

If you have any questions regarding any of the advice included in this leaflet please do not hesitate to contact the Physiotherapy Department on **0114 263 2112**

For advice on how long to wear your stockings please contact the nursing staff on **0114 263 2176**



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# Non-weight bearing advice

## Physiotherapy information for patients



Welcome to exceptional healthcare



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## Non-weight bearing

The procedure you have had requires a period of time in which no weight is to be put through your foot. The length of time that you will be non-weight bearing can vary and will be advised by your consultant. The technique for non-weight bearing will be taught to you by a Physiotherapist before your procedure. This will affect many daily activities and can be very tiring, so it is a good idea to plan ahead as you will need some support at home.

## Sitting

It can be quite difficult to get from sitting to standing from a low chair, especially if your unaffected leg is weak, so it may be advisable to sit in an upright chair with arms. It may also be helpful to hire a toilet frame from the Red Cross or enquire with your Physiotherapist regarding a frame/raised toilet seat. This is particularly important if there are no fixed objects close to the toilet to assist sitting and standing.

## Useful tips

- Be patient. Do not try to move too fast as you will be unsteady on one leg.
- A small rucksack is useful for carrying things around the house
- Loose rugs can be hazardous and are best removed
- You may find it more comfortable to perch on a stool, rather than to sit on a chair
- Keep your foot warm with loose socks or a leg warmer
- Try not to get your cast wet. You can use a cast protector (<https://limboproducts.co.uk/>) to keep it dry when bathing or showering. Please do not leave the protector on too long as it may restrict circulation and may cause condensation inside the bag
- If you have to keep the bed covers off your feet at night, hang them over a chair pushed against the bed. Pillows/catalogue under the mattress will give some elevation if needed
- If you fall, don't panic; roll yourself on to your front and get into a kneeling position. Use a stable piece of furniture to pull yourself up
- Filling a thermos flask can be useful if you like tea/coffee. It would be ideal to have somebody

else do this for you early in the day. You can transport it with you if needed with a rucksack

- Check the ferrules (rubber at the bottom of the crutch) for any excessive wear. If this is worn and uneven, they will need replacing. Please contact the Physiotherapy department if they need replacing.
- When turning take a series of small steps round, moving the crutches first and then your feet (don't twist round as you may injure yourself).

## Exercises

These exercises need to be done prior to your operation to help improve your strength to make moving around easier post-operatively, do them 3 times a day.



**Straight leg raise.** Tense your thigh muscles and lift your leg about 12 inches off the bed, hold for 5 seconds and then lower back down, 10 times each leg.



**Bridge.** Lying on the bed bend your knees to bring your heels up close to your bottom and then lift your bum off the bed, repeat 5 times.



**Calf raises.** Stand on the non-operation leg. Holding on to a stable surface, slowly raise and lower your weight onto the ball of your foot and back down. Repeat 10 times

