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

REVISION LATERAL LIGAMENT RECONSTRUCTION

Post Op:

- ELEVATE
- CHECK DISTAL CIRCULATION, SENSATION, MOVMENT
- MOBILISE NWB 6/52
- 2 X FURTHER DOSES ANTIBIOTICS
- LMWH (Blood Thinners) AS INPATIENT
- HOME WHEN SAFE
- COP 2/52
- OUTPATIENT APT 6/52
- POA, INTO AIRCAST BOOT AND COMMENCE

PHYSIO FOR LATERAL LIGAMENT REHAB –

- WOUND/SWELLING MX

- REGAIN ROM

- STRETCHES GASTROC /SOLEOUS DO NOT OVER STRETCH INTO INVERSION

- STRENGTHENING PROPRIO/BALANCE TRAINING

- GRADUALLY WEAN OUT OF BOOT

- CONTINUAL RE AX OF STABITILTY