

ANKLE ARTHROSCOPY WITH RETINACULAR REPAIR POST-OPERATIVE INSTRUCTIONS AND HOME EXERCISE

You are recovering from ankle surgery.

The following information is to help make your recovery as smooth and rapid as possible.

1. Keep your leg elevated as much as possible for the next few days.
2. Keep post-operative splint clean and dry.
3. Post-operative bleeding is not unusual. Reinforce dressing as needed. If you have concerns about the amount of bleeding, please call the office.
4. Use your cold therapy unit as directed until you are seen in the office.
5. You may begin the exercise on page two. There is no limit to the amount of these exercises you may do. Stop any exercise that causes sharp pain.
6. Do not bear weight on your operated leg until seen in the office. Use your crutches until that time.
7. Post-operative pain is common but should be controlled by the prescriptions given to you.
8. You will be seen in follow-up within a week. Please call our office listed below if you have any questions or concerns.



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Heel-Leg Prop

Elevate your leg by placing a cushion underneath your lower leg or heel as shown. Do this 4-8 times per day for 15-20 minutes. You may also sleep with your leg elevated.



Quad Set

Squeeze thigh muscles tightly, as if pressing the back of your knee into the surface you are lying on top of. Hold contraction for 10 seconds, repeat 30 times. Do this 4-6 times per day.



Straight Leg Raise - Flexion

Squeeze thigh muscles tightly, then lift leg off the surface as shown in the picture. Raise and lower your leg slowly. Repeat 15-30 times. Do this 4-6 times per day.



Straight Leg Raise - Adduction

Squeeze thigh muscles tightly, then lift leg off the surface as shown in the picture. Raise and lower your leg slowly. Repeat 15-30 times. Do this 4-6 times per day.



Straight Leg Raise - Abduction

Squeeze thigh muscles tightly, then lift leg off the surface as shown in the picture. Raise and lower your leg slowly. Repeat 15-30 times. Do this 4-6 times per day.



Straight Leg Raise - Extension

Squeeze thigh muscles tightly, then lift leg off the surface as shown in the picture. Raise and lower your leg slowly. Repeat 15-30 times. Do this 4-6 times per day.