

## Rehabilitation following Hemicap/Mojo/cheliectomy- Mr Limaye

Week	Mobility	Weight bearing	Rehabilitation	Goals
0-2	Plaster shoe	Heel weight bearing	Prophylactic/circulatory exercises (SQ, SLR, Static Gluts, ROM Knee/Hip). Advice re: elevation. NO passive movement	Prevent post op complications Independent on crutches Education
2-6	Normal shoe/trainer (stitches removed at 2/52)	Progress to FWB as pain and comfort allows.	Pain and oedema control. FROM Active and passive Ankle, mid foot and 1 <sup>st</sup> MTPJ. Gait re-education. Early CV work – Bike Early closed chain exercises, Squats, calf stretches. Single leg stand.	Independent Mobility. Maintenance of other muscle groups. Normal gait pattern
6 weeks	Normal Shoe/trainer	FWB	Gait re-education. Progress proprioception, out of base of support. Step ups, lunges. Heel raises (double leg) Increase CV work – Cross Trainer, Stepper.	Achieve full range of movement in all directions. Normal Gait pattern. Equal proprioception both sides Full strength Return to full function