

Management of the stiff TKA

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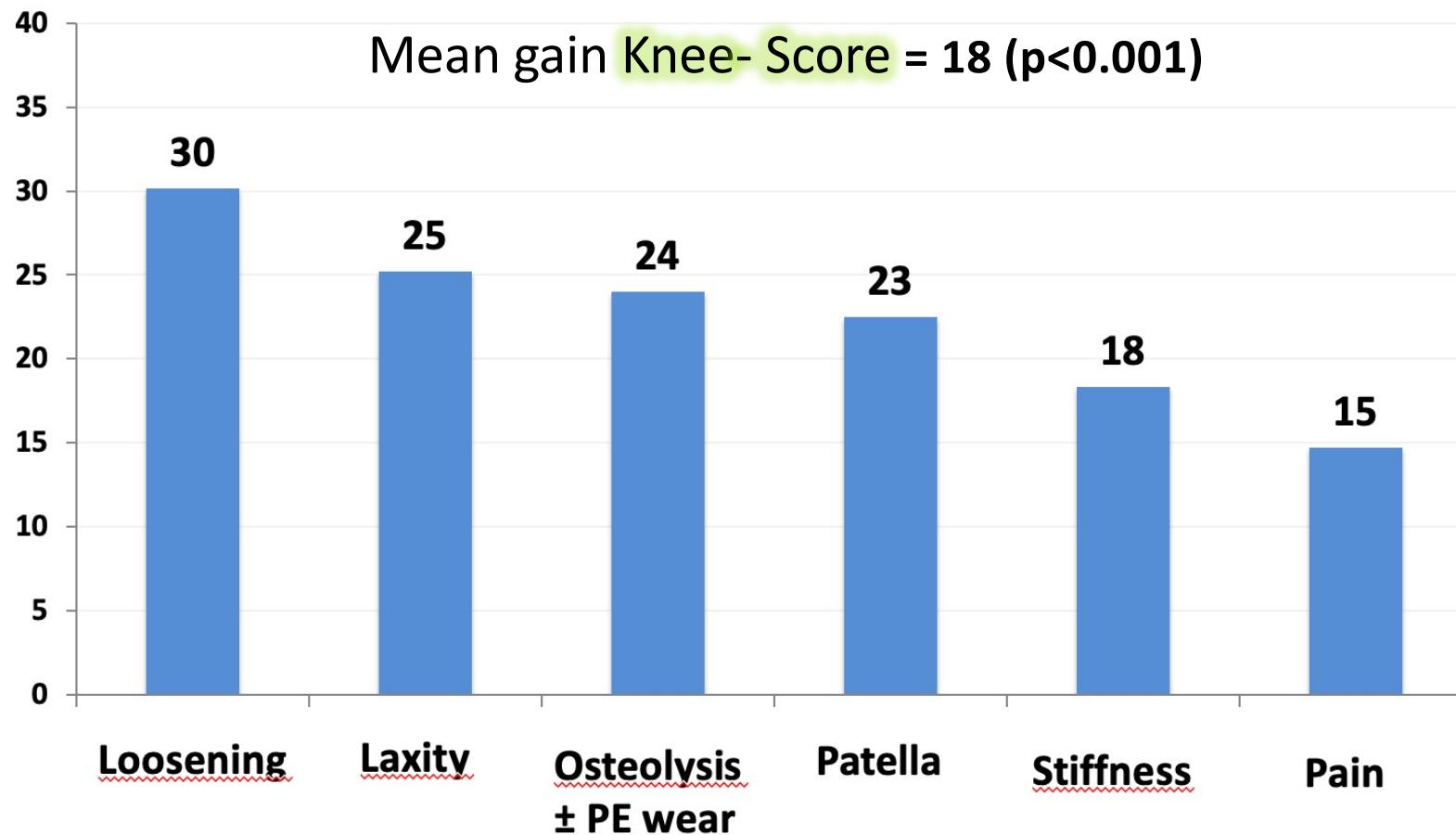
Centre Orthopedique Santy. Lyon-France

1.3% to 13% of all TKAs' are « stiff »

