

PHYSIOTHERAPY PATHWAY

Foot Surgery Guidelines

Owner:	Benjamin Thomas Physiotherapy and Orthotics Manager
Approved by	Therapies Clinical Governance Group
Approval Date	18 th August 2023
Review Date	18 th August 2026 This is the most current document and should be used until a revised version is in place

Key Amendments

Date	Amendments	Approved by:
25 th January 2023	Document extended to 30 th June 2023 whilst under review.	Dr J Trevelyan/ Benjamin Thomas
23 rd June 2023	Document extended for another 3 months whilst under review.	Benjamin Thomas
18 th August 2023	Document reviewed and approved for 3 years	Therapies Clinical Governance Group
September 2024	Document updated with addition of new consultant	Helen Hawkes

This is for guidance only and please check up notes for any individual instructions , especially revisions or particularly frail patients and discuss any concerns with the consultants.

Pre-operatively or immediately post-operatively:

Patients seen on the ward or day case unit:

- Advise re. potential weight bearing status as per table below
- Measure/practise with elbow crutches as appropriate for procedure
- Discuss/practise step/stairs as indicated
- Advise on elevation and maintenance exercises of unaffected joints
- Issue with relevant patient information booklet(s)
- Ensure provided with appropriate shoe dependent on consultant preference/post-op instructions

Outpatient Physiotherapy referral not routinely required.

Consultant	Forefoot surgery (distal to TMTJ)	Midfoot (TMTJ, naviculocuniform)	Hindfoot (TN, ST, Ankle)
Mr Periera	FWB bandage shoe	HWB	NWB
Mr Guha	HWB if able, flat shoe if they struggle	HWB	NWB
Mr Kugan / Mr Fernandez	HWB if able, may allow FWB	NWB	NWB
Mr Mahmood	HWB if able, flat shoe if they struggle	NWB	NWB

If patients are struggling with NWB they may be put in a cast and some protected weightbearing allowed after discussion with the consultant concerned .

NWB – Non weight bearing
 PWB- Partial weight bearing
 FWB – Full weight bearing
 HWB – Heel weight bearing