Axis and torsion malalignment of the femur has been widely recognized as a primary reason for patellofemoral instability and pain. In this article we explain the current concepts of biomechanics and describe the radiological findings in computed tomography (CT) examination. We describe the technique of a biplanar varus and/or external rotation distal femoral osteotomy in detail. Existing clinical studies describe this technique as part of a multimodal treatment concept with good to excellent results. We present our current technique and clinical results.
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