A photograph of two surgeons in an operating room. They are wearing blue scrubs, surgical masks, and caps. One surgeon is wearing glasses. They are focused on a patient's knee, which is the central focus of the image. The background shows the circular array of lights from the operating table. The overall lighting is blue and clinical.

The London Knee Osteotomy Centre

Bringing together leading osteotomy
surgeons, passionate about joint
preservation.

The Wellington Hospital
part of **HCA** Healthcare UK



How to refer your patient



Call **020 7483 5148**
Our referral helpline is available
Monday to Friday 8.00am-8.00pm
Saturday 9.00am-5.00pm.

Welcome to The London Knee Osteotomy Centre

The London Knee Osteotomy Centre (LKOC) at The Wellington Hospital brings together world-renowned surgeons from across the UK and Europe.

We pride ourselves on ensuring the best medical minds have access to the most advanced facilities available, from state-of-the-art diagnostic imaging technology through to our highly advanced rehabilitation centre, available here at The Wellington hospital.

It's our belief that the groundbreaking treatment performed here is only made possible through excellent teamwork. This is why we are very proud to work with leading osteotomy surgeons, providing unparalleled care for patients with conditions affecting the knee.

Our centre is supported by a multidisciplinary team of anaesthetists, radiologists and physiotherapists, all of whom work closely with our specialist nurses. This level of expertise, combined with access to our high-level intensive care units, means we are perfectly placed to offer patients expert and acute care for the knee.



Collectively, the LKOC team have performed more than **5,000** knee osteotomy procedures across the UK and Europe

Global expertise in knee preservation



Double osteotomy patient Mr Ricky Burrluck is now completely pain-free after receiving treatment from Mr Raghbir Khakha, Consultant Trauma and Orthopaedic Surgeon



"My particular interest is in knee preservation – restoring function to the knee, where possible with minimal intervention. In many cases we can delay, or even avoid, the need for knee replacement surgery."

Professor Adrian Wilson,
Consultant Orthopaedic Surgeon

What is knee osteotomy surgery?

Knee osteotomy surgery is carried out on patients experiencing a range of knee conditions, including arthritis and sports-related injuries.

Seen as an attractive alternative to having a knee replacement, osteotomy surgery restores the normal alignment of the knee, removing pressure on the arthritis in this area as a result.

The greatly reduced pain patients feel after treatment often means they can return to living normal lifestyles soon after surgery. This can be particularly beneficial to active younger and older patients, including those who play sport regularly.

An osteotomy can usually significantly delay the need for knee replacement surgery, and in many instances, remove the need for a knee replacement altogether.

The main advantages for patients over knee joint replacement

- Reduced pain without needing to remove or replace the knee joint
- A better range of movement and function
- Faster recovery time
- The knee can feel more stable than after knee replacement surgery
- Patients can return to normal activities, including competitive sport



How long does it take to recover?

Patients can usually return home one day after surgery, experiencing little to no pain and they should be able to move freely with full weight on their knee.

After a short period of rehabilitation, sportsmen and women are generally able to return to normal activity and competitive sport very quickly.



Why have a knee osteotomy?

A patient might need this type of surgery if they are:

- **Bow-legged** – this condition can result in damage from arthritis to the inner side of the knee joint. Alignment surgery is known as a 'high-tibial osteotomy,' where the top part of the shin bone is realigned. Around 80% of our realignment procedures are for bow-legged patients.
- **Knock-kneed** – this causes damage from arthritis to the outer side of the knee joint. Alignment surgery is known as a 'femoral osteotomy,' where the bottom part of the thigh bone is realigned.



What does the surgery involve?

The London Knee Osteotomy Centre has pioneered a minimally invasive, evidence-based technique for osteotomy that enables patients to get back to their normal activities as quickly as possible.

- If a patient is **bow-legged**, a wedge is cut into the bone, using precise measurements calculated during a pre-surgery scan. The bone is then pulled slightly apart and fixed into the correct position, using a metal plate and pins. The whole leg is realigned during surgery to prevent further damage to the knee.
- If a patient is **knock-kneed**, a few cuts are made into the bone, and plates and pins are used to fix the bone into its new position. Similar to surgery for bow-legged patients, the whole leg is realigned during surgery.

Looking beyond surgery

Rehabilitation is an integral part of a patient's knee osteotomy recovery. The London Knee Osteotomy Centre has immediate access to the UK's largest private and only CARF-accredited rehabilitation centre, located within The Wellington Hospital.

The centre provides patients with access to a multidisciplinary team of specialist physiotherapists, occupational therapists, dedicated rehabilitation gyms and hydrotherapy pool.



