



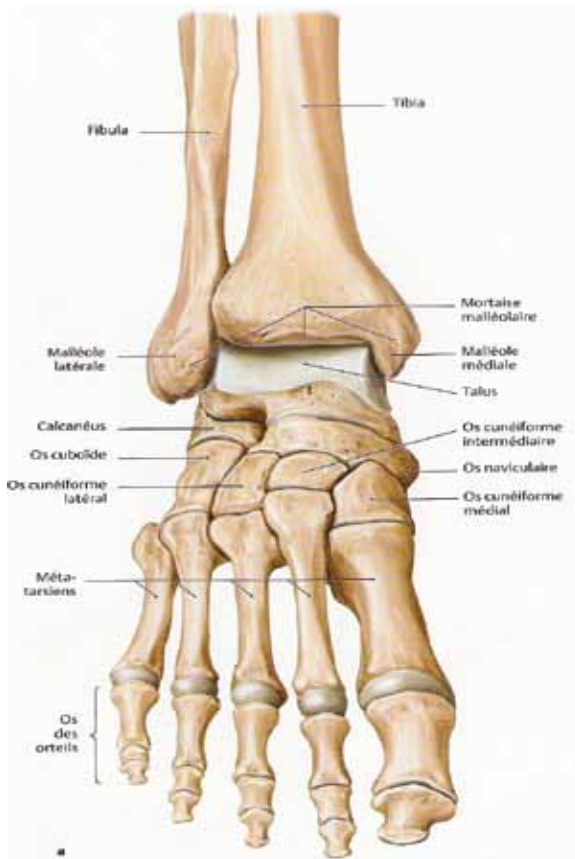
CLINIQUE
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Practical guide:
Ankle and foot



Practical guide: Ankle

The joint of the ankle connects externally to the fibula and internally to the tibia and the astragal. Attached ligaments render the ankle stable.



The surgery is performed either by arthroscopy or by an opening, or a combination of both.

Here is a brief description of ankle surgeries. Do not hesitate to ask questions if you need additional information. It's important to be well prepared. This will insure you have the needed instructions.

It is important to stop taking any anti-inflammatory medication or aspirin 7 days before the surgery.

Arthroscopy

Arthroscopy permits the surgeon to view the inside of the ankle by means of a small camera called an arthroscope. The surgeon can thus examine the structure of your ankle, come up with an exact diagnosis and proceed with surgery using mini-instruments. Two or three small incisions (approx. one centimetre in length) will be made to insert the arthroscope and the instruments.

Removal and excision of articular mouse

This surgery aims at eliminating the mouse (organic foreign material) present in the joint.

Repair of osteochondritis

Osteochondritis is a pathological disease involving the osteocartilaginous surfaces. The surgery consists in assuring a better cartilaginous surface, by means of fixation, excision or graft.

Stabilization of the ankle

Surgery performed to correct stability of the ankle.

Reconstruction of the Achilles' tendon

Repair of the tendon following a rupture.

Fracture Osteosynthesis

Repair of a fracture with plates and screws.

Reconstruction of fibular tendon

Repair of the foot's external tendon.

Ankle and subastragalar Arthrodesis

Operation aimed at provoking joint ankylosis through bone fusion, so as to prevent movement.



Practical guide: Ankle

Post-surgical instructions for the ankle

To help you in your recovery of an ankle surgery, these small exercises are recommended to avoid complications such as ankylosis, stiffness, and swelling.

- Keep the foot elevated on a stool or a pillow.
- Move toes frequently.
- Apply ice for 10 minutes every two hours the first days.
- When moving around, use your crutches. We will inform you if you can lean on your foot.

*Your crutches will be adjusted for you before the surgery.

