NIKHIL NANAVATI
MBBS MRCS FRCS (Tr and Orth) MSc Orth Eng (Merit)
Consultant Orthopaedic Surgeon

ACHILLES DEBRIDEMENT

Post op:

- ELEVATE
- CHECK DISTAL CIRCULATION, SENSATION, MOVEMENT
- MOBILISE PWB 2/52
- HOME WHEN SAFE
- OUTPATIENT APT 2/52 POA, LEAVE FREE + **COMMENCE PHYSIO:**
  - RX AS TENDINOPATHY ONCE WOUND HEALED
  - ADVICE RE PAIN + SWELLING MX
  - AID INC MOBIITY
  - STRETCHES
  - AROM
  - LOAD GRADUALLY
  - STRENGTH /PROPRIO