WHAT TO EXPECT AFTER ORTHOPEDIC FOOT & ANKLE (SPORTS MEDICINE PROCEDURES)

Most of the surgery that we perform will require immobilization after surgery. This will depend on the type of surgery. Each category has a different recovery time. Because ligaments take on the average 6 weeks to heal, we need to immobilize the leg to make sure the repair does not spread apart. The suture is often not strong enough to allow full weightbearing right away. Once the ligaments have healed, we allow progressive weightbearing and motion to strengthen the newly scarred repair and to accelerate remodeling of the ligaments and tendons. This is done carefully first with a weightbearing cast and then a brace or boot walker. Finally, we believe physical therapy is important to rehabilitate our patients back to their original strength and balance.

**Sports Medicine**

* Ankle Arthroscopy
* Cartilage Transplants
* Ankle Replacements

Sports medicine and our advance techniques require specialized recovery plans. These are individualized based on our patients’ needs and requirements. A thorough recovery plan will be outlined by your doctor before surgery. The important test before returning to sports or any aggressive activity is balance.

**Our athletes must be able to do:**

* Single limb heel rise 20 times.
* Single limb stand with eyes closed for 20 seconds.

We have found that these two simple tests are excellent indicators of full recovery.

***Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

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