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

DISTRACTION ARTHRODESIS SUBTALAR JOINT

Post op:

- ELEVATE
- CHECK DISTAL CIRCULATION, SENSATION, MOVEMENT
- MOBILISE NWB 2/52
- DRAIN OUT
- XRAY – AP/LAT FOOT AND ANKLE
- COP 2/52
- OUTPATIENT APT 6/52 POA/XOA – PROGRESS WITH PWB IF OK
- POP 3/12 MINIMUM
- **PHYSIO AT 3/12 – ADVICE RE PAIN/ SWELLING**
  WOUND MX
  AID INC MOBILITY
  TCJ / MIDFOOT ROM
  WORK ON TENDON ACHILLES LENGTH/STRENGTH
  PROPRIO/ BALANCE TRAINING