

Exercises after bunion surgery on your foot

Department of Podiatric Surgery

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Information for Patients

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Introduction

After your foot surgery, you must follow the advice and exercises described below. This will give you the best possible results.

2 weeks after your surgery

Your stitches are taken out 10 to 14 days after your surgery. A thin dressing will be put onto your wound. Keep this dressing on. Do not get it wet for 7 days. After 7 days, remove the dressing and gently wash the foot. Do not soak it straight away. Massage firmly along the scar line every day using a plain, unperfumed moisturising cream. Move your thumbs up and down the scar line in opposite directions. You can now place your foot flat on the ground in the trauma shoe and stop using crutches if you are confident to do so.

3 weeks after your surgery

Start exercising the joint. We will show you how to do this at your redressing appointment.



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- Hold the toe firmly at its base.
- Bend the toe up and down as far as you can.
- Keep it there for 5 seconds.
- Repeat this 5 to 6 times, 3 to 4 times daily.

The exercises will be uncomfortable. The aim is to make the joint less stiff and stronger. This will help you to walk more normally again.

4 weeks after your surgery

- Support yourself standing up with equal weight on both feet. When ready, raise the heel slightly off the ground and lift up onto your tip toes. Try and hold this position for 5 seconds. Repeat 5 times, 3 to 4 times a day. With time, lift the heels higher further onto your tip toes. Carry on with a gentle rocking motion to the affected foot.
- To increase muscle power, place your affected foot onto the floor. Imagine there is a bookmark under the toe that someone is trying to pull away. Try to push the toe to the floor to stop the bookmark being pulled away. Repeat 5 times, 3 to 4 times a day.
- Finally, try and spread your toes out and hold for 5 seconds. At first, the big toe will not want to move. Repeat 5 times, 3 to 4 times a day

You can stop wearing the trauma shoe 4 weeks after your surgery and introduce a trainer style shoe. Open the fastening fully. Place your foot into the shoe and fasten so it is comfortable. It is advised that you put the trainer shoe on first thing in the morning before the foot starts to swell. This type of shoe will offer support, cushioning and will help to manage ongoing swelling.

You should continue to do the exercises until your 10 week review appointment.

Increase your activity to 'within the limits of comfort'. Your foot will ache and swell dependant on your activity.

Bones take 6 weeks to heal and at least 12 weeks to regain full strength. Normal activities such as walking should be built up gradually from 6 weeks after your surgery.

We do not recommend that you

- **go running or**
- **do heavy weight lifting**
- **or high impact exercise classes**

until at least 12 weeks after your surgery.

Contact Details

If you have any questions or concerns please do not hesitate to get in contact with the podiatry team (Monday to Friday, 08.30am to 4.30pm).

Rutland Memorial Hospital

Main reception: 01572 772000 (option 8 for outpatient appointments)

Melton Mowbray Hospital

Main reception: 01664 854800. Day surgery unit: 01664 854904

Outpatient appointments: 01664 800154

Loughborough Hospital

Main reception: 01509 611600. Day surgery unit: 01509 564406

Outpatient appointments: 01509 564355

Hinckley & District Hospital

Main reception: 01455 441800. Day surgery unit: 01455 441845

Outpatient appointments: 01455 441918

Market Harborough Hospital (St Luke's Treatment Centre)

Main reception: 01858 410500

Outpatient appointments: 01858 438135

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على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

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