



# Ankle Surgery

Planning and Recovery

If you have any questions, please call the  
OrthoNebraska Physical Therapy team at (402) 609-1750.

# Preparing for Ankle Surgery

## Understand the precautions following surgery

Speak to your doctor prior to surgery about what weight bearing restrictions you may have following your surgery. Some patients will be allowed to step on their affected ankle however some will not be allowed to place any weight on that ankle. Understanding the potential restrictions and the length of time you will be required to follow these restrictions will allow you to prepare for what is to come.

- Weight Bearing As Tolerated:** You will be allowed to bear weight through your leg as you are able. You may have a post-operative shoe to assist with walking following surgery.
- Partial Weight Bearing:** You will be allowed to place up to 50% of your weight through the affected ankle.
- Toe Touch Weight Bearing or Flat Foot Weight Bearing:** You will be allowed to place your toes or your foot down on the ground to help you balance however you will not be allowed to bear pressure through that leg.
- Non-Weight Bearing:** You will not be allowed to place any weight through your lower extremity on the affected side.

## Assistive Devices & Walking Aids

There are many different devices that can assist you with walking following surgery. It is a good idea to trial the device if available. This will help you decide which device will allow you to limit weight bearing if necessary. If you are having difficulty using a device especially if you have been told you will need to maintain non-weight bearing, call your doctor to determine if a preoperative therapy session may be helpful. This equipment may be purchased at a local DME pharmacy or online.



Crutches



Front Wheeled Walker



Knee Scooter



Wheelchair



Watch our videos on proper walking form with crutches and more:

[OrthoNebraska.com/Ankle](https://OrthoNebraska.com/Ankle)

Please be sure to check out our educational videos for walking with a device and stair training

## Set up your Environment

Prepare your home to allow easy access with use of an assistive device

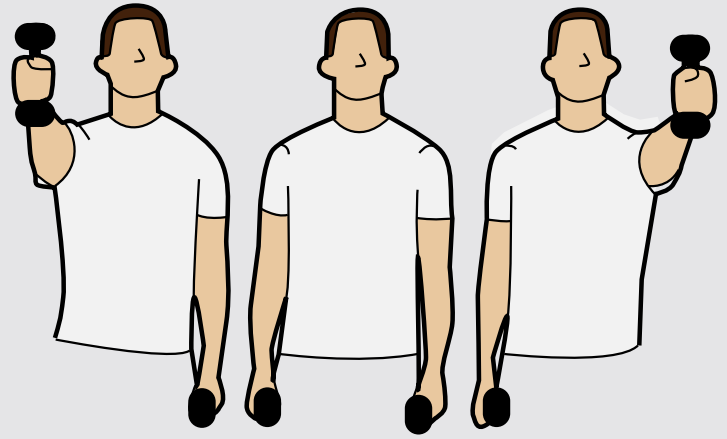
- Move furniture to allow for more space.
- Pick up throw rugs.
- Check railings on the stairs to ensure they are secure. If you don't have railings, consider having railings installed.
- Check to see if your assistive device will fit through doorways around your home.
- Consider setting up a living area on the main level to limit stair use.
- Consider whether you may need equipment to help get on/off the toilet. Items available to assist include toilet riser, commode, grab bars, or a toilet safety frame.
- Consider getting a shower chair for use after surgery to avoid bearing weight on your ankle or consider sponge bathing.
- Move frequently used items in kitchen and bathrooms for easy access when using an assistive device.
- You may need to consider having a ramp installed if you are unable to maneuver the steps safely while maintaining weight bearing restrictions as indicated by your doctor.

## Plan for help following Surgery

You will be required to have a family member or friend spend the night following surgery. Recruit family or friends to assist with laundry, grocery shopping, and transportation for appointments and errands in the weeks following surgery. It is also recommended that you make arrangements for pets, mail, and trash if you live alone.

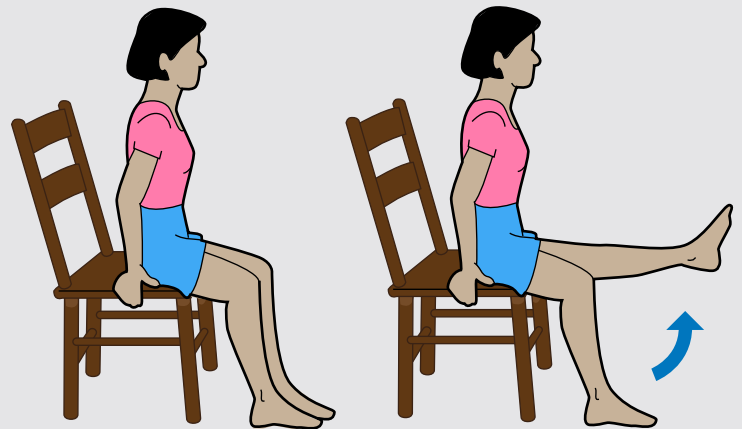
## Forward Raise

- 1 While sitting in a chair, hold a free weight in both hands with your elbows straight and down by your side. Your palms should be facing inward towards the side of your body.
- 2 Next, slowly raise one of them up in front of your body. Then lower to starting position and then repeat on the other side. Alternate to the other side after each repetition.
- 3 Do not let your shoulder shrug upwards unless instructed to go over shoulder level height.
- 4 Complete one (1) set of 10 repetitions, three (3) times per day.