Meet some of the foremost minds in knee osteotomy

Our consultants at The London Knee Osteotomy Centre are leaders in their specialist field of medicine, with many managing departments and clinical teams in distinguished London teaching hospitals and centres of excellence across Europe.

LKOC's globally recognised consultants work very closely together, transforming the lives of our patients through pioneering new treatments and technologies for knee osteotomy surgery.

They are supported by a multidisciplinary team of anaesthetists, radiologists, specialist physiotherapists and the very latest state-of-the-art diagnostic imaging technology, contributing to a fast and accurate diagnosis for our patients.



Mr Kristian Kley

Consultant Orthopaedic Surgeon
MD, PhD

Mr Kley has extensive experience in dealing with the complete field of hip and knee surgery, performing hundreds of complex surgeries each year with a special focus on reconstructive knee and hip surgery. He is a guest speaker on multiple national and international courses, giving lectures and performing live surgeries.



Professor Adrian Wilson

Consultant Orthopaedic Surgeon
MBBS, BSc (Hons), FRCS, FRCS (Tr & Orth)

Professor Wilson has a global reputation for knee osteotomy surgery, and has developed a number of pioneering techniques for sports injury repair. He is particularly well known for his work on the ACL and PCL ligament, as well as the minimally invasive posterolateral corner technique for ligament reconstruction, and has presented and published extensively on both of these procedures.

As a member of the Anterolateral Ligament Expert Group, he has been at the forefront of the groundbreaking anterolateral ligament procedure.



Mr Ronald van Heerwaarden

Consultant Orthopaedic Surgeon
MD, PhD

Mr van Heerwaarden is an internationally recognised osteotomy expert, and leading specialist in limb deformity correction and joint preservation surgery of the knee.

Carrying out over 350 osteotomies a year, he has helped develop numerous surgical techniques, instruments and medical devices used in the everyday practices of knee surgeons and limb reconstruction experts treating patients around the world.

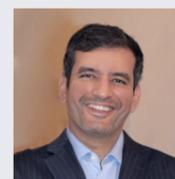


Mr Raghbir Khakha

Consultant Trauma and Orthopaedic Surgeon
MBBS, MSc, FRCS (Tr&Orth)

Mr Khakha is a Consultant Trauma and Orthopaedic Surgeon with an exclusive interest in disorders of the knee. He has particular expertise in knee joint preservation surgery including cartilage repair, ligament reconstruction and osteotomy surgery.

He has been fellowship trained in unicompartmental joint replacement, total knee replacement and revision of failed joint replacement surgery.



Mr Ali Noorani

Consultant Orthopaedic Surgeon
MBBS, BSc (Hons), MRCS, FRCS (Trauma & Orth)

Mr Noorani specialises in trauma and upper limb surgery. His areas of expertise include sports injuries, rotator cuff injuries, frozen shoulder and arthroscopy of the shoulder, elbow and wrist.

He is the founding member of the Royal London Orthopaedic and Trauma Society and the Barts Orthopaedic Fund.

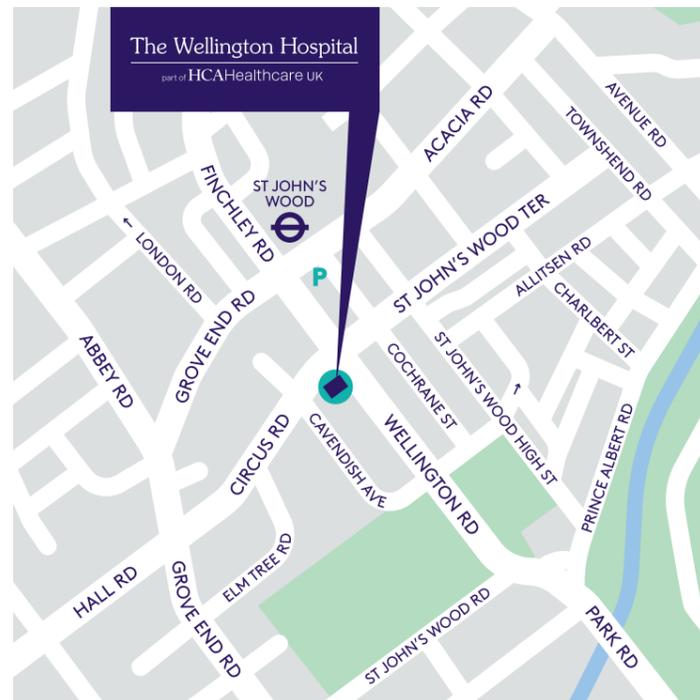


Mr Nima Heidari

Consultant Orthopaedic Surgeon
MBBS

Mr Heidari is an orthopaedic and trauma surgeon, specialising in foot and ankle surgery and complex lower limb reconstruction. He has published extensively on minimally invasive techniques of fracture fixation, response of the growing bone to injury, and techniques for limb reconstruction and bone biologics.

