right leg are also now straight!

Finding Matt and his team has been a life changer for me. I have suffered leg problems since childhood. Whilst I do not know what the future may bring, I know that without this surgery I would be still seeing different surgeons and having endless hours of physio without any real benefit. I cannot recommend Matt and his team highly enough. I would not hesitate to have similar surgery on my left leg if/when the time comes.

Paul Vaughan

OPERATION: Right double osteotomy - medial closing wedge proximal tibia and distal tibial rotational osteotomy. **DATE:** August 2019.