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### 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 patient continues to have patella instability, a MPFL reconstruction surgery may have to be performed

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