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

MEDIAL TRIPLE ARTHRODESIS

Post op:

- ELEVATE
- CHECK DISTAL CIRCULATION, SENSATION, MOVEMENT
- LMWH (Blood Thinners) AS INPATIENT
- MOBILISE NWB 2/52
- HOME WHRN SAFE
- COP 2/52 + COMMENCE PWB IF OK
- OPA 6/52 POA/XOA – PROGRESS TO FWB IF XRAYS ARE OK
- POP 3/12 MINIMUM
- **PHYSIO FOLLOWING REMOVAL OF POP:**
  WOUND + SWELLING MX
  REGAIN ANKLE ROM
  STL / GASTROC /SOLEOUS STRETCHES
  REGAIN STRENGTH / WB /FUNCTION