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

EXCISION CALCANEONAVICULAR COALITION

Post op:

- ELEVATE
- CHECK DISTAL CIRCULATION, SENSATION, MOVEMENT
- MOBILISE PWB WITH CRUTCHES 2/52
- PLASTER ROOM 2/52 – DRESSINGS DOWN +
- **COMMENCE PHYSIO:**

  - ADVICE RE PAIN/SWELLING/ WOUND MX
  - AID INC MOBILITY
  - RESTORE ROM / STL
  - STRENGTH + PROPRIO/BALANCE TRAINING
- OUTPATIENT APT 6-8/52