

Physiotherapy – Orthopaedics

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 with any pain. Apply an ice pack for up to 20 minutes at a time, leave at least one hour between applications.

Wound

The surgeon will use small incisions to put in the instruments used in keyhole surgery to complete the arthroscopy. You will need to keep the dressings over these small wounds clean and dry.

If you have any concerns regarding your wound and it:

- Becomes red or inflamed (swollen or hot to touch)
- Begins to ooze or discharge
- Begins to bleed
- Starts to smell



Patient Information

Please call your consultant's secretary:

Anna Chapman 024 7696 7117

Vivek Dhukaram 024 7696 5095

Asgar Ali 024 7696 5073

If they are unavailable, contact:

Plaster room 024 7696 6909

For out of hours support you will need to go to A&E or the Urgent Treatment Centre.

Exercises

These exercises will help you regain your movement after the procedure. You may have a large dressing; the nursing staff will give you information on when to remove it. The exercises may be a little harder while the dressing is in place.

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 important that you start the exercises 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.

Patient Information

Maintenance exercises

You will not be walking as much as normal straight away so these exercises will stop your knee and foot from becoming stiff.

Knee bending and straightening

In lying or sitting, bend and straighten your knee. Repeat 10 times.

Toe exercises

Wriggle your toes for 10 seconds.

Ankle exercises

Ankle rotation

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



Patient Information

Ankle movement



Slowly flex your ankle to point your toes up as in the picture, then slowly point them back down.

Try to increase the amount your ankle moves within your pain limits.

Do not force the movement.

Repeat 10 times.

Discharge

You will usually be able to go home when you feel ready. You will need to arrange for someone to drive you home. You should have a responsible adult to stay with you overnight.

Physiotherapy may be required after the operation, and you will be advised on this by a physiotherapist. If required, you will be contacted with an urgent outpatient physiotherapy appointment after your discharge. If you have not heard from the physiotherapy department 1 week after discharge, please contact us.

Further information

If you have any queries or concerns, please contact:

Rugby Physiotherapy Orthopaedic Department Telephone: 01788 663054

Patient Information

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact our physiotherapy department and we will do our best to meet your needs.

The Trust operates a smoke free policy.

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