- Rehabilitation
- MUA
- @Release
- Open Release
- Revision

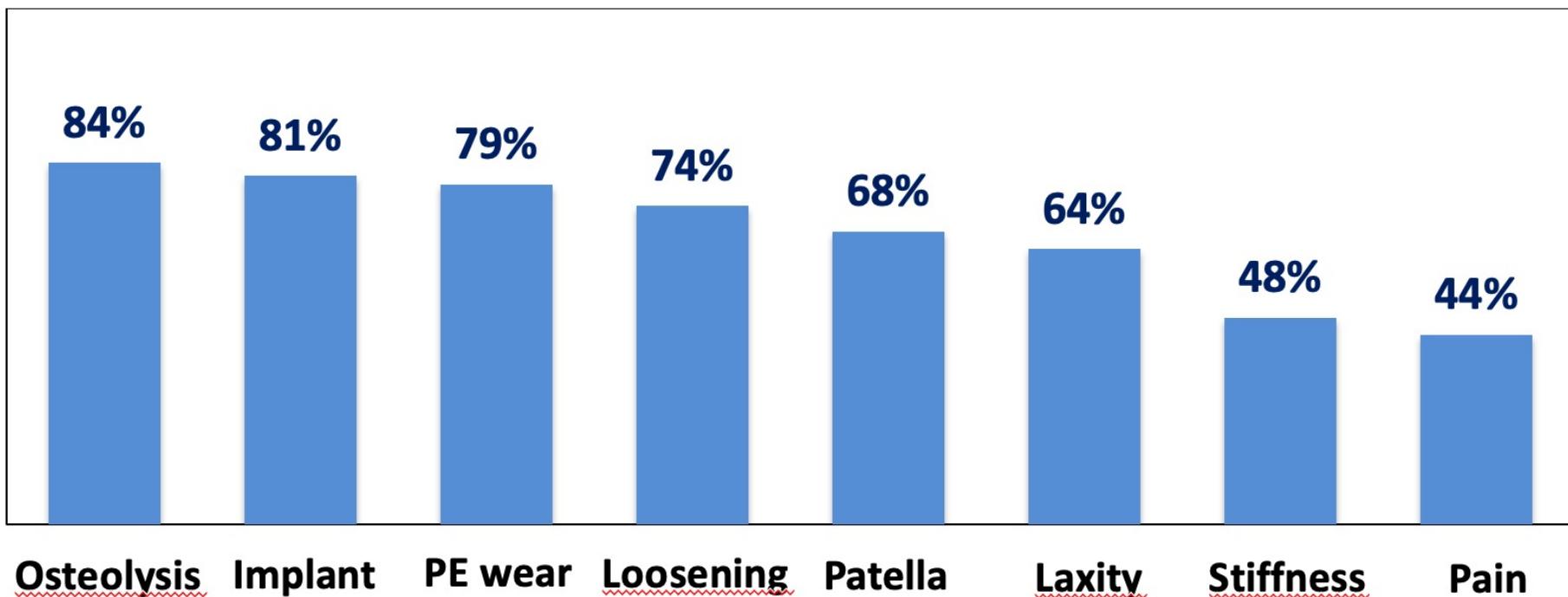


French Hip and Knee society 2015: 615 R-TKA Stiffness = 11%



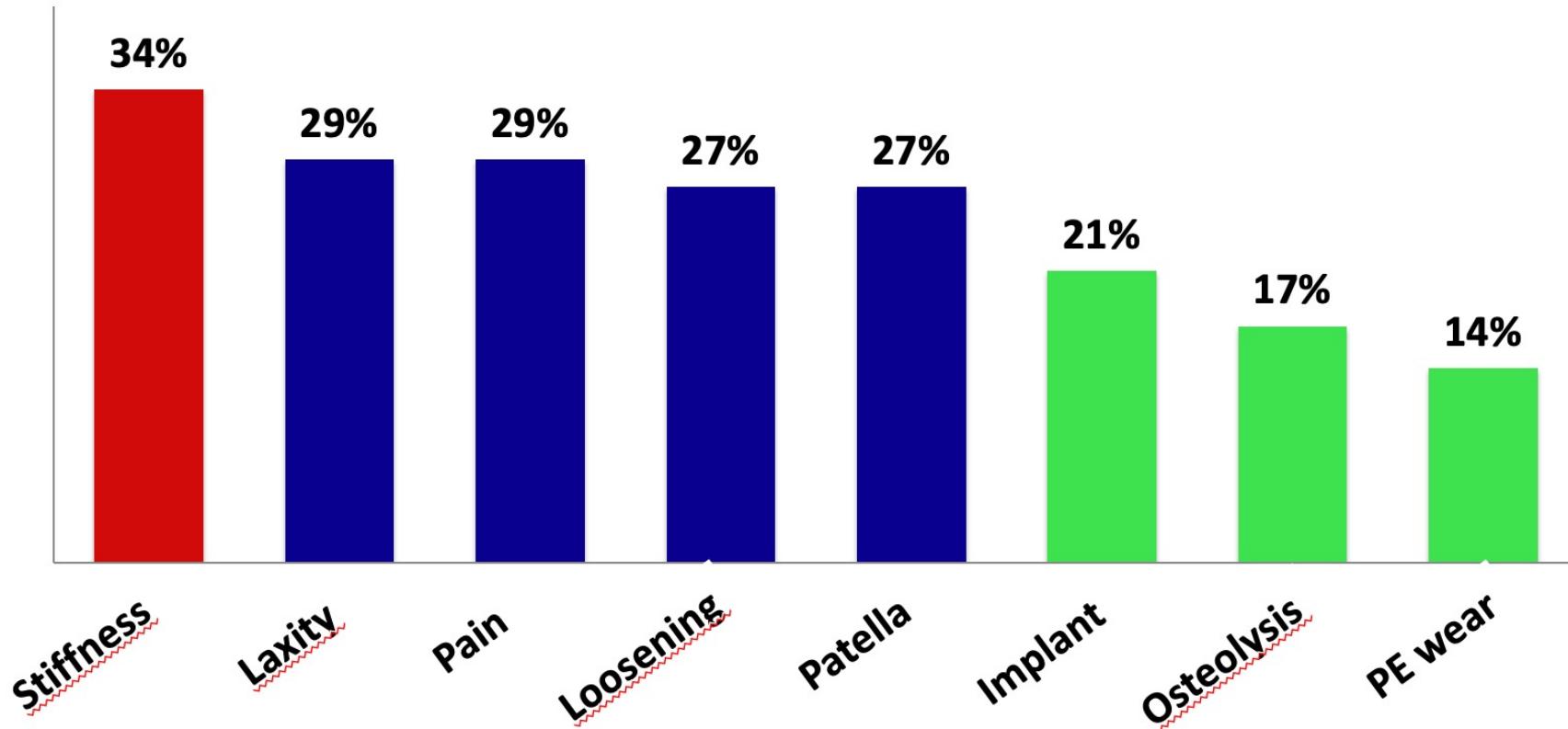
French Hip and Knee society 2015: 615 R-TKA Stiffness = 11%

