



auto-ness
PHYSICAL THERAPY

Ankle Arthroscopy: After Surgery

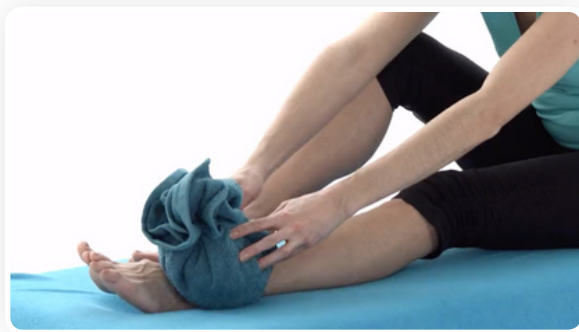
You have just undergone an ankle arthroscopy, a significant step towards regaining your active lifestyle. Here at Auto-Ness Physical Therapy, we understand the challenges and intricacies of this journey. Our team has guided countless individuals through their post-operative recovery, witnessing the remarkable transformations from initial rehabilitation to full, active living.

This document is crafted from our extensive experience and dedication to personalized, evidence-based care. It provides essential information and guidelines specifically tailored to support your recovery after an ankle arthroscopy.

Our approach is rooted in understanding the unique needs of each patient, ensuring a recovery plan that not only addresses immediate post-operative care but also sets the foundation for long-term well-being.



Most surgeons will want you to start moving your ankle as soon as you wake up from surgery. It may be swollen, which can cause stiffness and weakness in the joint. Commencing some basic exercises to start moving your ankle will help you to overcome this. The exercises will likely be similar to the ones above.



If you had a straightforward ankle arthroscopy, your medical team will want you to start walking on the first day. This reduces your risk of complications following surgery, such as a blood clot, chest infection, or skin sores.

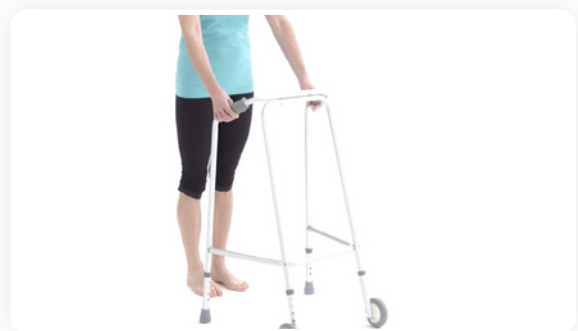
You may need to use a walking aid when you start to walk. The following images show you how to use a rollator frame, and elbow crutches. Both techniques are based on the assumption you can put some of your weight through your leg following your surgery.

The goal of Auto-Ness Physical Therapy is to get you off of assistive devices as soon as possible while still maintaining the precautions from your surgeon!

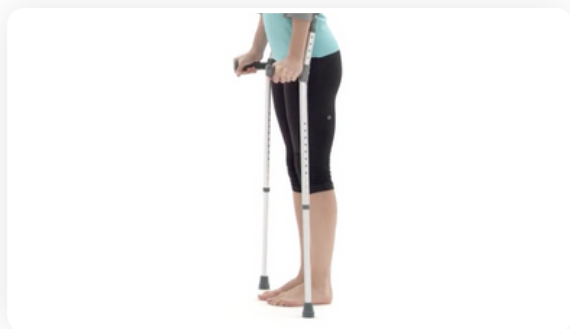


Instructions:

Stand up straight with both hands on the frame. Push the frame away from you before taking a step forward with your weaker leg.



Bring your weight onto this leg, ensuring that your knee stays strong and straight with your hips pushed forward. Step the other leg forward to join your weaker leg. Your feet should be level, before you start again. Keep your gaze directly ahead.



Instructions:

Stand up straight with your elbow crutches by your side. Place your elbow crutches, one at a time, approximately 1 foot in front of you.



Step you affected leg forwards onto an imaginary line between the two crutches. Step your other leg to join it. Continue this sequence, keeping your gaze directly ahead.

Going up and down stairs can seem daunting, but with some helpful tips, and some practice, you should find the task achievable.

You may require the help of an elbow crutch in order to do this if you are finding walking on your ankle particularly painful. The following images again, are based on the assumption you are able to put some of your weight through your leg.



Walking up stairs:

Stand at the bottom of the stairs. Hold onto a rail and use elbow crutches as needed. When going up the stairs, follow this sequence:

1. place your good leg on the step first
2. next, bring your other leg to the same step
3. finally, bring your crutch up to join your feet on the step.

Repeat this sequence for each step until you reach the top.

Walking down stairs:

Stand at the top of the stairs. Hold onto a rail and use elbow crutches as needed. When going down the stairs, follow this sequence:

1. place your crutches on the step you are going to move down to
2. next, put your weakest leg down on the same step
3. finally, bring your other leg to the same step

Repeat this sequence for each step until you reach the bottom.

Finally, for you to get the best outcomes from your operation, it is advised to ensure that you adhere to the protocols of your physician and physical therapist. **Remember to seek Physical Therapy IMMEDIATELY!**

Immediate Post-Operative Care

Rest: Prioritize rest in the first 48 hours after surgery to allow your body to begin the healing process.

Pain Management: You may experience discomfort following the surgery. Take prescribed pain medications as directed by your surgeon. If pain persists or worsens, contact your healthcare provider.

Begin Your Path to Active Recovery with Auto-Ness Physical Therapy

Your journey from post-operative recovery to active living starts here. At Auto-Ness Physical Therapy, we're not just about temporary fixes; we're committed to guiding you from using a walker to running, biking, and embracing an active lifestyle again.

Personalized Recovery Plans: Our evidence-based, personalized approach targets the root causes of your pain, ensuring a recovery that's tailored just for you.

Expert Care, Every Step of the Way: From your first step with a walker to your first run post-recovery, our skilled therapists are here to support and guide you.

Join Our Community of Active Healers: Be a part of a community that values active, pain-free living. Share your journey, learn from others, and stay motivated.

Ready to take the first step?

Contact us at 858-324-5537 or visit autonesspt.com to learn more about how we can help you achieve your recovery goals. Let's embark on this journey together towards a healthier, more active you.