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

ANKLE ARTHROSCOPY + DEBRIDEMENT

Post op:

- ELEVATE
- CHECK DISTAL CIRCULATION, SENSATION, + MOVEMENT
- MOBILISE WB AS ABLE
- HOME LATER WHEN SAFE
- REDUCE DRESSINGS 5/7
- **PHYSIO FROM 2/52 – ↓SWELLING / CONTROL PAIN**
  AID INC MOBILITY
  ↑ROM
  STL
  STRENGTHENING / GRADUAL LOADING
  PROPRIO/BALANCE TRAINING
- OUTPATIENT APT 6/52