% of Satisfied and very satisfied patients



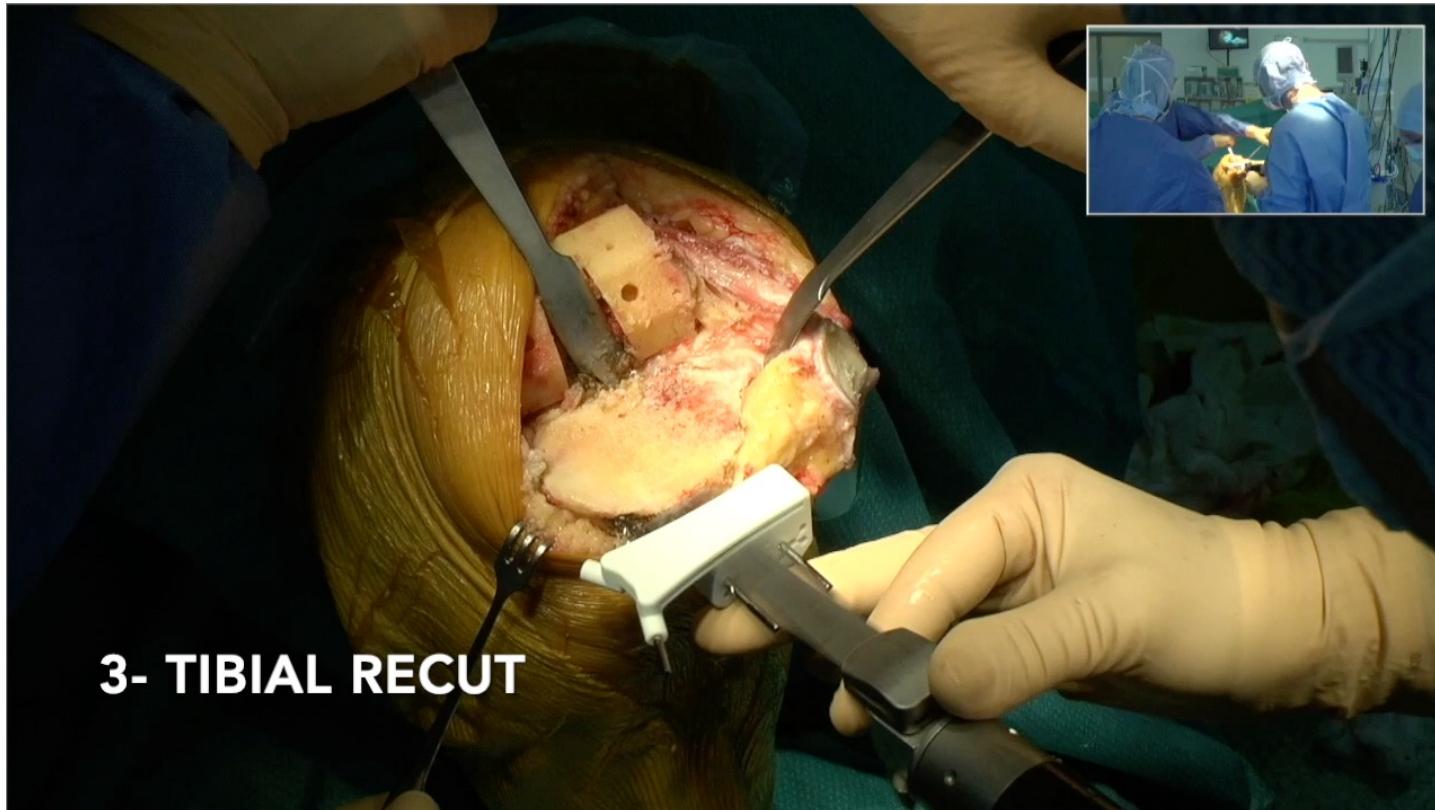
French Hip and Knee society 2015: 615 R-TKA Stiffness = 11%

Rate of complications after revision



1

Prevention ↗ The “tight knee”



2

Find the cause of the stiffness

1- Tight knee
2- ML oversizing
3- AP femur oversizing
4- Joint line
5- Tibial slope
6- Patella infera
7- Patellar cut
8- Laxity in flexion
9- Impingements
10- Malrotation

