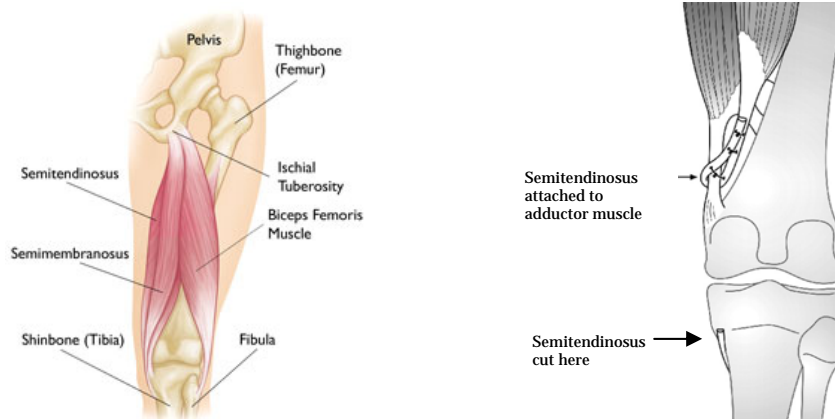


Semitendinosus Transfers (“Semi-T transfers”)

The semitendinosus muscle is one of the muscles that makes up the hamstrings and can be found on the back of your thigh. This muscle helps to straighten the hip and bend the knee and in children with cerebral palsy, often causes the knee to remain bent when walking.

Definition

The muscle is cut below the knee and sewn to a muscle above the knee (e.g. hip adductor muscle) as shown in the diagram below.



This procedure allows the knee to straighten more easily as the semitendinosus muscle no longer bends the knee. At the same time, this procedure ensures that the semitendinosus muscle keeps its ability to straighten the hip for a better walking pattern.

Weight bearing

No restrictions

Plasters

None required

Orthoses

A knee brace is needed to keep the knee straight when resting in bed.

Special Instructions

There is a sitting restriction to limit the amount that your child can bend at the hip. This will minimise the tension on the transfer and allow it to heal. The restriction period is usually 2-4 weeks. Your orthopaedic surgeon will prescribe the amount of time and conditions of the restriction your child will have after the surgery.

Equipment

Your child will require a wheelchair that can recline to allow for the sitting restriction. You may also need a reclining commode. Speak to your Occupational Therapist about loaning a wheelchair and/or commode before the surgery.

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