

#weareNHFT



Northamptonshire Healthcare
NHS Foundation Trust

POST OPERATIVE EXERCISE

PODIATRIC SURGERY

INFORMATION
LEAFLET

 01327 708102

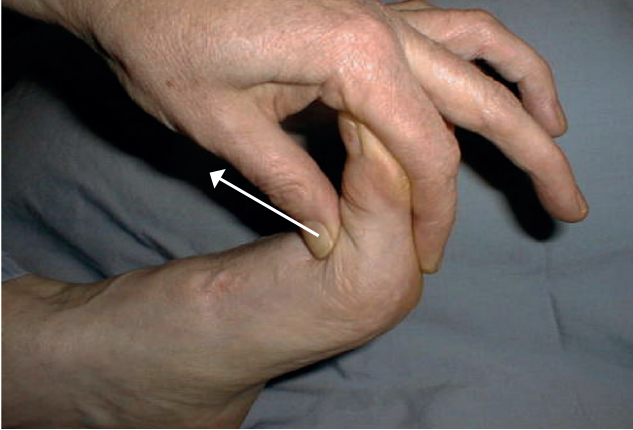
 nhft.nhs.uk/podiatric-surgery



**MAKING A
DIFFERENCE
FOR YOU,
WITH YOU**

YOUR EXERCISES

Hold the toe firmly as shown. Grip the middle joint of the toe so that you are exercising the “knuckle” joint only.



The toe will be sore for the first few months after surgery but the more you can stretch the toe in the early stages, the better the range of motion will be at the six month stage.

Move the toe to the extreme of its motion up and down (just to the point when discomfort is felt) and hold for five (5) to 10 seconds.



**DO THIS 10
TIMES IN EACH
DIRECTION 3-5
TIMES A DAY**

WE ALSO FIND DOING TIP-TOE RAISES VERY USEFUL.

When you are walking, keep your feet pointing forward – try to resist pointing your feet out (Charlie Chaplin style) so that the toe is put through the correct range of motion.

Use any splint that may have been issued from now on.

Other exercises may be given by your podiatric surgeon as additions to these exercises.

These exercises
can be done sitting
down or standing
against a stable surface
like a chair or work
surface



PLEASE ASK IF YOU HAVE ANY FURTHER QUESTIONS REGARDING YOUR SURGICAL CARE.



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Inspected and rated

Outstanding ☆



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If you require this leaflet in other formats or languages please contact PALS: 0800 917 8504

এই লফিলটেটটি যদি আপনার অন্য কোনো ফরম্যাটে বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করে 0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগ করুন

Jeżeli się skrajutę norite gauti kitu formatu ar kalba, kreipkitės į PALS: 0800 917 8504

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub języku,

prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Dacă aveți nevoie de acest prospect în alte formate sau limbi, vă rugăm să contactați PALS: 0800 917 8504

Если Вы хотели бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.