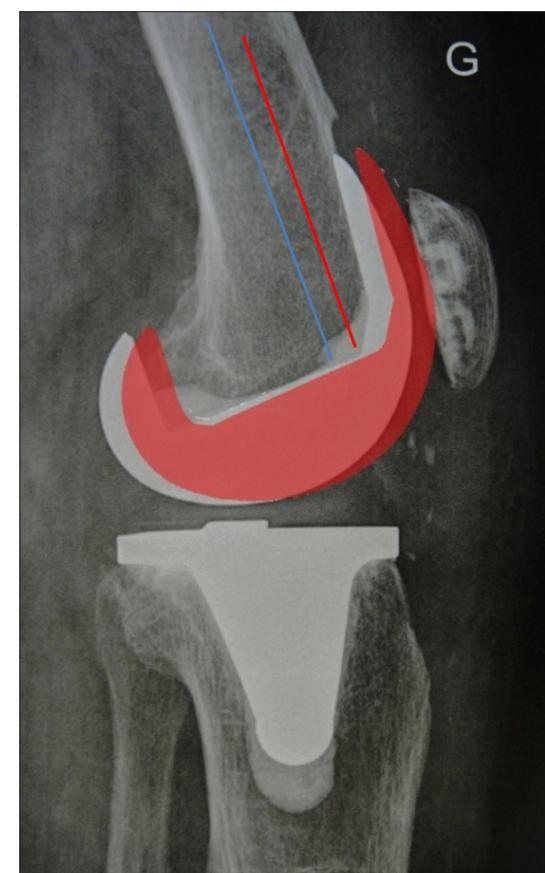
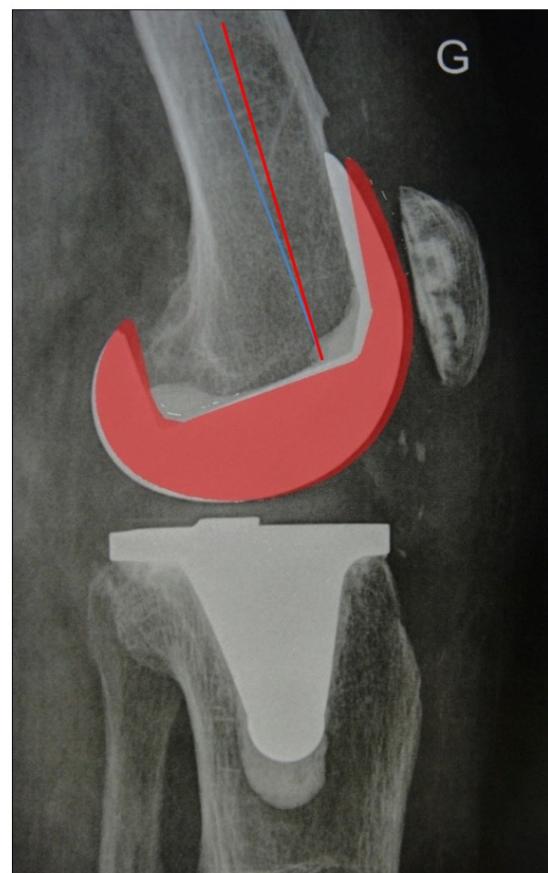
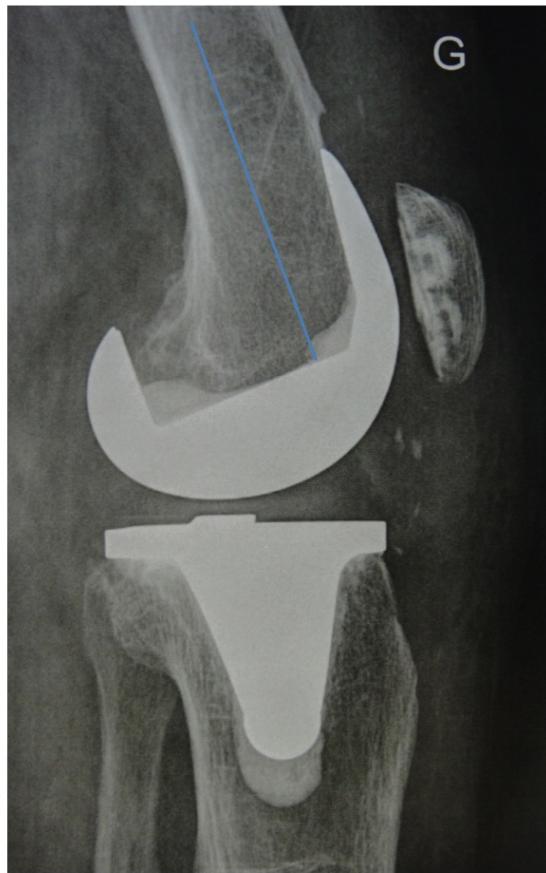


