

Exercises and advice after foot and ankle surgery

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 your operation. You play a very important role in your own recovery. 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.

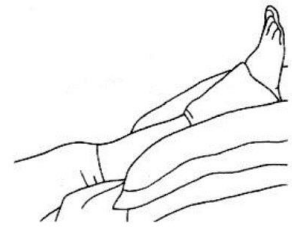
Ice packs

Use an ice pack to ease any swelling and to control pain. Put it on for 15 to 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:

- on white skin, the area stays pink or red after you have taken off the ice pack – changes in the colour of the affected area may be harder to see on brown and black skin
- you have any sudden and severe increase in pain
- you lose feeling in your skin
- you get ice burns (skin turning and remaining dark, pale white, or grey, instead of regaining its normal complexion)
- 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.



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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	<input type="checkbox"/>	Flat shoe	<input type="checkbox"/>
Heel weight bearing	<input type="checkbox"/>	Heel wedge shoe	<input type="checkbox"/>
Partial weight bearing	<input type="checkbox"/>	Aircast boot	<input type="checkbox"/>
Non-weight bearing	<input type="checkbox"/>	Other _____	<input type="checkbox"/>
Crutches	<input type="checkbox"/>		

Exercises

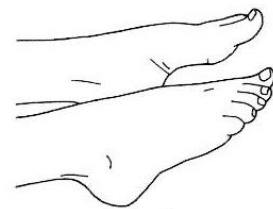
It is important to do these exercises regularly, as advised by your physiotherapist, so you do not get stiff and keep your feet moving.

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

Lie on your back or sit.

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

Repeat ____ times

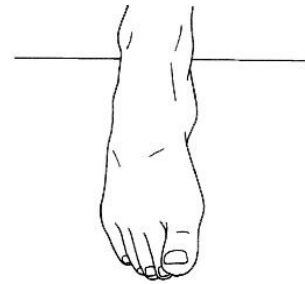


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Sit with your foot on the floor.

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.

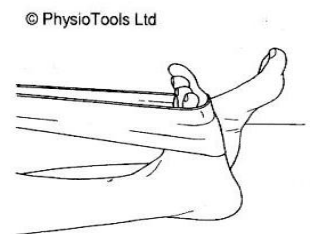
Repeat ___ times



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.

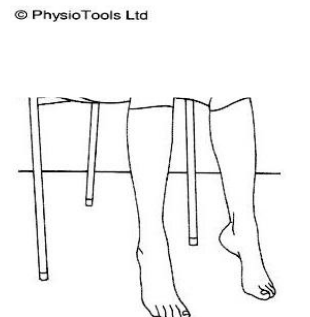
Repeat ___ times.



Sit.

Bend and straighten your ankles.

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.

Sharing your information

King's College Hospital NHS Foundation Trust has partnered with Guy's and St Thomas' NHS Foundation Trust through the King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas' hospitals. King's College Hospital and Guy's and St Thomas' NHS Foundation Trusts share an electronic patient record system, which means information about your health record can be accessed safely and securely by health and care staff at both Trusts. For more information visit www.kch.nhs.uk.

Care provided by students

We provide clinical training where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

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. They can also pass on praise or thanks to our teams.

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

Tel: 020 3299 3601

Email: kch-tr.palsdh@nhs.net

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

Tel: 01689 863252

Email: kch-tr.palspruh@nhs.net

If you would like the information in this leaflet in a different language or format, please contact our Communications and Interpreting telephone line on 020 3299 4826 or email kch-tr.accessibility@nhs.net