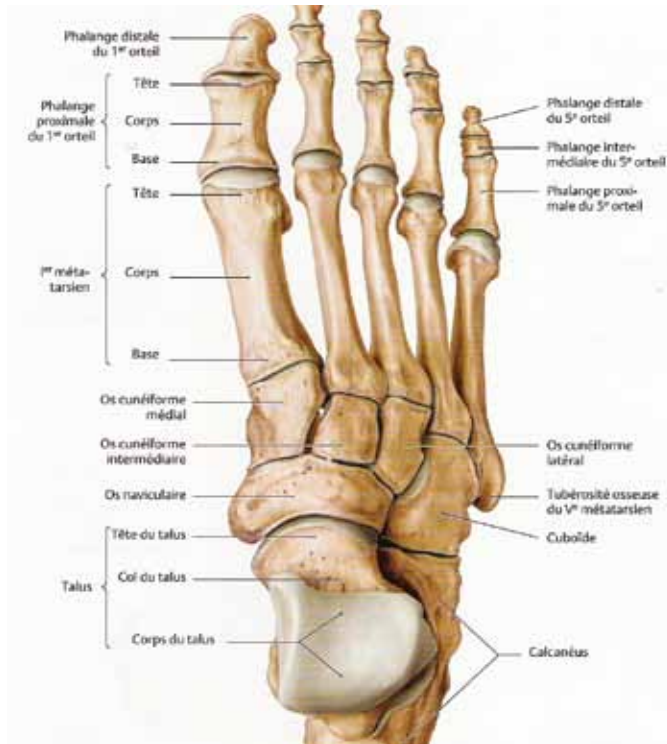
For progressive exercises, you will need to wait for the next visit with your surgeon or your first appointment in physiotherapy. You will be given varied exercises according to the type of surgery you underwent.

Getting sufficient rest and respecting your limitations will help with the recovery. Take care of yourself and do not hesitate to ask for help; the recovery is only for a short time.



Practical guide: Foot

The foot consists of a cluster of seven bones called the tarsus, joined to 5 bones called metatarsals that form the sole of the foot. These bones are joined to 14 phalanges forming the toes. All these small bones are joined and held together by numerous ligaments. The weight of the body is distributed on three arches formed by ligaments, muscles, tendons and the bones of the tarsus and metatarsals.



Dorsal view of the foot

Here is a brief description of foot surgeries. Do not hesitate to ask questions if you need additional information. This will ensure you have all the needed instructions. It's important to be well prepared.

It is important to stop taking any anti-inflammatory medication or aspirin 7 days before the surgery.

Debridement and Arthrodesis of the Foot

Surgical fusion of two bones to prevent movement and reduce pain.

Arthroplasty and Arthrodesis first MTP (Hallux rigidus)

Hallux rigidus is a degenerative osteoarthritis (stiffening) that affects the large joint at the base of the big toe. The surgery consists in either restoring mobility by reshaping the joint surfaces (arthroplasty) or by restricting mobility through arthrodesis (joint fusion).

Resection of Morton's Neuroma

Cutting off of a nerve at the bottom of the foot near the third and fourth toe.

Fracture Osteosynthesis

Repair of a fracture with plate and screws.

Arthroplasty and Arthrodesis (hammer toes / claws)

Reshaping or fusion of joint surfaces to correct deformities of toes.

Plantar Fascia Release

Plantar fascia release surgery involves cutting part of the plantar fascia ligament to release tension and relieve inflammation of the ligament.

Tarsal Osteotomy

Surgical cutting of a tarsus bone to correct abnormal alignment.



Practical guide: Foot

Post-surgical Instructions for the Foot

To help with your recovery from a foot surgery, the following exercises are recommended in order to avoid complications such as ankylosis, stiffness and swelling.

- Elevate your foot on a stool.
- Move your toes frequently.
- Apply ice for 10-12 minutes every two hours on the first days.
- When it comes to moving around, we will let you know if you can put pressure on your foot.

Please wait for the next visit to your surgeon or for your first appointment in physiotherapy before doing any other exercises. You will then be given further instructions on doing specific exercises depending on the type of surgery performed.

Getting sufficient rest and respecting your limitations also help in the recovery. Take care of yourself and do not hesitate to ask for help. Remember, your recovery period is only temporary.