

## Anna - 18 yrs at time of surgery



I had problems with my knee for around 7 years prior to my osteotomy surgery. I was a keen squash player and skier and I had to stop both due to my knee pain. It got to a point where I struggled to climb stairs. My knee would frequently 'give way' and I couldn't kneel down at all.

I saw several GPs and consultants and was firstly told I just had growing pains and was referred for physiotherapy, which made the pain worse. I had an arthroscopy at 15 and was eventually diagnosed with osteochondritis (I think?!).

I was told there was nothing that could be done, it would likely deteriorate and to look after my knee by avoiding high impact sports. After a minor skiing accident at 18 (most likely due to my already bad knee), an osteotomy was proposed in my first consultation as a solution to my knee problem.

I had the surgery within a few months of diagnosis and it went really well. The recovery took a while; I was on crutches for around 10 weeks and had lots of physiotherapy to help get mobility back in my knee. Despite the recovery time, the surgery was well worth it. I started sport again properly around 10 months after surgery and I've hardly experienced any pain in my knee whatsoever.

I go to the gym around 3 times per week, row competitively and also ski which is more than I was ever able to do before. I still try to avoid high impact sports, for example, running as I want to prolong the results of my surgery but I would highly recommend an osteotomy to anyone with knee problems; it has allowed me to lead a more active life than I thought would be possible.