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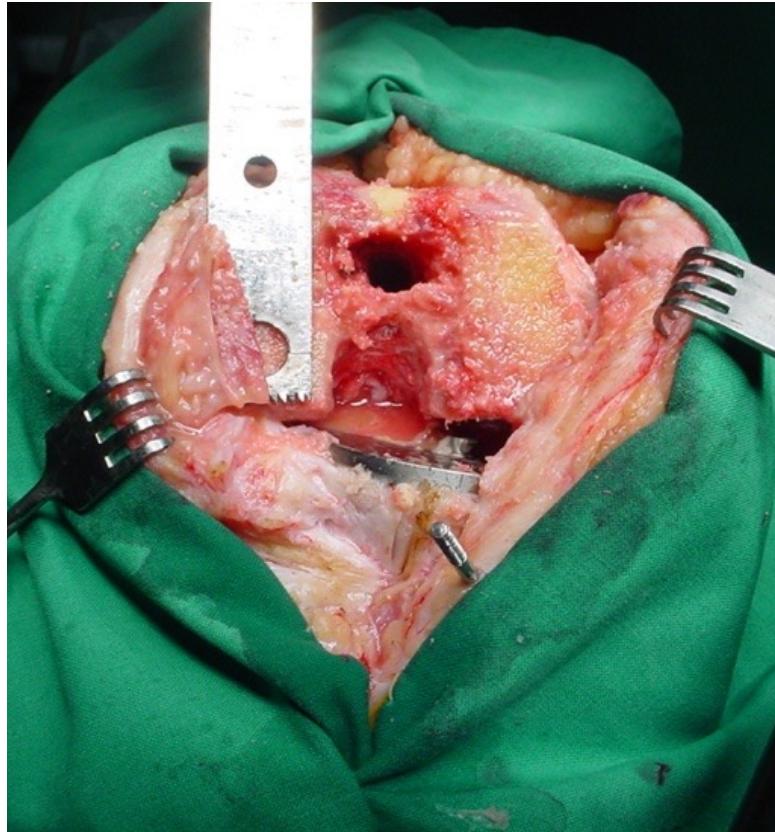
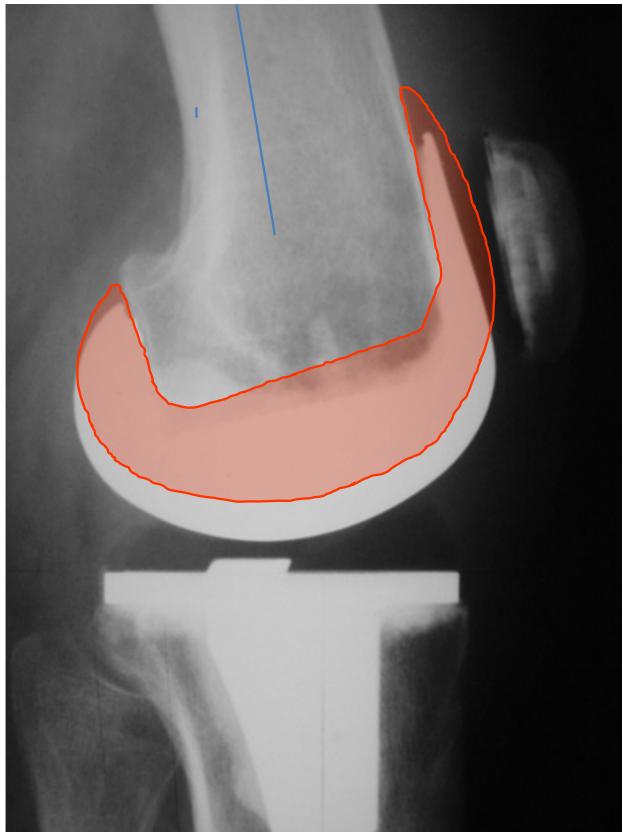
Find the good strategy

1- Tight knee	Tibia recut + revision
2- ML oversizing	Tibia + Femur revision
3- AP femur oversizing	Femur revision
4- Joint line	Tibia or femur
5- Tibial slope	Tibia recut + revision
6- Patella infera	Osteotomy of ATT
7- Patellar cut	Patellar revision
8- Laxity in flexion	Tibia + Femur revision
9- Impingements	Scope
10- Malrotation	Tibia or femur revision

AP oversizing TKA



Joint line level ↪ femur too distal = loss of extension



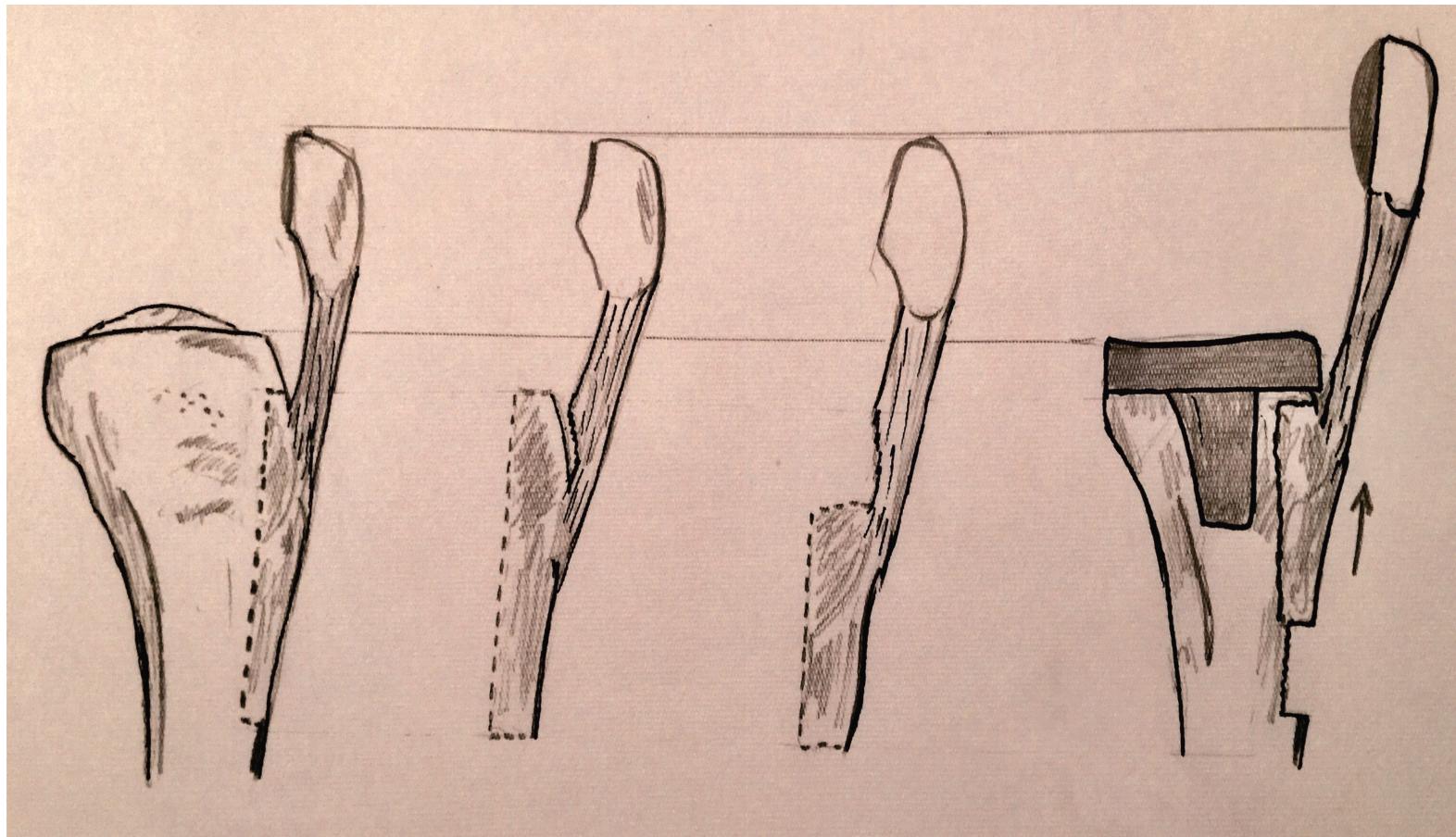
Tibial slope ↗ reversed slope = pain + stiffness



