

# Physiotherapy advice following foot surgery

Information and advice for patients

## *Physiotherapy*

Following foot surgery you will be provided with a specialised shoe (post-operative shoe) to wear when you are walking until your doctor tells you otherwise. You do not need to wear the shoe in bed or when resting.

The shoes are not designed to be specifically left or right. They come in small, medium and large sizes. If you are between sizes we will give you the smaller one.

### **What are the benefits of wearing the post- operative shoe?**

The benefit of the shoe is that it is specifically designed to prevent you from putting any weight through your toes. This means you are unlikely to require sticks or crutches.

### **Are there any risks to wearing the post-operative shoe?**

There are no risks to wearing the post-operative shoe.

### **Are there any alternatives?**

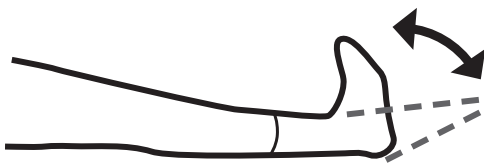
There are no alternatives to wearing the post-operative shoe that will give the same benefits.

### **What are the risks of not wearing the shoe?**

If you do not wear the shoe you will put weight through your toes which could cause delayed healing of your foot.

## **Exercises**

Keep your ankle moving by completing the following exercise on both feet:



### **Bring your toes up towards you, then point them away.**

Do this exercise 10 times on each foot, 3 times a day until your follow-up appointment.

### **What is the benefit of the exercise?**

The benefit of this exercise is that it can help to reduce stiffness at your ankle following your operation and can help maintain good blood circulation.

### **Are there any risks?**

There are no risks to performing this exercise.

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### Are there any alternatives?

There are no alternative exercises that will give the same benefits.

### Are there any risks to not performing the exercise?

The risk of not performing the exercise is that your ankle may become stiff and you may also be at risk of developing a blood clot.

### Further information

If you have any questions or concerns, please speak to your GP.

For more information about our hospitals and services please see our website [www.swbh.nhs.uk](http://www.swbh.nhs.uk) or follow us on Twitter @SWBHnhs.

### Further information

Physical Therapy, 'Rehabilitation after Hallux Valgus surgery: Importance of physical therapy to restore weight bearing of the first ray during the stance phase', September 2009

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5420 or email: [swb-tr.swbh-gm-patient-information@nhs.net](mailto:swb-tr.swbh-gm-patient-information@nhs.net)



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