

MSK Physiotherapy referral and triage guidance Orthopaedic foot and ankle surgery

Background- People who have had orthopaedic ankle & hindfoot surgery typically require outpatient physiotherapy to support rehabilitation. Foot and ankle Orthopaedic Consultant Surgeons within NHS Lothian have produced a definitive guide for the post operative management considerations for people undergoing foot and ankle surgery. The guide covers status and timelines for a range of factors including weight bearing status, types of supports (ie. Shoes, braces, plaster etc), requirement for post operative physiotherapy and when post op physiotherapy should commence.

Referral guidance- In patient staff- Please refer to this guide. If outpatient physiotherapy is required, the inpatient physiotherapist is responsible to make the referral to the relevant outpatient physiotherapy department on the day of surgery/ discharge from hospital. Complete all relevant detail including explicitly date, type of surgery and post operative week that outpatient physiotherapy should commence. In patient team is responsible

Triage guidance- Outpatient staff- triage referral and ensure an outpatient appointment is scheduled for the week post operative which physiotherapy should commence.

Other guidance- The site for Out Patient Physiotherapy care will be based on a variety of criteria inc.

- Proximity of site to patients home
- Service capacity and ability to provide within pathway timescale
- Complexity of surgery – more complex procedures which require more frequent input/ close collaboration with Orthopaedic surgeon may benefit from provision of care within acute setting if the patient is able and willing to travel

Other notes- This document is held within the MSK network on the NHS Lothian Physiotherapy intranet pages [MSK Network \(scot.nhs.uk\)](https://scot.nhs.uk), and also on the MSK Physiotherapy Ref help pages [Musculoskeletal \(Physiotherapy\) – RefHelp \(nhslothian.scot\)](https://nhslothian.scot). The guide will be reviewed every 2 years

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Forefoot Surgery

File Name	Weight	For	Intraop	For	Then	For	Then	For	Physio	When FWB @
Forefoot Surgery										
001- 1st MTPJ Cheilectomy	FWB		Velcro	2wks	Free				No	Day 1
002- 1st MTPJ Cartiva	FWB		Velcro	2wks	Free				No	Day 1
003- 1st MTPJ Cartiva + Moberg	FWB		Velcro	2wks	Free				No	Day 1
004- 1st MTPJ BioPro Hemiarthroplasty	FWB		Velcro	2wks	Free				No	Day 1
005- 1st MTPJ Fusion	FWB		Offloader	6wks	Free				No	Day 1
006- 1st MTPJ Fusion + DMMOs	FWB		Offloader	6wks	Free				No	Day 1
007- 1st MTPJ Fusion + DMMOs + Lesser Toes	FWB		Offloader	6wks	Free				No	Day 1
008- 1st MTPJ Fusion + Excision Met Heads	FWB		Offloader	6wks	Free				No	Day 1
009- 1st MTPJ Fusion + Morton Neuromas	FWB		Offloader	6wks	Free				No	Day 1
010- 1st MTPJ Fusion + Lesser Toes	FWB		Offloader	6wks	Free				No	Day 1
011- DMMOs alone	FWB		Offloader	6wks	Free				No	Day 1
012- DMMOs + Lesser Toes	FWB		Offloader	6wks	Free				No	Day 1
013- DMMOs + Lesser Toes + Akin	FWB		Offloader	6wks	Free				No	Day 1
014- Excision Lesser Met Heads	FWB		Velcro	2wks	Free				No	Day 1
015- Morton Neuroma 2 spaces	FWB		Velcro	2wks	Free				No	Day 1
016- Morton Neuroma 1 space	FWB		Velcro	2wks	Free				No	Day 1
017- Morton Neuroma 1 space & release other	FWB		Velcro	2wks	Free				No	Day 1
018- Lapidus + Bunionectomy + Akin	NWB	6wks	Boot	6wks	Free			Yes	6wks	12wks
019a- Lesser Toes with K-wires MTPJ Correction	FWB		Velcro	6wks	Free				No	Day 1
019b- Lesser Toes with Activa Pins	FWB		Velcro	2wks	Free				No	Day 1
019c- Lesser Toes with K-wires IPJ Fusion	FWB		Velcro	6wks	Free				No	Day 1
020- MICA	FWB		Offloader	6wks	Free				No	Day 1
021- Scarf osteotomy alone	FWB		Offloader	6wks	Free				No	Day 1
022- Scarf + Akin	FWB		Offloader	6wks	Free				No	Day 1
023- Scarf + Akin + DMMOs	FWB		Offloader	6wks	Free				No	Day 1
024- Scarf + Akin + DMMOs + Lesser Toes	FWB		Offloader	6wks	Free				No	Day 1
025- Scarf + Akin + 2 Morton Neuromas	FWB		Offloader	6wks	Free				No	Day 1
026- Scarf + Akin + Lesser Toes	FWB		Offloader	6wks	Free				No	Day 1
027- Big-toe Nail Excision + Phenol	FWB		Velcro	2wks	Free				No	Day 1
028- Freiberg's 2nd MTPJ	FWB		Velcro	2wks	Free				No	Day 1
029- Lateral Sesamoid excision	FWB		Velcro	2wks	Free				No	Day 1
030- Medial Sesamoid excision	FWB		Velcro	2wks	Free				No	Day 1

