Surgical Management of Genu Varum Complicating Haemophilic Arthropathy of the Knee

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A retrospective study of proximal tibial osteotomy was conducted on severe haemophiliacs with haemophilic arthropathy of the knee joint. Each patient presented with painful limitation of movement of the knee, in one case both knees, and progressive increase in the frequency of spontaneous bleeds in the affected joints. The six knees in this series showed stage IV or V arthropathic features, and marked degenerative changes principally affecting the medial compartment and associated with varus deformity, as verified by long-leg standing radiographs. Corrective valgus osteotomy of the proximal tibia was performed under full haematological cover with subsequent hydrophysiotherapy until complete mobilization was achieved. All patients were symptom free postoperatively and no complications were observed. The follow-up period ranged from 5 to 35 months with a mean period of 18 months. Minimal loss of range of movement of the operated knees was seen following mobilization but increased mobility was observed during the follow-up period. Radiological improvement in the joint space was demonstrated in 3 patients at follow-up of more than 18 months. Complete cessation or a drastic reduction in the frequency and severity of bleeding episodes in the operated knees was observed in all patients.