

# Care for your Ankle

Please adhere to the post-discharge care instructions strictly until you have seen the physiotherapist/doctor in the outpatient clinic. This is to ensure that you have a successful recovery.

Ankle	<input type="radio"/> Left <input type="radio"/> Right
Condition / Surgery	<input type="radio"/> ATFL reconstruction <input type="radio"/> Achilles Tendon repair <input type="radio"/> Arthroscopic debridement <input type="radio"/> Cartilage repair <input type="radio"/> Lisfranc surgery <input type="radio"/> Microfracture <input type="radio"/> Plantar fascia surgery <input type="radio"/> Foot surgery <input type="radio"/> Others: _____

## Precautions (\*strike off inappropriate and tick those appropriate)

<input type="checkbox"/>	You are not allowed to remove your boot unless for shower.
<input type="checkbox"/>	<p>You are not allowed to move your ankle but it is safe and advisable to move/wriggle your toes in the boot.</p> 

Weight-bearing (*strike off inappropriate and tick those appropriate)	
<input type="checkbox"/>	<p><b>Non weight-bearing:</b> No body weight through your operated leg. Your foot should not touch the ground while walking. You will need to use crutches or frame to walk.</p>
<input type="checkbox"/>	<p><b>Heel weight-bearing:</b> Only put weight through the heel when you walk. Ensure that your foot is pointed upwards. You will need to use crutches or a walking frame to walk.</p>
<input type="checkbox"/>	<p><b>Toe-touch weight-bearing:</b> Put only 10% of your body weight through the foot/toes. Your toes should only touch the ground lightly for balance while walking. You will need to use crutches or a walking frame to walk.</p>
<input type="checkbox"/>	<p><b>Partial weight-bearing:</b> Put only up to 50% of your body weight through your leg. You will need to use crutches or a walking frame to walk.</p>
<input type="checkbox"/>	<p><b>Full weight-bearing:</b> Safe to put up to 100% of your body weight through your leg. You may still require a walking frame or crutches to walk with a proper pattern due to pain or a brace.</p>

## What should be expected?

It is common to still experience pain and swelling after surgery and you will be prescribed medication to cope with it. Consume your medication as prescribed if the pain affects your sleep, ability to perform your usual routine or participate in post-operative exercise.



## How else can I manage my pain?

### Cryotherapy (cold therapy)

The application of cryotherapy for about 20 minutes over the area of surgery can help with pain relief and reduction of swelling. It is advisable to use it at least 3 times a day after surgery.

### Tubigrip

Tubigrip may be given to reduce ankle swelling. It should be worn double up and under your brace. Smooth out any wrinkles to avoid skin irritation or blood flow disruption.

### Walker boot/ cast use



Image from <https://oapl.com.au/vacoped-boot/>



Image from <https://www.donjoystore.com/aircast-airselect-standard>

Your ankle may be in a walker boot/removable cast after surgery. You should be walking with the boot all the time unless otherwise stated by your doctor or physiotherapist. You may remove the boot when you shower. Keep the boot and cast dry.

### Tips to manage at home

- Sleep: Try to keep your leg elevated
- Sitting: Elevate your affected leg if you are sitting on a chair for more than 15 minutes.
- Positioning: If you develop backache from elevating your leg too frequently, you may lie on your tummy occasionally; if this does not help your backache, inform your doctor or physiotherapist on your next appointment.

## Physiotherapy exercise after surgery

You will be provided with an individualized exercise sheet to be performed after surgery. Do not do other exercises that are not prescribed by your post-operation physiotherapist/doctor. This is to ensure that you do not do any excessive/unsafe exercises.

### Attending Physiotherapy after discharge from the hospital:

The medical team has scheduled you for an appointment with the outpatient physiotherapy department to continue with the next stage of your recovery. It is very important that you follow up to achieve the best outcome. Bring your exercise sheet along with this educational brochure on your initial visit.

If you have any queries, you can always seek advice from your physiotherapist/doctor during your outpatient appointment. In the meantime, it is important to follow this guide until you attend your outpatient physiotherapy appointment.



Contributed by Physiotherapy, Rehabilitation, Allied Health Services

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

Information shared is accurate as of February 2024 and subject to revision without prior notice.



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