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Ankle & Hindfoot Surgery (1 of 2)

File Name	Weight	For	Intraop	For	Then	For	Then	For	Physio	When	FWB @
Ankle & Hind foot surgery											
040- Calcaneoplasty + Speed bridge	NWB	2wks	Boot	6wks	Free				Yes	4wks	
041- Achilles Sptripping + Tenotomies	PWB	6wks	Boot	6wks	Free				Yes	4wks	
042- Achilles Reconstruction Long FHL	NWB	6wks	Bkslap	2wks	Plaster NWB	4wks	Boot	6wks	Yes	6wks	
043- Achilles Reconstruction Short FHL	NWB	6wks	Bkslap	2wks	Plaster NWB	4wks	Boot	6wks	Yes	6wks	
043- Achilles Direct Repair Primary	NWB	6wks	Bkslap	2wks	Plaster NWB	4wks	Boot	6wks	Yes	6wks	
043- Achilles Direct Repair Delayed	NWB	6wks	Bkslap	2wks	Plaster NWB	4wks	Boot	6wks	Yes	6wks	
043b- Achilles Lengthening Percutaneous	NWB	6wks	Bkslap	2wks	Boot	4wks	Free		Yes	6wks	6wks
043b- Achilles Lengthening Open	NWB	6wks	Bkslap	2wks	Boot	6wks	Free		Yes	6wks	6wks
043b- Achilles Lengthening Revision	NWB	6wks	Bkslap	2wks	Boot	12wks	Free		Yes	6wks	6wks
044- Ankle Arthroscopy Debridement	PWB	6wks	Boot	6wks	Free				Yes	4wks	2wks
045- Ankle Arthroscopy Microfracture	NWB	6wks	Boot	6wks	Free				Yes	4wks	6wks
046- Ankle Arthroscopy Posterior	PWB	6wks	Boot	6wks	Free				Yes	4wks	2wks
050- Ankle Fusion Open Lateral	NWB	6wks	Bkslap	2wks	Plaster NWB	4wks	Plaster PWB	6wks	Yes	12wks	12wks
051- Ankle Fusion Arthroscopic	NWB	6wks	Bkslap	2wks	Plaster NWB	4wks	Plaster PWB	6wks	Yes	12wks	12wks
052- Ankle Fusion Open Anterior	NWB	6wks	Bkslap	2wks	Plaster NWB	4wks	Plaster PWB	6wks	Yes	12wks	12wks
053- Ankle Fusion Revision	NWB	6wks	Bkslap	2wks	Plaster NWB	4wks	Plaster PWB	6wks	Yes	12wks	12wks
060- Total Ankle Infinity	NWB	2wks	Bkslap	2wks	Boot	4wks	Free		Yes	4wks	6wks
060b- Total Ankle Infinity + TN fusion	NWB	2wks	Bkslap	2wks	Boot	4wks	Free		Yes	4wks	6wks
061- Total Ankle infinity Prophecy	NWB	2wks	Bkslap	2wks	Boot	4wks	Free		Yes	4wks	6wks
062- Total Ankle Infinity + Inbone Talus	NWB	2wks	Bkslap	2wks	Boot	4wks	Free		Yes	4wks	6wks
063- Total Ankle Infinity Prophecy + Inbone Talus	NWB	2wks	Bkslap	2wks	Boot	4wks	Free		Yes	4wks	6wks
064- Total Ankle Inbone	NWB	2wks	Bkslap	2wks	Boot	4wks	Free		Yes	4wks	6wks
065- Total Ankle Inbone Prophecy	NWB	2wks	Bkslap	2wks	Boot	4wks	Free		Yes	4wks	6wks
066- Total Ankle Revision	NWB	2wks	Bkslap	2wks	Boot	4wks	Free		Yes	4wks	6wks
070- AMIC Medial OCD	NWB	6wks	Boot	6wks	Free				Yes	4wks	6wks
071- AMIC Lateral OCD + Brostrum	NWB	6wks	Boot	6wks	Free				Yes	4wks	6wks
072- AMIC Lateral OCD + Internal Brace	NWB	6wks	Boot	6wks	Free				Yes	4wks	6wks
073- AMIC Lateral OCD Antrolateral approach	NWB	6wks	Boot	6wks	Free				Yes	4wks	6wks
074- Topaz Coblation PF alone	FWB		Boot	6wks	Free				Yes	4wks	Day 1
075- Gastrocnemius Lengthening alone	PWB	6wks	Boot	6wks	Free				Yes	4wks	6wks
076- Gastrocnemius Lengthening + MI Planter Fascia release	PWB	6wks	Boot	6wks	Free				Yes	4wks	6wks
077- Gastrocnemius Lengthening + Topaz	PWB	6wks	Boot	6wks	Free				Yes	4wks	6wks
078- Gastrocnemius Lengthening + Calc osteotomy	NWB	6wks	Boot	6wks	Free				Yes	4wks	6wks
079- Gastrocnemius Lengthening + Neuroma excision	PWB	6wks	Boot	6wks	Free				Yes	4wks	6wks

