

Sports Therapy  
Manual Therapy  
Electrotherapy  
Manipulation  
Rehabilitation  
Pre-habilitation  
Clinical Pilates  
Pre-Season Screening  
Exercise Prescription  
Massage

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AUSTRALIAN  
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## POST-OPERATIVE PHYSIOTHERAPY INFORMATION

### FOOT SURGERY

#### SURGERY:

After your surgery you will have a crepe bandage on your foot and ankle. YOUR RECOVERY is greatly dependent on your post-operative routine. Many procedures can be performed in the foot, and your physiotherapist will explain what procedure has been performed in your case and any special advice for that procedure.

#### CARE OF YOUR FOOT ANKLE AFTER SURGERY:

During the first week after your operation, your foot is recovering from the trauma of surgery, and you need to take care not to "over-do-it".

**If you notice excessive pain or swelling around your foot and ankle it is time to slow down a little and put your feet up.**

#### POST-OP SHOE

You must wear your post-op shoe any time you are standing or walking until your surgeon advises you otherwise. The shoe need not be worn when you are lying down or sitting.

#### CRUTCHES:

☐ Should be used to stay non-weight bearing for \_\_\_\_\_ weeks, or until advised by your surgeon.

☐ Should be used for weight bearing as instructed by the physiotherapist. You may gradually increase your weight bearing over the first few days. **Use the crutches until you can walk comfortably without a limp, or until advised by your physiotherapist or your surgeon.**

UP STAIRS - Good leg, operated leg, crutches

DOWN STAIRS - Crutches, operated leg, good leg

#### ELEVATION:

Elevation of your foot in the early days post-operatively is the most important way to reduce swelling, therefore reducing pain and aiding tissue healing. The foot should stay at the level of the hip or higher, if possible, while sitting, or supported underneath with pillows overnight.

#### PHYSIOTHERAPY:

It is important to regain movement and strength of your foot and ankle and good balance on your operated leg. If you plan to return to high-level activities, or you are concerned regarding your progress, it is wise to consult a physiotherapist for appropriate rehabilitation.

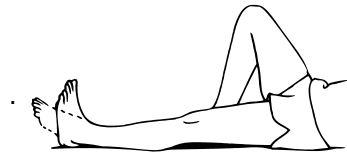
### **EXERCISE PROGRAMME:**

A physiotherapist will help you to commence these exercises while you are in hospital.

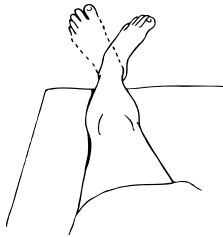
These exercises will be limited by your bandage at first. You should gently **ENCOURAGE** the movements within the limits of discomfort and the bandage. Do not force the movements. Once the bandage is removed at your post-op surgeons review, continue the exercises until you regain full range of movement.

### **FOOT & ANKLE MOVEMENT**

Move your ankle in the following directions:



UP/DOWN - Point foot away from you, then bring toes and foot back towards you.



SIDE/SIDE - Keep leg still and move sole of foot to face inwards, then outwards.

CIRCLES - Keep leg still and move ankle to “draw” a circle with your toes. Gently try to make the circle as big as possible.

REPETITIONS: 1 minute each direction, 4-5times/day

### **CHANGE IN POST – OPERATIVE INSTRUCTIONS**

There are occasions that during surgery your surgeon comes across unexpected trauma, which may require additional work. This may change your post operative recovery instructions (e.g. change in weight bearing status, etc.). If you find that your post operative instructions from your surgeon are different to the pre operative physiotherapy instructions, please contact us on (03) 9819 2827 and we will endeavor to correct any confusion you may have.