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

TIBIALIS POSTERIOR TENDON TRANSFER

Post op:

- ELEVATE
- ROUTINE N/V OBS
- MOBILISE NWB 2/52
- HOME LATER WHEN SAFE
- COP 2/52 + CAST FOR AFO + START PWB
- OUTPATIENT APT 8/52 POA + INTO AFO
- **COMMENCE PHYSIO 6/52 :**
  - ADVICE RE SWELLING/PAIN/WOUND MX
  - NO ACTIVE ROM 6/52
  - INC ROM FROM 6/52
  - AID ↑ WB
  - STRENGTH / PROPRIO TRAINING
  ↑ FUNCTION