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Ankle & Hindfoot Surgery (2 of 2)

File Name	Weight	For	Intraop	For	Then	For	Then	For	Physio	When	FWB @
080- Calc Osteotomy Lateral Displacement	NWB	6wks	Bkslap	2wks	Plaster NWB	4wks	Plaster PWB	6wks	Yes	12wks	12wks
081- Calc Osteotomy + 1st Ray Elevation	NWB	6wks	Bkslap	2wks	Plaster NWB	4wks	Plaster PWB	6wks	Yes	12wks	12wks
082- Calc Osteotomy + 1st Ray + Tib Post Transfer	NWB	6wks	Bkslap	2wks	Plaster NWB	4wks	Plaster PWB	6wks	Yes	12wks	12wks
083- Calc Osteotomy + 1st Ray + Tib Post + Longus to Brevis	NWB	6wks	Bkslap	2wks	Plaster NWB	4wks	Plaster PWB	6wks	Yes	12wks	12wks
084- Calc Osteotomy Medial Displacement	NWB	6wks	Bkslap	2wks	Plaster NWB	4wks	Plaster PWB	6wks	Yes	12wks	12wks
085- Calc Osteotomy + Spring ligament Internal Brace	NWB	6wks	Bkslap	2wks	Plaster NWB	4wks	Plaster PWB	6wks	Yes	12wks	12wks
086- Calc Osteotomy + TN Fusion	NWB	6wks	Bkslap	2wks	Plaster NWB	4wks	Plaster PWB	6wks	Yes	12wks	12wks
087- Calc Osteotomy + Tib Post FDL transfer	NWB	6wks	Bkslap	2wks	Plaster NWB	4wks	Plaster PWB	6wks	Yes	12wks	12wks
088- Calc Osteotomy + Tib Post FDL transfer + Internal Brace	NWB	6wks	Bkslap	2wks	Plaster NWB	4wks	Plaster PWB	6wks	Yes	12wks	12wks
089- Calc Osteotomy + Reconstruction Accessory Navicular	NWB	6wks	Bkslap	2wks	Plaster NWB	4wks	Plaster PWB	6wks	Yes	12wks	12wks
090- Subtalar Fusion alone	NWB	6wks	Bkslap	2wks	Plaster NWB	4wks	Plaster PWB	6wks	Yes	12wks	12wks
091- Subtalar + TN Fusion	NWB	6wks	Bkslap	2wks	Plaster NWB	4wks	Plaster PWB	6wks	Yes	12wks	12wks
092- Triple Fusion	NWB	6wks	Bkslap	2wks	Plaster NWB	4wks	Plaster PWB	6wks	Yes	12wks	12wks
093- TN Fusion alone	NWB	6wks	Bkslap	2wks	Plaster NWB	4wks	Plaster PWB	6wks	Yes	12wks	12wks
094- TN + CC Chopart Fusion	NWB	6wks	Bkslap	2wks	Plaster NWB	4wks	Plaster PWB	6wks	Yes	12wks	12wks
095- TN + NC Fusion	NWB	6wks	Bkslap	2wks	Plaster NWB	4wks	Plaster PWB	6wks	Yes	12wks	12wks
096- NC Fusion alone	NWB	6wks	Bkslap	2wks	Plaster NWB	4wks	Plaster PWB	6wks	Yes	12wks	12wks
097- CC Fusion alone	NWB	6wks	Bkslap	2wks	Plaster NWB	4wks	Plaster PWB	6wks	Yes	12wks	12wks