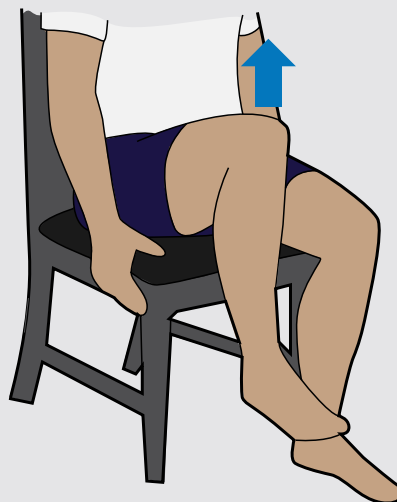
## Long Arc Quad

- 1 While seated with your knee in a bent position, slowly straighten your knee as you raise your foot upwards as shown.
- 2 Hold for three (3) seconds. Repeat with opposite leg.
- 3 Complete one (1) set of 10 repetitions, three (3) times per day.



## Seated Marching

- 1 While seated in a chair, lift up your foot and knee.
- 2 Set it down and then perform on the other leg.
- 3 Repeat this alternating movement.
- 4 Complete one (1) set of 10 repetitions, three (3) times per day.



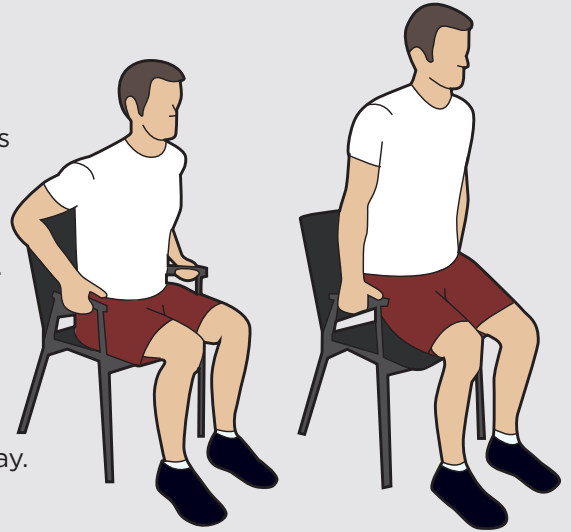
Once your doctor advanced your activity, physical therapy can assist with flexibility, strength, and returning to your day-to-day mobility. If you have any questions, please call the OrthoNebraska Physical Therapy team at (402) 609-1750.

## Exercises

The following are exercises you can do prior to surgery and during your recovery to help with upper body strength and lower body mobility.

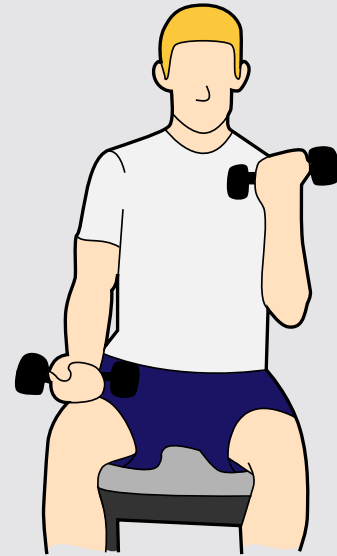
### Press Ups in Chair

- 1 While sitting in a chair with arm rests, push yourself upwards so that you lift your buttocks off the chair. Hold for five (5) seconds.
- 2 Then lower down controlled back to normal seated position.
- 3 If you are unable to lift yourself up, you can perform “pressure releases” so that you simply push to take some weight off your buttocks.
- 4 Complete one (1) set of 10 repetitions, three (3) times per day. Remember to comply with your weight restrictions following surgery.



### Seated Bicep Curls

- 1 While sitting in a chair and holding free weights on each thigh, lift one side while bending at the elbow.
- 2 Perform on one side and then alternate to the other side.
- 3 Complete one (1) set of 10 repetitions, three (3) times per day.



### Lateral Raise

- 1 While sitting in a chair and holding a dumbbell in both hands with your elbows straight, raise your arms up from your side with the palms facing downward.
- 2 Lower and repeat.
- 3 Do not let your shoulder shrug upwards and do not go over shoulder level height.
- 4 Complete one (1) set of 10 repetitions, three (3) times per day.