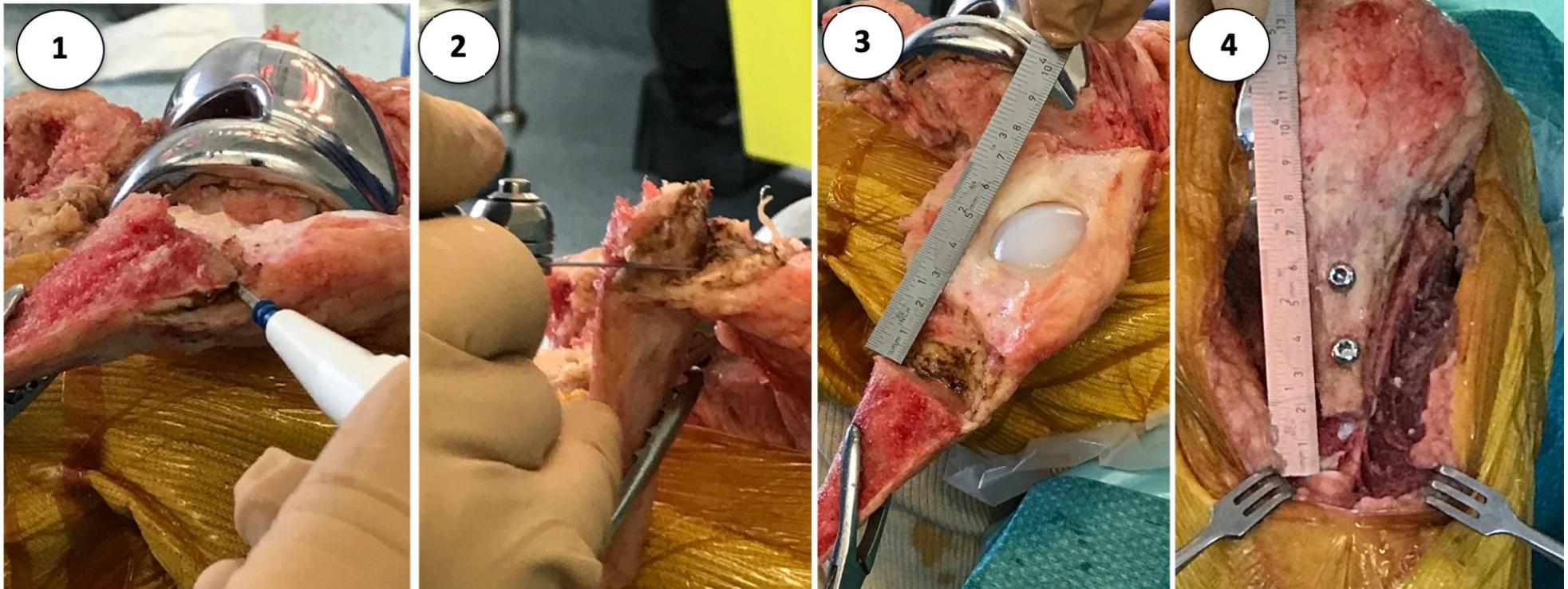
Patella infera ↗ pain + stiffness



'PT Lengthening' in TKA

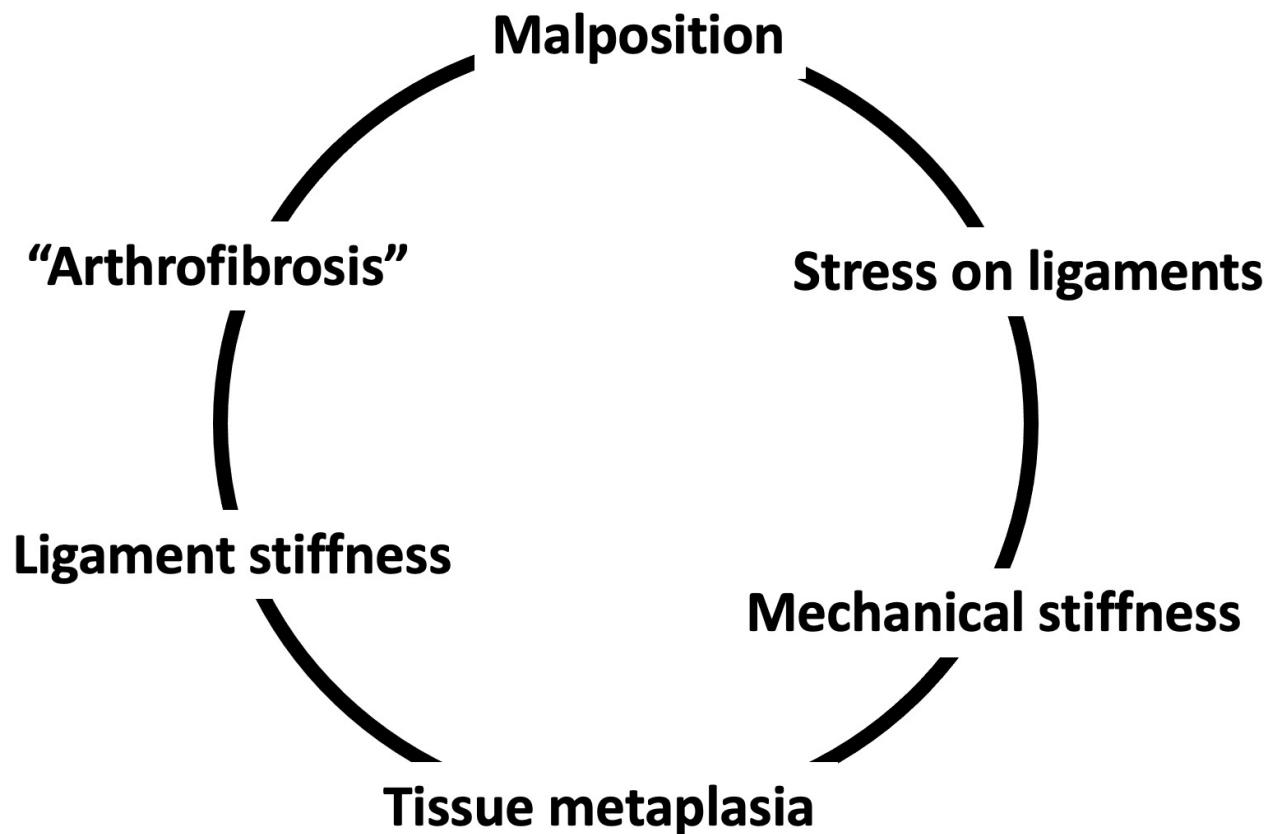


'PT Lengthening' in TKA



4

Revise early if identified cause



5

Have a clear strategy

