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

ACHILLES SPEEDBRIDGE FOR INSERTIONAL ACHILLES TENDINOPATHY

Post op:

- ELEVATE
- CHECK DISTAL CIRCULATION, SENSATION, MOVEMENT
- MOBILISE NWB 2/52
- HOME WHEN SAFE
- OUTPATIENT APT 2/52 POA, LEAVE FREE +
  COMMENCE PHYSIO at 3/12:
  - RX AS TENDINOPATHY
  - ADVICE RE PAIN + WOUND MX
  - AID INC MOBILITY
  ↑ AROM
  - STRETCHES
  - STRENGTH / PROPRIO TRAINING / LOAD GRADUALLY
  - NO CONTACT SPORT 6/12