



HEALTH

UNIVERSITY OF UTAH

Stephen K. Aoki, MD

University Orthopedic Center & Primary Children's Medical Center

Hemi-Epiphysiodesis for Genu Valgum

- Everyone has some twist to their bones, but some have more than others
- A Hemi-Epiphysiodesis is not a quick fix for alignment issues; it is a slow correction using growth plates and hardware to help correct Genu Valgum (Knock Knee)

Surgery:

- 1.5-2 Hours Long
- Same Day Surgery
- Hardware plates placed in the knee

Surgical Goals:

- Slow guided growth to correct malalignment
- Decrease patellar instability if present
- Improve Function

General Timeline After Surgery:

- Typically patients take off 3-5 days from school to recover at home
 - An ice machine is provided to help decrease pain and swelling
 - Crutches as needed and progress to full weight bearing as tolerated. No range of motion restrictions
 - No brace or physical therapy required after surgery
 - **Typical Post-Op appointments at 2 weeks, 3-6 months, and every 6 months until done growing**
 - Repeat x-rays are performed at every visit to monitor correction of alignment
- ***Follow-up visits are extremely important to ensure bones don't over correct*****
- Once alignment is corrected, a hardware removal surgery is scheduled to take out plates in the knee
 - If patella instability continues, an MPFL reconstruction surgery may have to be performed

Dr. Aoki's Team Contact Information:

FOR MORE INFORMATION VISIT WWW.AOKIMD.COM

Clinic/Pre & Post-Op Questions

Phone: 801-587-2557

Email: reed.omdal@utah.com

Clinic/Appointment Questions

Phone: 801-587-7487

Email:

angel.waddoups@utah.com

Surgery Scheduling

Primary Children's: 801-662-5607

UUOC: 801-587-7187

Clinic Fax Number: 801-587-3990