No MUA after 2 months

Do not loose time with “arthroscopic debridement”

All my revisions for stiffness had a previous debridement

6

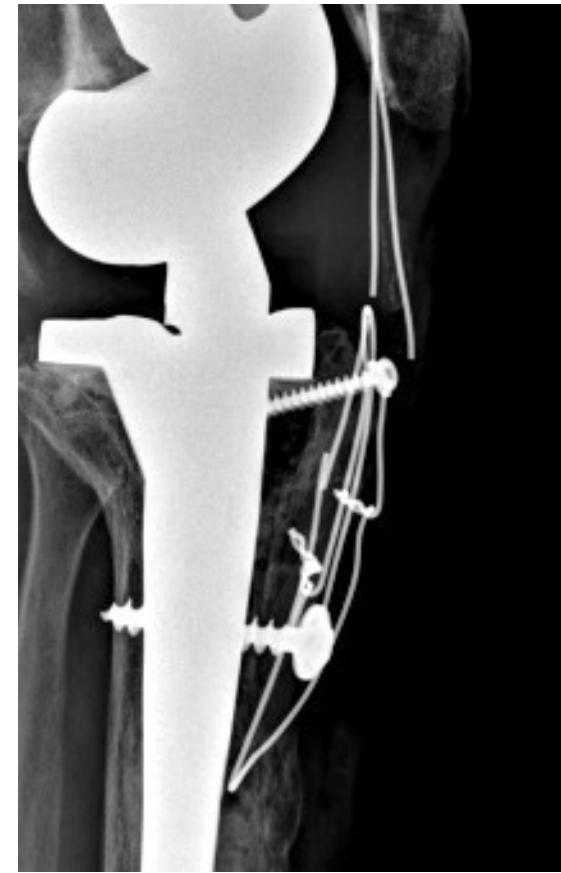
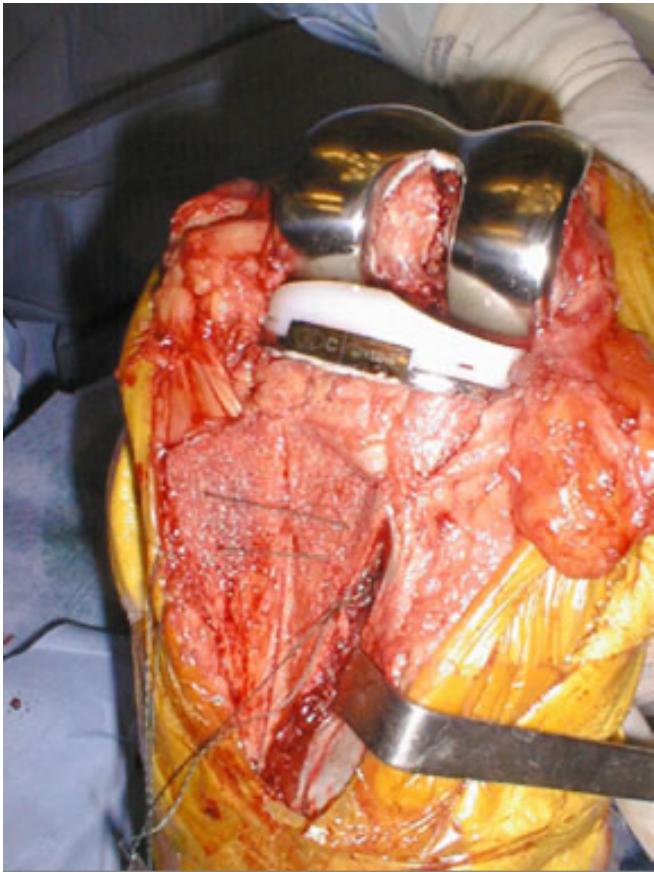
Limitation of flexion: *The skin*



