

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**

CLAREMONT PRIVATE HOSPITAL

Cartiva Implant Surgery Physiotherapy Advice



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Welcome to exceptional healthcare



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Cartiva Implant Surgery

You will see the physiotherapist around the time that you see the consultant at 1-2 weeks post-surgery, after your dressings have been reduced. After this time you can begin to walk and use the foot in a normal way as pain allows. There may be some residual discomfort and swelling and using elevation and ice can help with this. You should wear comfortable and supportive footwear and complete the exercises as shown by your physiotherapist.



3. Passive toe flexion and extension, slowly bend and straighten the toe 10 times each way.



You can hold a gentle stretch at the end of the movement, if comfortable, for 5 seconds. Repeat 10 times each direction.

1. Active toe flexion and extension. Bend and straighten the toe on its own, making sure to use the joint at the base of the toe. Repeat 10 times

2. Passive toe flexion and extension, slowly bend and straighten the toe 10 times each way. You can hold a gentle stretch at the end of the movement, if comfortable, for 5 seconds. Repeat 10 times each direction.

4. Sitting toe extension. Sitting in a chair with your feet flat on the floor, perform a calf raise so you lift the heel off, keeping the toe in contact with the floor. Repeat 10 times.



Try to move your foot further back under your knees/chair to increase the movement of your big toe.



5. Walking. When walking you should try and roll the foot so the big toe is the last part of your foot to leave the floor when stepping through.



This may feel odd as most people prior to this type of surgery have had to adapt to walking with a stiff toe.

Most people will not require any further Physiotherapy follow up. However, should you feel that the toe remains stiff or you are having continued trouble walking, we recommend you contact the Physiotherapy department on 0114 263 2112. We aim to see you at the 6 weeks Consultant follow up. Please contact at least 10 days prior to review to ensure your appointment can be made at a convenient time. If you do not live locally or have come from abroad, we recommend seeing a Physiotherapist local to you. Information on rehabilitation can be obtained from <http://cartiva.net/index.html>