

APPENDIX 1stMTP hemiarthroplasty postoperative rehabilitation program Created by Robyn Gant, Merrin Coad, and Martin Sullivan

Week 1–2
No physiotherapy
Exercises 3×daily

Walking: The postoperative shoe (A) must be worn and you may weight bear as tolerated. The bandages will remain in place until your first postoperative visit.

Pain and swelling: Use ice and elevation (B) of the limb every 2–3 hours to control pain and swelling. Move your ankle up and down to assist drainage.

Calf stretching: Stretch your calf 3 times daily for 1 minute to prevent ankle stiffness (C).

Weeks 2–4
Physiotherapy commences 2–3×/week
Exercises 3×daily

Bandaging: Use the Coban elasticised bandage daily to control swelling. Bandage in a circular motion from the tip of the toe to the front of the foot (D).

Padding: A deflective padding (E) worn under the ball of the foot will reduce pain with weight bearing. A toe separator is used to stretch the space between the first and second toe (5 min) (F). Your physiotherapist will make these from adhesive felt or foam.

Shoes: a loose-fitting sneaker may be worn.

Mobilize scars: slide skin on underlying tissue in a circular direction. Rotate in both directions and repeat along length of scar.

(G) Seated toe raises × 20: keep toes on floor, raise heel to the limit of pain and return.

(H) Toe lifts × 20: sitting with foot on floor, raise toe as far as possible to ceiling and return.

(I) Toe bends × 20: sitting with the toe resting over the edge of a phone book, bend toe towards the floor.

(J) Calf stretches.

(K) Toe pulls × 20: pull toe back with hand to pain.

(L) Theraband toe bends × 20: resting foot on heel, hold theraband and wrap under big toe. Point foot and toe towards the floor against resistance. Return slowly. Start with red and progress to green theraband.

(M) Theraband toe pulls: sitting with foot on floor with theraband wrapped around big toe and secured under the other foot. Pull big toe up to ceiling and lower slowly, × 10.

(N) Golf ball: roll arch of foot over golf ball in sitting, with pressure as tolerated (2 min).

Hip stretches: You may have experienced some hip stiffness or soreness from attempting to walk on the outside of your foot. Try these stretches.

(O) Laying on your back pull the bent knee towards the opposite shoulder. You should feel a stretch in the buttock. Hold 1 minute.

(P) Lying on your front with the knee bent to 90 degrees, drop the lower leg out to the side. Hold 1 minute.

(Q) Nerve mobilisation. Wrap a towel around the heel and raise the leg up and across the body. Oscillate the foot by pulling alternatively on each side of the towel. You should feel a strong pull up the outside of your leg and top of the foot. Oscillate for 30 sec–1 min. *This exercise should not cause severe discomfort of pain. Do not persist if pain increases after the exercise.*

Weeks 4–6
Physiotherapy 1×/week
Exercises 2×/day

Pool: Start with the water level about chest height and progress to shallower water over 2–3 weeks.

(R) Toe raises 1 × 20: keep weight even on both feet and raise up onto toes.

(S) Single leg toe raises 1 × 20. Standing on affected foot raise onto the toes and lower.

(T) Walk forwards and backwards across at the same water level. Practice keeping the weight on your big toe as you roll off the foot.

(U) Treading water, kick boarding and swimming are also recommended for general fitness and conditioning.

Weeks 6–8
Physiotherapy 1×/week
Exercises 2×/day

(V) Toe flexor stretch in standing. Roll a towel and place it in front of a step. Place your toes on the towel and the ball of your foot on the floor so that your toes are bent upwards. Bend the knee forwards over the edge of the step. Hold 1 minute.

(W) Walking training. Ensure your weight is moving through the big toe at push-off. Practice rolling backwards and forwards in this position.

(X) Balance retraining. Practice balancing on 1 foot on a balance board or a pillow/cushion for 2 min.

(Y) Rebounder/mintrampoline: jogging 5 minutes, or

(Z) Walk at a moderate pace on the flat for 10 minutes. Gradually increase time to 20 minutes then introduce hills or stairs.

Note: a graduated return to normal activities and sport is recommended. Start slowly and add only 1 new activity per week. If you have done too much, you may not feel it until the next day.
