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

PERONEAL TENDON DEBRIDEMENT

Post op:

- ELEVATE
- CHECK DISTAL CIRCULATION, SENSATION, MOVEMENT
- MOBILISE WB AS ABLE
- HOME WHEN SAFE
- OUTPATIENT APT 2/52 – ROP, LEAVE FREE +
  COMMENCE PHYSIO :
  PAIN/SWELLING/WOUND MX
  ↑ ROM
  AID INC MOBILITY
  PERONEAL STRENGTHENING
  PROPRIO / BALANCE TRAINING