

## Physiotherapy

# Exercises after your leg surgery: Gastrocnemius or Soleus Procedures with or without Tibial Derotation

**0-4 days after the operation:** You must not put weight through the operated leg or foot. (Non-weight bearing status)

**4-14 days after the operation:** Weight bearing when you move from one position to the other (transfers) only

**15 or more days after the operation:** You can support your weight through your legs and feet (Full weight bearing status)

**Complete these exercises from day 1 after your operation onwards:**

**Slide board transfer from:  
Bed to wheelchair**

**What is this exercise for?** To improve your ability to move from a bed to your wheelchair and back to your bed.

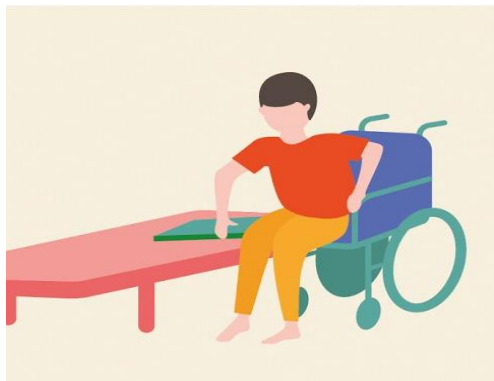
**Your instructions:** Make sure the bed has been lowered to the same height as your chair. Move your chair sideways on and as close to your bed as possible. Remove the wheelchair's arm rest and footplate on the side closest to the bed and check the brakes are on.

Sit on the edge of the bed. Then lean to one side, away from your chair to slide one quarter of the slide board under your bottom and sit on it. The rest of the board should be positioned over the chair. Keep your hands flat on the board and with short movements pushing with your hands; slide your bottom along the board to the chair. Position your feet once you have moved across to the chair. Lean to the side and remove the board. Replace armrest and foot plates.



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### b) Wheelchair to bed



**Your instructions:** Make sure the bed has been lowered to the same height as your chair. Move your chair sideways on, close to your bed. Remove the wheelchair's arm rest and footplate on the side closest to the bed and check the brakes are on. Sit on the front edge of your wheelchair, lean to one side, away from your bed to slide one quarter of the slide board under your bottom and sit on it. The rest of the board should be positioned over the bed. Keep hands flat on the board and with short movements pushing with your hands; slide your bottom along the board to the bed. Lean to the side and remove the board.

**Complete these exercises from day 4 after your operation:**

### Hip and knee flexion



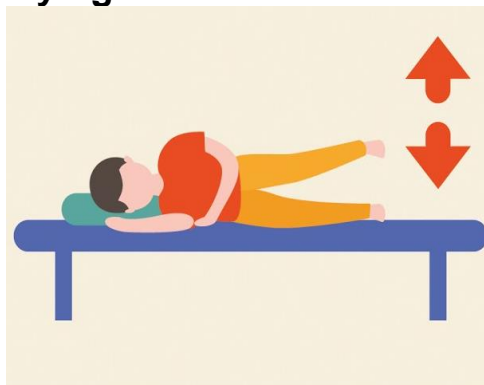
**What is this exercise for?** To increase range of motion at the hip and knee.

**Your instructions:** Lie on your back. Start with your hip straight. Place a carrier bag or plastic apron under your foot and then slide your heel along the bed towards your bottom as far as pain allows. Then gradually straighten your leg, aiming to push your knee into the mattress.

**Repeat** \_\_\_\_\_ **times, \_\_\_\_\_ per day**

**Right / left / both**

### Hip abduction in side lying



**What is this exercise for?** To strengthen the muscles at the side of your hip.

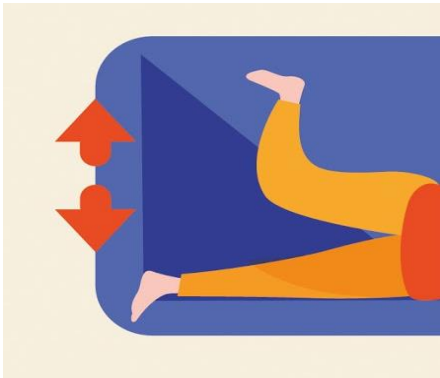
**Your instructions:** Lie down on your side. Start with your top leg resting on the bed. Lift your leg away from the bed leading with your heel. Finish with your leg away from the bed. Keep your hip and knee straight and your foot pointing forwards.

**Repeat** \_\_\_\_\_ **times, \_\_\_\_\_ per day**

**Right / Left / Both**

## Patient Information

### Hip extension in side lying



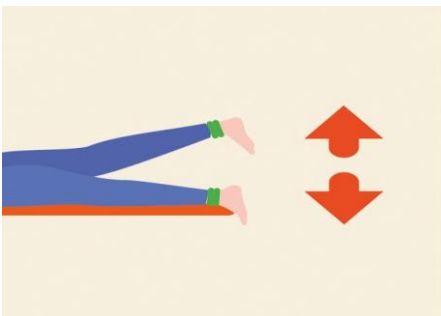
**What is this exercise for?** To strengthen the muscles at the back and front of your hip.

