

### Should I be aware of further complications that can occur?

You should contact your GP or attend the Accident & Emergency department at your nearest hospital **immediately** if you have any of the following warning signs:-

**Sudden unexpected increase in pain**

**Any fall onto your foot**

**Sudden colour changes to your toes**

**Foul odour coming from your dressing**

**Fever**

*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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# Foot & Ankle Surgery

## Physiotherapy Advice



Welcome to exceptional healthcare



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### Will I experience pain?

You are likely to experience pain in the in the first 12 weeks. The pain may be worsened on activity, which is normal. Manage your activities accordingly to allow for as little pain and swelling as possible. You will be prescribed pain relief to take home; this is to be used to ensure you can meet all recovery goals. **If you find your medication is not managing your pain well, it is important to visit your GP to review the pain relief to avoid falling behind schedule with your rehabilitation.**

### What should I avoid?

Excessive walking or activity in standing in the first 2 weeks  
Getting foot wet in the first 10-14 days post op. If only one foot was operated on, a bath can be taken by holding the bandaged foot out of the bath. If both feet were operated on, it is advised to strip wash.

### What can I do to help myself?

**Take pain relief as advised by nursing staff.**

Elevate leg (foot above level of hip) when resting to reduce swelling. Carry this on whilst ever there is swelling present.

While stationary, it is important to take deep breaths and complete the exercise shown.

Use stairs one step at a time in the first few weeks.

**Ascending:** Non-operated leg — > operated leg.

**Descending:** Operated leg —> non-operated leg.

Return to normal stair function as soon as you are safe and able.

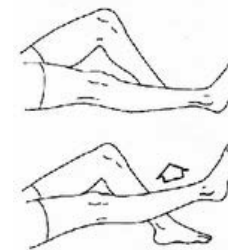
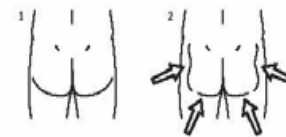
### How will I walk after this operation?

You will be full weight bearing in the post-op shoe provided, unless otherwise advised. If your Consultant has requested you have crutches post operatively, then the Physiotherapist will teach you how to use them safely before discharge.

### Will I need to come back for Physiotherapy?

The Physiotherapist will inform you if you need follow up Physiotherapy.

**You should discuss with your Consultant when you can start driving again and return to normal activity.**



### Exercises

**Foot and ankle** - Move your fee up and down as far as you can in each direction and rotate your ankle. This will assist your circulation and reduce the risk of DVT.

**Repeat regularly throughout the day and evening.**

**Static Quadriceps** - Press the backs of your knees onto the bed as firmly as possible to tense up the thigh muscle. Hold for 5 seconds or longer if able and relax.

**Repeat regularly throughout the day and evening.**

**Static Glutes** - Squeeze your buttocks together as tightly as you can. Hold for 5 seconds or longer if able and relax.

**Repeat regularly throughout the day and evening.**

**Straight leg raise** - Lying on your bed, straighten the knee and tense the thigh. Lift the leg off the bed, approx. 20cm. Hold for 3 seconds then lower.

**Repeat regularly throughout the day and evening.**