098- TMT 1st + 2nd + 3rd Fusion	NWB	6wks	Bkslap	2wks	Plaster NWB	4wks	Plaster PWB	6wks	Yes	12wks	12wks
099- TMT 2nd + 3rd Fusion	NWB	6wks	Bkslap	2wks	Plaster NWB	4wks	Plaster PWB	6wks	Yes	12wks	12wks
100- TTC Fusion Lateral plate	NWB	6wks	Bkslap	2wks	Plaster NWB	4wks	Plaster PWB	6wks	Yes	12wks	12wks
110- Brostrum Repair	PWB	6wks	Boot	6wks	Free				Yes	4wks	6wks
111- Brostrum Repair + Ankle Arthroscopy	PWB	6wks	Boot	6wks	Free				Yes	4wks	6wks
112- Brostrum Repair + Peroneal Debridement	PWB	6wks	Boot	6wks	Free				Yes	4wks	6wks
113- Brostrum Repair + Peroneal Retinaculum repair	PWB	6wks	Boot	6wks	Free				Yes	4wks	6wks
114- Lateral Ligament Reconstruction Internal Brace	PWB	6wks	Boot	6wks	Free				Yes	4wks	6wks
115- Lateral Ligament Internal Brace + Calc Osteotomy	PWB	6wks	Boot	6wks	Free				Yes	4wks	6wks
116- Peroneal Groove Reconstruction	PWB	6wks	Boot	6wks	Free				Yes	4wks	6wks
120- V-osteotomy + Ilizarov For CFD									Yes	6wks	6wks
121- Circular Fixator removal									Yes	4wks	6wks
122- Subtalar Arthroeresis	NWB	2wks	Boot	6wks	Free				Yes	4wks	6wks
123- Complex Foot deformity Acute Correction	NWB	6wks	Bkslap	2wks	Plaster NWB	4wks	Plaster PWB	6wks	Yes	12wks	12wks
124- Removal of Metal Work	FWB		Velcro	2wks	Free						
125a- Soft tissue swelling excision	FWB		Velcro	2wks	Free						
125b- Soft tissue swelling excision / Lipoma	FWB		Velcro	2wks	Free						
125c- Soft tissue swelling excision / Ganglion	FWB		Velcro	2wks	Free						
126- Excision Plantar Fibroma	FWB		Velcro	2wks	Free						
127- Shockwave Therapy PF	FWB		Free								
128- Manipulation Foot / Ankle +/- Injection	FWB		Free								
130-Toe Amputation	FWB		Velcro	2wks	Free						

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Abbreviations

Full Weight Bearing
 Partial Weight Bearing
 Non-Weight Bearing
 Velcro Shoe
 Offloading Shoe
 Moon Boot or Aircast
 Backslap
 Plaster NWB
 Plaster PWB

FWB
 PWB
 NWB

Velcro
 Offloader
 Boot
 Bkslap
 Plaster NWB
 Plaster PWB

2wks
 4wks
 6wks
 12wks

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