

# Following surgery to the foot / ankle (not in plaster)



## Following your operation:

- you will usually have a wool and crepe bandage
- it is vital that you keep your operated foot elevated (raised) above the height of your hip for at least the first three to four days to reduce the swelling
- it is important to regain your range of movement. Start the exercises on the day of your operation. At first this may be painful but continue with these exercises, taking regular pain relief if necessary
- you will be seen by the physiotherapist who will explain your walking programme
- you will have crutches and you may be given a shoe to protect your dressings if necessary.

## Your weight bearing status is:

.....

for

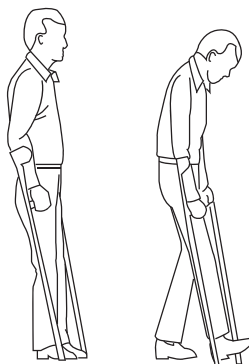
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## Working and driving

You should not return to work or drive until advised by your consultant.

## Walking

You will be taught to walk using crutches. It is necessary to use them until advised at your clinic appointment.



## Walking up and down the stairs

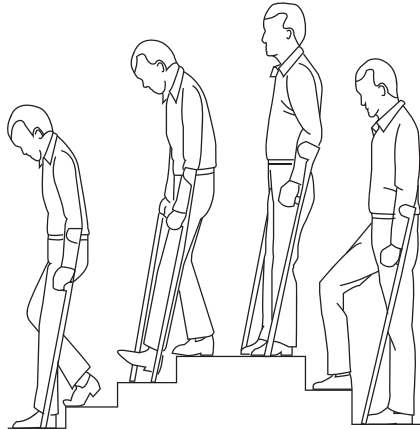
Take one step at a time. Hold the hand rail if there is one available. Then take both of your crutches in your other hand as shown by your physiotherapist.

Walking up:

- 1) Unoperated leg
- 2) Operated leg
- 3) Crutches/sticks

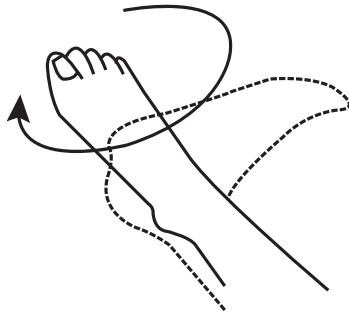
Walking down:

- 1) Crutches/sticks
- 2) Operated leg
- 3) Unoperated leg



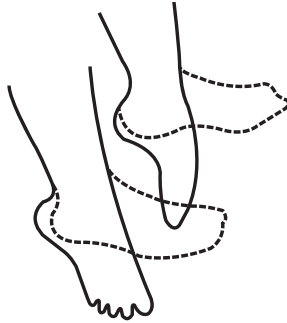
## Exercises for your operated ankle

Sitting or lying. Rotate your ankle. Change directions.



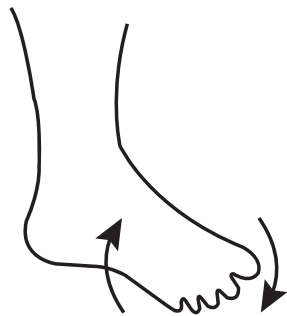
Repeat ..... times ..... per day.

Lying on your back or sitting. Bend and straighten your ankle. If you keep your knees straight during this exercise you will stretch your calf muscles.



Repeat ..... times ..... per day.

Lying on your back or sitting. Alternately turn your foot inwards and then outwards.



Repeat ..... times ..... per day.

It is a good idea to do these exercises on both legs to help prevent a blood clot whilst less mobile.

The advice in this leaflet is a guide only - please refer to your admission letter and any special instructions you have been given by your consultant.

If you would like this leaflet in large print, braille, audio version  
or in another language, please contact the General Office on  
01872 252690

