



Post-Operative Mobility

Post-operative mobility is always a concern and you will either be in a cam walker boot or a below knee splint. To help protect the surgery you are having done, we will want you to keep the operated foot off the ground at all times. This is called **non-weight bearing** and means you cannot put any weight at all on the operated foot, until it is safe to do so.

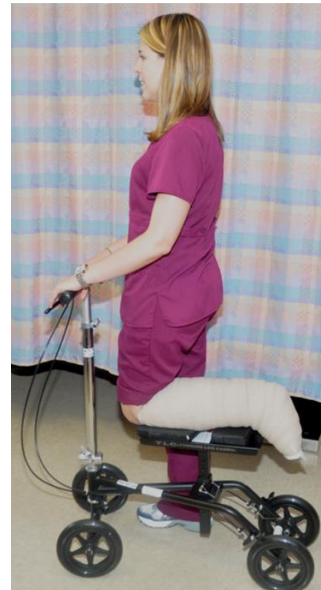
After the surgery, your foot will be wrapped up in a large, bulky splint to protect the foot and ankle. We initially use these splints instead of a cast, because the foot will swell after surgery. These splints may feel very heavy because you have just had surgery. When you return to our office, we will remove the splint and likely replace it with a smaller, lighter boot or night splint depending on your case.

Rest appropriately and follow your post-op instructions. Your foot and ankle will swell, and may become painful, when it is left hanging down. So, when you are sitting or lying down, keep the leg elevated to help keep the swelling down and reduce pain.

We recommend a knee scooter or crutches. Knee scooters can be most easily found on amazon.com for approximately \$100.00. You will need it on and off for about 4-6 weeks all depending on your procedure.

If you cannot afford a knee scooter, we do have options for renting one. Please contact

<https://valleymedicalsupplies.com/equipment-rentals/knee-walker-rentals/> or call the office.



7301 E. 2nd Street, Ste. 206
Scottsdale, AZ 85251

33423 N. 32nd Avenue, Ste. 2200
Phoenix, AZ 85085

Office: 602.761.7819 | Fax: 602.324.7199

www.phoenixfai.com