

## BCFAS Post-operative Instructions and Physiotherapy Referral

Drs. Younger & Wing  
Suite 401-1160 Burrard St.,  
Vancouver, BC, V6Z 2E8  
604-875-3585



BCFAS Clinic  
St. Vincent's Hospital- Heather  
749 West 33rd Avenue  
Vancouver, BC, V5Z 2K4  
604-876-7171

Patient Name: \_\_\_\_\_

Surgical Intervention: \_\_\_\_\_

1. Make appointment for follow-up to see Dr. \_\_\_\_\_ approximately: \_\_\_\_\_  
\_\_\_\_\_ days for absorbable sutures/sutures/wound review. (x-ray Y/N) Appt. date: \_\_\_\_\_  
\_\_\_\_\_ 6 weeks (x-ray Y/N) Appt. date \_\_\_\_\_  
\_\_\_\_\_ 3 months (x-ray Y/N) Appt. date \_\_\_\_\_

after your operation at Foot & Ankle Clinic, St. Vincent's or Burrard St. Office.

2. May partial/full weight bear on foot/heel after \_\_\_\_\_ days/weeks.
3. Patient may begin active range of motion exercises at \_\_\_\_\_ days/weeks. Remove boot twice daily for 30 x's ROM exercises of \_\_\_\_\_ joint(s).
4. May remove Walker boot for showering after \_\_\_\_\_ days/weeks. Otherwise, wear Walker boot full-time during the day for \_\_\_\_\_ days/weeks and during the night for \_\_\_\_\_ days/weeks.
5. Physiotherapy to start at \_\_\_\_\_ days/weeks
- a. May do passive glides of the \_\_\_\_\_ joints at \_\_\_\_\_ days/weeks.
  - b. Avoid \_\_\_\_\_
  - c. Other precautions: \_\_\_\_\_
  - d. Gait training at \_\_\_\_\_ weeks.
  - e. Strengthening at \_\_\_\_\_ weeks.
  - f. Proprioception and balance training at \_\_\_\_\_ weeks
6. May return to:
- Stationary cycling at \_\_\_\_\_ weeks.
  - Swimming at \_\_\_\_\_ weeks.
  - Sporting activities at \_\_\_\_\_ weeks.
7. Estimated return to work at \_\_\_\_\_ weeks.