**Your instructions:** Lie down on your side, using your hands to support you. With the leg that is on top, lift and move your whole leg forwards until it is in front of your hip as far as you are able to take it without pain and maintain balance. Then move your whole leg back to the starting position and past, so your leg is behind your hip, as far as you go and maintain balance. Return to starting position.

**Repeat** \_\_\_\_\_ **times,** \_\_\_\_\_ **per day**

**Right / Left / Both**

### Hip extension in prone



**What is this exercise for?** To strengthen the muscles at the back of your hip.

**Your instructions:** Position yourself lying on your stomach. Start with your leg on the bed. Lift your leg off the bed, keeping your tummy area (trunk) still, hold for 2 seconds and then lower gently to the bed.

**Repeat** \_\_\_\_\_ **times,** \_\_\_\_\_ **per day**

**Right / left / both**

### Hip flexor strengthening in sitting



**What is this exercise for?** To strengthen the muscles at the front of your hip (hip flexors).

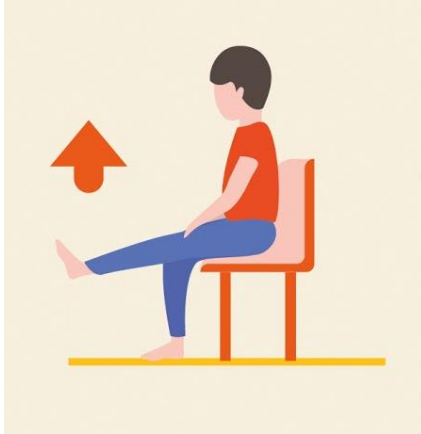
**Your instructions:** Position yourself sitting with both feet on the floor. Start with your knee bent and foot on the floor. Keeping your knee bent, lift your knee up until your foot is off the floor. Hold for 5 seconds and then lower gently.

**Repeat** \_\_\_\_\_ **times,** \_\_\_\_\_ **per day**

**Right / Left / Both**

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### Knee flexion/ extension in sitting



**What is this exercise for?** To strengthen your thigh muscles (Quadriceps).

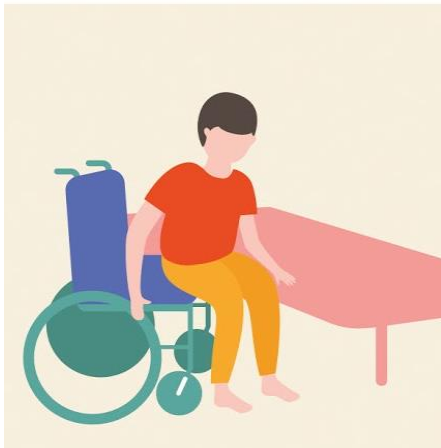
**Your instructions:** When sitting in a chair or with your legs over the side of a bed, thighs supported and feet on the floor slide your knee backwards bending your knee as much as pain allows. To bring your leg forward, tighten the muscles in your thigh and straighten your knee as much as possible.

Repeat \_\_\_\_\_ times, \_\_\_\_\_ per day

Right / Left / Both

### Weight bearing transfer from:

#### a) Bed to wheelchair

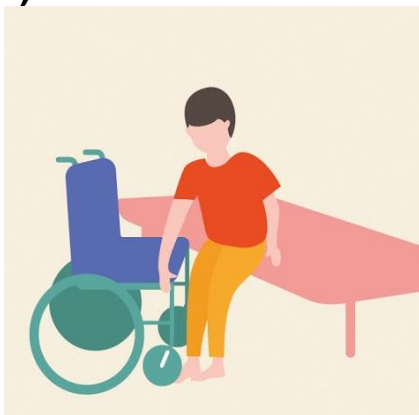


**What is this exercise for?** To improve your ability to move from a bed to your wheelchair/ wheelchair to bed.

#### Your instructions

Lower the bed before you start. Sit on the edge of the bed with your chair close by at a 90 degree/ right angle from the bed. Pushing through your hands whilst straightening your arms, practice lifting yourself across onto your chair. Place one hand on the cushion and your other hand on the bed. As pain allows, push through your legs to help move to your chair. Position your feet once you have moved across to the chair.

#### b) Wheelchair to bed



Sit on the front edge of your wheelchair next to your bed. Make sure the wheelchair brakes are on and adjust the height of the bed to the height of your wheelchair. Push through your hands and straighten your arms and practice lifting across onto the bed. Place one hand on the cushion and your other hand on the bed. As pain allows, push through your legs to help move to your bed.

## Patient Information

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#### Document History

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