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

BROSTRUM LATERAL ANKLE LIGAMENT REPAIR

Post op:

- ROUTINE DISTAL N/V OBS
- ELEVATE
- MOBILISE NWB 2/52
- HOME LATER WHEN SAFE
- COP 2/52 – COMMENCE PWB
- OUTPATIENT APT 6/52 POA + INTO SRITTUP BRACE
- **6/52 COMMENCE PHYSIO – NO INVERSTION FOR 6/52 IN BRACE**
- **ADVICE RE SWELLING + WOUND MX**
- **JUST GENTLE ROM**
- **FROM 12/52 GRADUAL INC LOAD STRENGTH AND REGAIN STL**