

How I do medial approach for Valgus knee

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Indication for medial paralpatella approach

- All valgus knee except:
 1. Severe Valgus deformity > 20 degree not reducible
 2. Lateral patella subluxation

Case

- 65 years old Female
- RA on biologic medications
- Exhausted all non operative Rx modalities







Don't forget to do lateral releases if required



Post Op Images



Why I use medial parapatella approach for most valgus knees

- Familiar approach in not common cases
- Very easy to access entire tibia without risk of injury MCL
- Soft tissue release are done from medial side are straight forward
- Lateral patella release often not needed if components rotation done well