

Physiotherapy (Orthopaedics): Rugby St Cross

Ankle Arthroscopy

This information is for patients following an Ankle Arthroscopy. The operation aims to reduce the symptoms that you are experiencing in your ankle. Surgical approaches and techniques used vary from procedure to procedure.

What to expect afterwards

Pain

After the procedure your ankle may feel sore and you will be given painkillers. These should be continued after you are discharged home. You can use an ice pack which may help reduce any swelling or pain. When at home wrap frozen peas or crushed ice in a dry cloth and place on the ankle for up to 20 minutes, leaving at least an hour between applications.

Wound

The surgeon will use small incisions to put in the arthroscopes (instruments used in keyhole surgery) to complete the procedures required. You should therefore only have small wounds which you will be guided on how to care for.

Be vigilant and watch for signs of wound infection such as:

- Swelling
- Redness on or around the wounds
- Severe increase in pain and reduced movement
- Oozing of the wounds
- Smelly discharge



Patient Information

If you are concerned about your wound please contact the hospital switch board on 024 7696 4000 and ask for the fracture clinic. You will then be guided on what to do from there.

Exercises

The success of your operation will often depend on the amount of effort you are prepared to put into your rehabilitation.

Although your ankle may feel sore after the operation it is vital that you start the exercises in order to build up the muscles and to regain the range of movement of your ankle after the surgery.

Before being discharged you will be seen by a physiotherapist who will advise you and explain the exercises you need to do.

It is essential you do the recommended exercises **5 times per day** or you may not make a full recovery. You may experience some discomfort whilst completing the exercises, this is normal.

Deep breathing exercises

Take a deep breath in through your nose, hold for a couple of seconds, sniff, and then breathe out through your mouth. Complete these **3 times, hourly**.

Maintenance exercises

In lying or sitting, bend and straighten your knee. This will ensure that it does not become stiff as you will not be as functional as before for a little while. Complete this **10 times, hourly**.

Toe exercises

Bend and straighten your toes. This will help the smaller muscles of your foot regain their function. Repeat 10 times.

Patient Information



Ankle dorsiflexion

Flex your ankle to point your toes up as in the picture.

Repeat 10 times.

Ankle rotation

Move your ankle in a circle. Repeat 10 times clockwise, and 10 times anticlockwise.

These exercises will help you regain your movement after the procedure. You may have a large dressing which you will be guided on how to manage by the nursing staff. When this dressing is removed, you can start the ankle exercises.

Additional advice/guidance

This space is left for your Physiotherapist to detail any further information that you require. This could be further exercises to complete.

Patient Information

Discharge

You will usually be able to go home when you feel ready, and when you have been discharged from the therapy team. You will need to arrange for someone to drive you home. You should try to have a responsible adult to stay with you for the first 24 hours after your operation (if you go home on the day of your operation).

Physiotherapy may be required after the operation and you will be advised on this by a physiotherapist prior to leaving the ward. If required, you will be contacted with an urgent outpatient physiotherapy appointment after your discharge. We strongly advise that, if you have not received any communication from the physiotherapy department 1 week after discharge, you contact the department on the number below.

If you have any concerns about your wounds between therapy appointments please contact the hospital.

Further Information

If you have any queries or concerns please contact:

Rugby Physiotherapy Orthopaedic Department Telephone: 01788 663054

University Hospital Coventry and Warwickshire Outpatients Telephone:
024 7696 6013

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Document History

Author	St Cross Orthopaedic Team
Department	Rugby St Cross: Physiotherapy Orthopaedic
Contact Tel No	01788663054
Published	October 2014
Reviewed	July 2019
Review	July 2022
Version	4
Reference No	HIC/LFT/1828/14