

## MR RAJIV LIMAYE'S FOOT/ANKLE SURGERY PROTOCOLS

### HINDFOOT AND ANKLE

Surgery	Pre-op x-rays	Post-op	Clinics following surgery	Post-op x-rays	DVT prophylaxis	Physio appt
<b>ANKLE FUSION/TIBIOTALARCALCAN EAL FUSION</b>	AP and Lat standing both feet and ankle	-6w NWB in POP -6w moonboot WB	2w: nurse F/U for ROS 6w: surgeon F/U with x-ray 3 monthly F/U 1 year: final follow up	AP and Lat standing 6w and 3m x-ray on arrival in 1yr	6w inj Tinzaparin	6w
<b>ANKLE REPLACEMENT</b>	AP and Lat standing both feet and ankle	PWB-FWB	2w: nurse F/U for ROS 6w: F/U 3 monthly F/U 1 year: final follow up	AP and Lat standing 6w and 3 monthly till 1yr	6w inj Tinzaparin	6w
<b>SUBTALAR FUSION</b>	AP and Lat standing both feet and ankle	-6w NWB in POP -6w FWB air cast boot	2w: nurse F/U for ROS 6w: surgeon F/U with x-ray 3 monthly F/U 1 year: final follow up	AP and Lat standing 6w and 3m	6w inj Tinzaparin	6w
<b>TRIPLE ARTHRODESIS/CALCANEOCUBOID FUSION</b>	AP and Lat standing both feet and ankle	-6w NWB -6w air cast/moon boot FWB	2w: nurse F/U for ROS 6w: surgeon F/U with x-ray 3 monthly F/U 1 year: final follow up	AP and Lat standing 6w and 3m	6w inj Tinzaparin	6w
<b>SUPRAMALLEOLAR OSTEOTOMY</b>	AP and Lat standing both feet and ankle	-6w NWB -6w air cast /moon boot FWB	2w: nurse F/U for ROS 6w: surgeon F/U with x-ray 3 monthly F/U 1 year: final follow up	AP and Lat standing 6w and 3m	6w inj Tinzaparin	6w
<b>CALCANEAL FRACTURE ORIF</b>	AP, LAT, HARRIS VIEW CT SCAN	-6w NWB -6w air cast/ moonboot FWB	2w: nurse F/U for ROS 6w: surgeon F/U with x-ray 3 monthly F/U 1 year: final follow up	AP and Lat 6w and 3m	6w inj Tinzaparin	6w
<b>ANKLE ARTHROSCOPY</b>	AP and Lat standing both feet and ankle	PWB-FWB	2w: nurse F/U for ROS 6w: F/U	AP and Lat standing 6w if specified	Nil	2w
<b>ANKLE LATERAL LIGAMENT RECONSTRUCTION-MODIFIED BROSTROM GOULD REPAIR</b>	AP and Lat standing both feet and ankle	6w NWB cast 4w air cast/ moonboot FWB	2w: nurse F/U for ROS 6w: surgeon F/U 3 months: final follow up	AP and Lat standing 6w	6w inj Tinzaparin	6w
<b>TENDOACHILLES REPAIR</b>	Nil	2w NWB B/K cast in 40° plantar flexion 2w NWS B/K cast in 20°	2w: nurse F/U for inspection and ROS 4-6w: F/U without x-ray	Nil	6w inj Tinzaparin	6w

		plantar flexion 2w FWB B/K cast in plantigrade position 4w FWB air-cast boot				
<b>FDL TRANSFER FOR FLAT FOOT (TIBIALIS POSTERIOR RECONSTRUCTION) CALCANEAL OSTEOTOMY</b>	AP and Lat standing both feet and ankle	-6w NWB in B/K cast -6w aircast boot	2w: nurse F/U with ROS and inspection 6w and 3m surgeon F/U	AP and Lat standing ankle and foot 6w	6w inj Tinzaparin	6w
<b>HAGLANDS EXCISION</b>	AP and Lat standing both feet and ankle	-6w NWB -6w aircast boot	2w: nurse F/U for inspection and ROS 6w: F/U with x-ray 3m follow up	AP and Lat standing 6w	6w	6w
<b>CALCANEAL OSTEOTOMY</b>	AP and Lat standing both feet and ankle	-6w NWB in B/K cast -6w aircast boot	2w: nurse F/U with ROS 6w and 3m	AP and Lat standing ankle and foot 6w	6w	6w

