

Information for patients

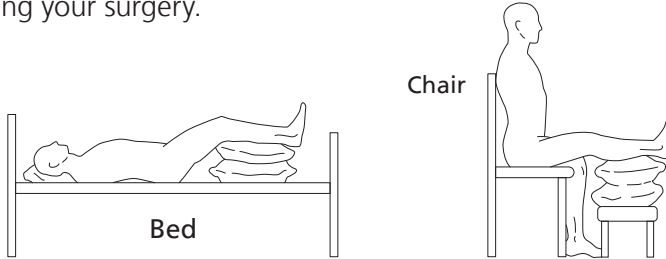
Foot Surgery Advice



Foot and Ankle

Information Following Foot Surgery

- Following surgery, it is important to keep your leg in high elevation to reduce swelling. This is especially important in the first 7-10 days following your surgery.



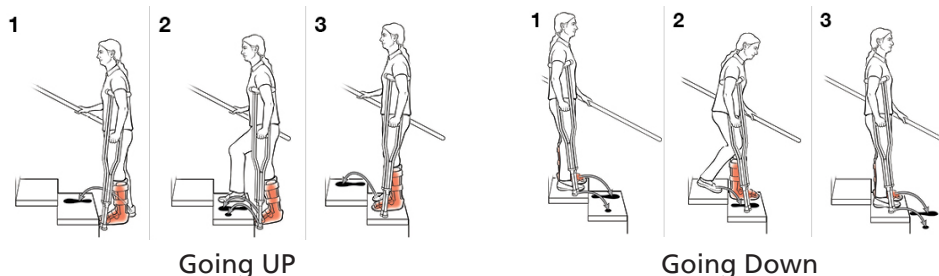
- It is important to keep your dressings clean and dry.
- You may be given a post-op shoe to wear on your operated foot. It is important to always wear this when mobilising and may be advised to wear in bed if you have pins visible.

Weight bearing status

A Physiotherapist will advise you on your weight bearing status and the duration of this. You will also be issued a walking aid if required. It is advised you mobilise little and often.

- ☐ **Full weight bearing** – No restrictions. You are able to weight-bear through the affected limb as much as able.
- ☐ **Partial weight bearing** – 50% weight bearing through your operated limb with the use of walking aids. You will be guided by the therapy team.
- ☐ **Toe-touch weight bearing** – You are able to rest your toes to the ground only. There is no loading through the limb. The therapy team will guide you further with this.
- ☐ **Non-weight bearing** – Your operated leg is not allowed to touch the ground when mobilising. You will use walking aids to assist with mobilisation and will be guided by the therapy team.
- ☐ **Heel weight bearing** – Your weight is through your heel only, keeping toes off the ground. You will be provided with a heel weight bearing shoe and walking aids for mobilisation and will be guided by the therapy team. Walking with short strides is the best way to maintain heel weight bearing.

When you go up stairs, use your **GOOD** leg first. When you come down stairs use your **BAD** leg first. (Good to Heaven, Bad to Hell)



Exercises

Please complete the exercises below to prevent any stiffness. The exercises should be completed in a controlled manner. You should stop exercising if you have increased pain not eased by rest or pain relief.

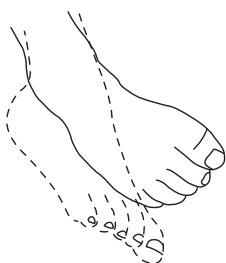


Ankle pumps in supine

Lie on your back with your legs straight.

Briskly bend straighten you ankles.

Repeat times.



Sitting with your foot on the floor

Alternatively, raise the inner border of your foot (big toe) and then the outer border (little toe).

Repeat times.



Ankle Eversion

Alternatively raise outside border of your foot. Hold this position for a second then relax back to the start position.

Repeat times.

If you require a special edition of this leaflet

This leaflet is available in large print. Arrangements can also be made on request for it to be explained in your preferred language. Please contact the Patient Advice and Liaison Service (PALS) email: rjah.pals.office@nhs.net

Feedback

Tell us what you think of our patient information leaflet.
Please send your comments to the Patient Advice and Liaison Service (PALS) email: rjah.pals.office@nhs.net

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