

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

TALOCALCANEAL COALITION EXCISION

Post op:

- ELEVATE
- CHECK DISTAL CIRCULATION, SENSATION, MOVEMENT
- MOBILISE NWB 2/52
- HOME LATER WHEN SAFE + COMFORTABLE
- OUTPATIENT APT 2/52 POA, LEAVE FREE,
  COMMENCE PHYSIO:
  ADVICE RE PAIN/SWELLING/WOUND MX
  RESTORE TCJ /STJ ROM
  STL
  ↑ STRENGTHENING
  PROPRIO / BALANCE TRAINING