### MIDFOOT

Surgery	Pre-op x-rays	Post-op	Clinics following surgery	Post-op x-rays	DVT prophylaxis	Physio appt
<b>TALONAVICULAR FUSION</b>	AP and Lat standing both feet and ankle	-6w NWB in POP -6w aircast/ moon boot FWB	2w: nurse F/U for inspection and ROS 6w: F/U 3 monthly until 1yr	AP and Lat standing 6w and 3m	6w	6w
<b>TARSOMETATARSAL FUSION/OSTEOTOMY/LISFR ANC ORIF</b>	AP and Lat standing both feet and ankle	-6w NWB in POP -6w aircast/moon boot FWB	2w: nurse F/U for inspection and ROS 6w: F/U 3 monthly until 1yr	AP and Lat standing 6w and 3m	6w	6w

### FOREFOOT

Surgery	Pre-op x-rays	Post-op	Clinics following surgery	Post-op x-rays	DVT prophylaxis	Physio appt
<b>HALLUX VALGUS-(CHEVRON, AKIN, SCARF OSTEOTOMY)</b>	AP and Lat standing both feet and ankle	2w FWB wide fitting shoes	2w: nurse F/U with ROS and toe alignment splint 6w: surgeon with XOA, toe alignment splint at night time for additional 6w 3m: final F/U	6w: AP and Lat standing both feet and ankle	2w inj Tinzaparin	2w
<b>HALLUX RIGIDUS-CHEILECTOMY</b>	AP and Lat standing both feet and ankle	2w heel weight bearing in Darco shoe FWB after 2w.	2w: nurse F/U with ROS 6w: surgeon F/U 3m: final F/U	Nil	Nil	2w
<b>1<sup>ST</sup> MTP FUSION</b>	AP and Lat standing	6w NWB	2w: nurse F/U with ROS	6w x-ray AP and Lat standing	6w inj	6w

	both feet and ankle		6w: surgeon F/U 3m: final F/U	both feet and ankle	Tinzaparin	
<b>1<sup>ST</sup> MTP REPLACEMENT</b>	AP and Lat standing both feet and ankle	HWB 2w FWB >2w	2w: nurse F/U for ROS 6w: F/U with x-ray 3 monthly F/U until 1yr.	6w x-ray 3 monthly x-ray	Nil	2w
<b>IP JOINT FUSION (SMALL TOES)</b>	AP and Lat standing both feet and ankle	2w heel weight bearing in Darco shoe	2w: nurse F/U with ROS 6w: surgeon F/U 3m: final F/U	6w x-ray	Nil	2w
<b>LESSER TOE PROCEDURES (WEILS OSTEOTOMY, CLAW, HAMMER, MALLETT DEFORMITY CORRECTION)</b>	AP and Lat standing both feet and ankle	2w heel weight bearing in Darco shoe	2w: nurse F/U with ROS 6w: surgeon F/U 3m: final F/U	6w x-ray	Nil	2w
<b>PLANTAR FASCIITIS</b>	AP and Lat standing both feet and ankle	FWB as comfortable	2w: nurse F/U with ROS 6w: surgeon F/U 3m: final F/U	Nil	Nil	2w

**NB:** Protocols are a rough guide. Always refer to postoperative notes for proper post-op orders : DVT prophylaxis as per Trust guidelines. (Tinzaparin 3500 IU SC OD/Obese patient 4500 IU)

Produced by Prasad Karpe/Rajiv Limaye

Updated- April 2017 by Mandy Forth/ Amit Chauhan/ Rajiv Limaye