- ✓ Use the lateral incision
- ✓ Plastic surgeon
- ✓ Skin expanders
- ✓ Inform the patient

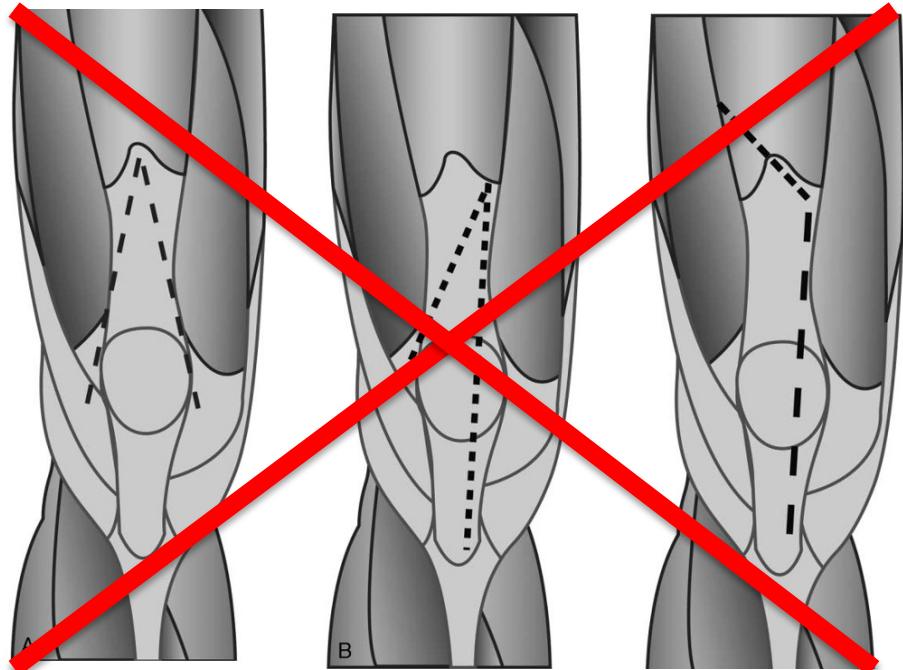
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No osteotomy of ATT



8

Disinsertion of collateral ligaments from epicondyles



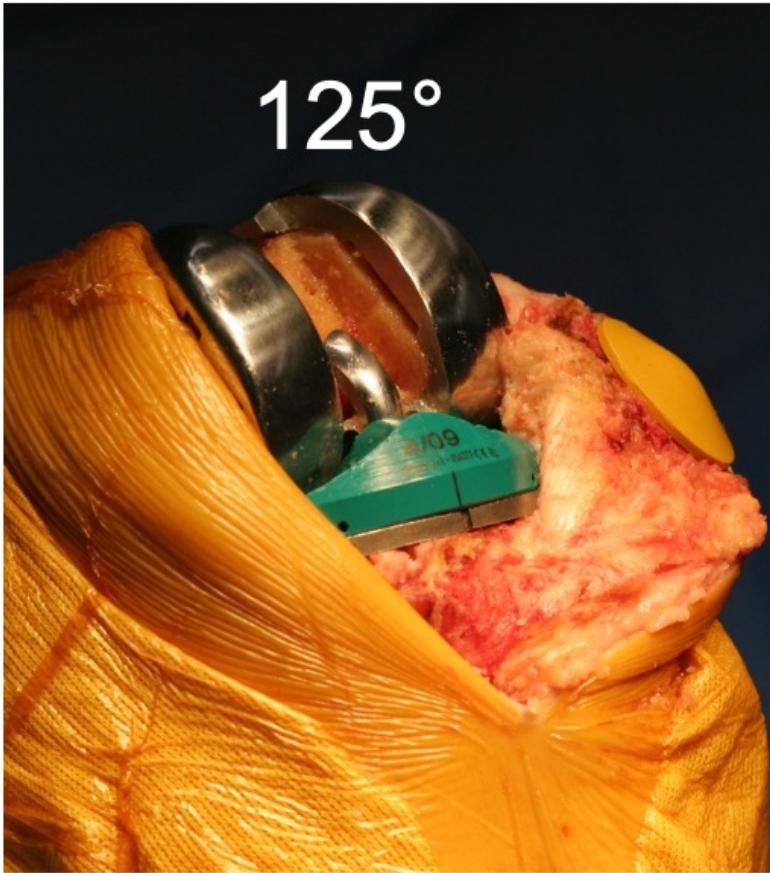
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Constrained TKA



10

Remove fibrotic tissue from QT and PT



125°



70°



Thank you

Toutes les photos de LYON ! <http://www.Lyon-Photos.com>