How to find us



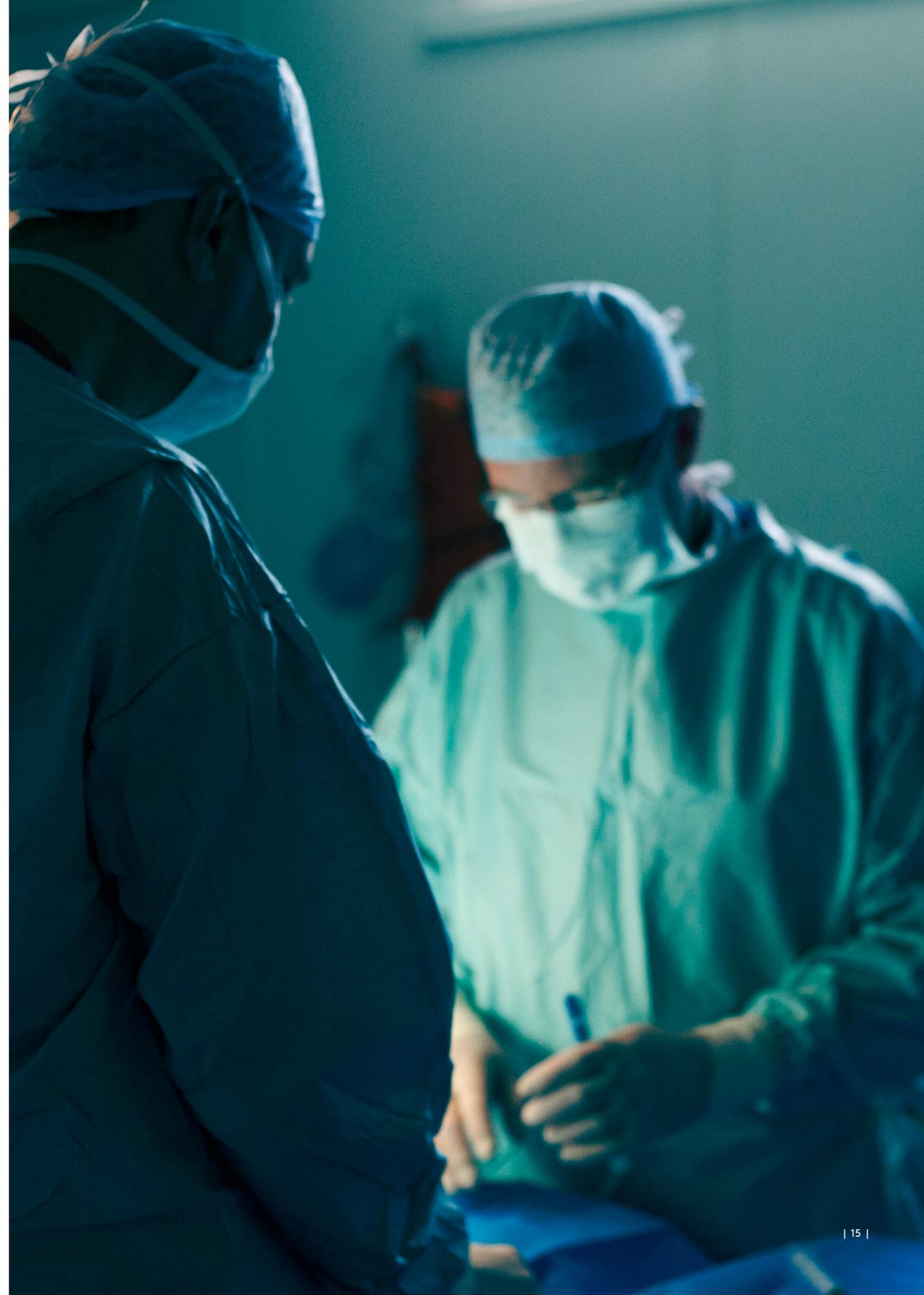
The London Knee Osteotomy Centre

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London
NW8 9LE

Get in touch

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Our group

Connect with us



The Wellington Hospital

The Princess Grace Hospital

The Portland Hospital

The Lister Hospital

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Leaders in Oncology Care

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HCA UK at The Wilmslow Hospital

GP Services

020 7483 5148

www.hcahealthcare.co.uk

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