

# Exercises and advice after foot surgery

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## Information for patients

This information sheet gives you general advice and information to help you get the best possible results from your surgery. It is a guide only and your physiotherapy may vary depending on your individual needs.

Physiotherapy is mostly exercises that you do regularly as part of your daily routine at home. These will help you to stay mobile after you operation.

You play a very important role in your own recovery so it is important that you do all the exercises and follow the advice we give you. If you have any difficulties with the exercises or the advice you have been given, or you have questions about your physiotherapy, please contact the elective orthopaedic team at Orpington Hospital on 01689 866255, or contact King's College Hospital on 020 3299 2368 and ask to speak to one of the physiotherapists.

## Pain control

### Painkillers

Make sure you take your painkilling medication as prescribed by your ward doctor when you were discharged home.

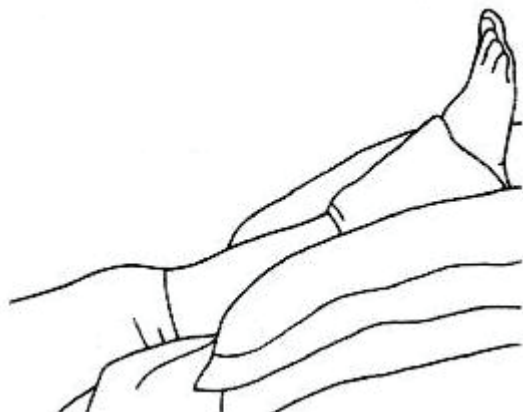
### Ice packs

Use an ice pack to ease any swelling and to control pain. Put it on for 15 – 20 minutes at a time, one hour apart. Once your bandages have been taken off, repeat as often as you need to, making sure that you do not get your wound wet. It is important that you check your skin before, during and after you use an ice pack. If you notice any of the following symptoms, stop using it and get medical advice:

- your skin stays pink or red after you have taken off the ice pack
- you have any sudden and severe increase in pain
- you lose feeling in your skin
- you get ice burns (red and/or broken skin)
- you get wheals (a raised, itchy area of skin).

## Resting position

When you are resting, sit or lie with your operated foot raised at hip height or above, to help control pain and swelling. Put an ice pack around your ankle and use pillows if necessary.



## Mobility – getting up and about

Your physiotherapist will advise you before and after your operation how much weight you can put through your foot (the amount of weight it can take or bear). This depends on the type of surgery you have. We may give you an orthopaedic shoe to help you.

You will need to use crutches for support and balance until you come into clinic for a review with your consultant. They will advise you when you can stop using crutches and which activities you can start doing again and when.

Full weight bearing

Flat shoe

Heel weight bearing

Heel wedge shoe

Partial weight bearing

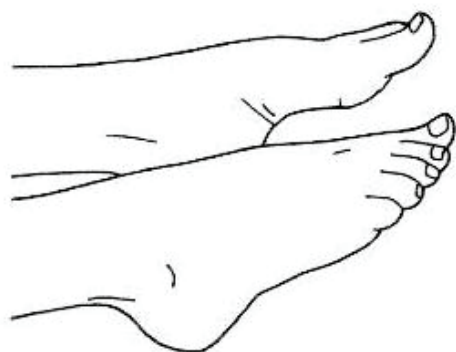
Crutches

Non-weight bearing

## Exercises

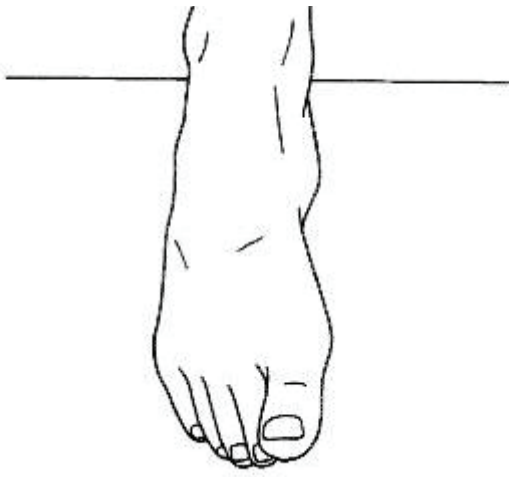
It is important to do these exercises regularly, as advised by your physiotherapist, so you do not get stiff and keep your feet moving.

Do each exercise 10 times, three times a day. Make sure you take your painkilling medication before doing them.



Bend and straighten your ankles briskly. Keep your knees straight so that you stretch your calf muscles.

Repeat \_\_\_ times



**Sit with your foot on the floor.**

Raise the big toe side of your foot then the little toe side.

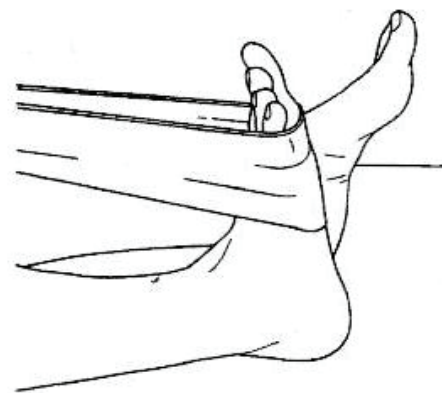
Repeat \_\_\_ times



**Sit or lie down**

Rotate your ankle left and then right in a circular movement.

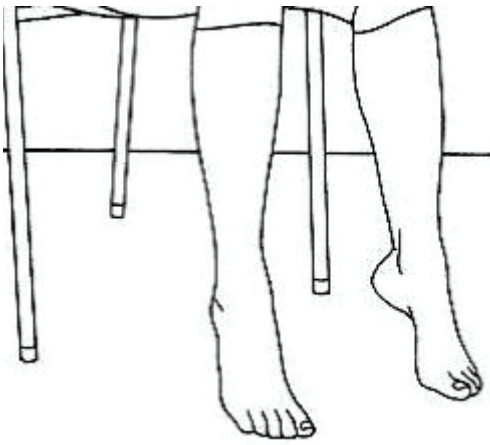
Repeat \_\_\_ times



**Sit with one leg straight out in front of you. Put a band around your foot.**

Gently pull the band and feel the stretch in your calf. Hold for about \_\_\_ seconds.

Repeat \_\_\_ times.



## Continuing Your Rehabilitation

Continue with the exercises provided after you leave hospital as part of your home exercise plan until your follow up consultant review.

## PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS:

Tel: 020 3299 3601

Fax: 020 3299 3626

Email: [kch-tr.pals@nhs.net](mailto:kch-tr.pals@nhs.net)

You can also contact us by using our online form at [www.kch.nhs.uk/contact/pals](http://www.kch.nhs.uk/contact/pals)

PALS at Princess Royal University Hospital, Farnborough Common, Orpington, Kent BR6 8ND

Tel: 01689 863252

Email: [kch-tr.palskent@nhs.net](mailto:kch-tr.palskent@nhs.net)

**If you would like the information in this leaflet in a different language or format, please contact PALS on 020 3299 1844.**

[www.kch.nhs.uk](http://www.kch.nhs.uk)

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For more information, visit [www.kingshealthpartners.org](http://www.kingshealthpartners.org)