

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

TARSAL TUNNEL RELEASE

Post op:

- ELEVATE
- CHECK DISTAL CIRCULATION, SENSATION, MOVEMENT
- MOBILISE NWB AS ABLE
- HOME LATER WHEN SAFE
- REDUCE DRESSINGS 2/52 + COMMENCE PARTIAL TO FWB AS ABLE
- **PHYSIO: ADVICE RE PAIN SWELLING MX**
  RESORE AROM
  STRETCHES
  STRENGTH / PROPRIO BALANCE
  TRAINING
  ↑ FUNCTION
- OUTPATIENT APT 1/12