

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

Partners

Chris Ward
B.App.Sc. (Physio)

Charlie Schall-Riaucour
B.Physio (Hons.),
B.App.Sc. (Phys.Ed.),
Post Grad Dip (Exs for
Rehab)

Physiotherapists

Richard Webber
B.App.Sc (Physio)

Sarah Tulloch
B. Health Sc., M. Physio

Daniel Ford
B. Physio

Elsa Gales
BSc. (Physio)

Marcellina Lu
Hons. B.A. (Kin),
DPT

Practice Manager

Anne Mellor
BA (Hons)

POST-OPERATIVE PHYSIOTHERAPY INFORMATION

NON-WEIGHTBEARING (NWB) INSTRUCTIONS

CARE OF YOUR FOOT ANKLE AFTER SURGERY:

During the first few days after your operation, your foot and ankle is recovering from the trauma of surgery, and you need to take care not to “over-do-it”. This means **resting and elevating** your foot above the level of your hip, for the majority of the day and overnight in the first week post-op. This is the most effective way of reducing swelling, therefore reducing pain and aiding tissue healing.

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

CRUTCHES:

Your surgeon has requested that you are to be non-weightbearing on your affected leg. This means that when walking you must keep your foot off the floor without putting any weight on it at all. This will require you to be ‘hopping’ on your unaffected leg with the aid of crutches.

UP STAIRS: Good leg, crutches

DOWN STAIRS: crutches, good leg

EXERCISE PROGRAM:

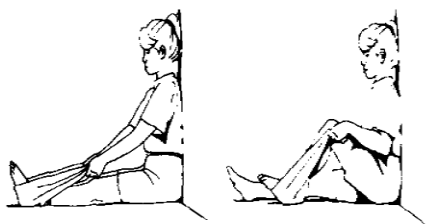
When you are non-weightbearing, even the muscles and joints of your leg not directly affected by the surgery respond to you not using them to walk - muscles can become weak and joints can become stiff very quickly. These exercises are important to minimise this and assist your recovery.

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

Exercises should be performed **3-4 times per day**. Only do the exercises instructed by your physiotherapist.

EXERCISES FOR STRENGTH

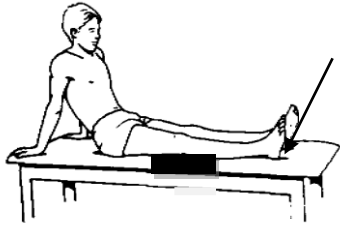
1.



HIP/KNEE FLEXION

With hands supporting thigh gently bend your knee. This exercise can also be done in standing -
REPETITIONS: 10 – 15 times. Increase reps as comfortable

2.



QUADS SET

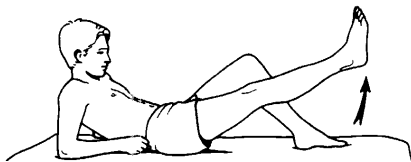
This exercise can be performed with a rolled towel under your knee.

Gently tighten front thigh muscle and kneecap and push back of the knee into the towel.

Hold for 5 - 10 seconds.

REPETITIONS: 10 times and increase reps as Comfortable

3.

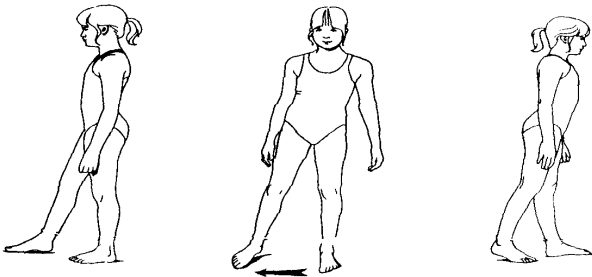


STRAIGHT LEG RAISE

Tighten the muscles on the front of your thigh and slowly lift your leg 10 - 12" off the bed. Hold for 6 seconds and then slowly lower. Aim to get the knee to fully lock so there is no bend.

REPETITIONS: Start with 10 reps, increase reps as comfortable

4.



STANDING LEG LIFTS

Stand on good leg and use a firm support to hold onto. Lock affected knee and lift leg to the side, front and back. Repeat each one 15 times.

PHYSIOTHERAPY:

Your surgeon or physiotherapist will guide you as to whether you should commence physiotherapy whilst non-weightbearing on your leg. When you can walk on the leg as instructed by your surgeon, a formal physiotherapy rehabilitation program is usually required to regain movement, strength, and good balance on your operated leg. Your program will be dependent on your surgery. .