

The Importance of Foot Supports and Mobility Aids Following Your Foot or Ankle Surgery

In preparing for your foot or ankle surgery, take some time to consider the appliances you'll require to assist your recovery and rehabilitation following your operation.

It is very likely you will be required to purchase a foot or ankle support to protect the work done during surgery. You may also require a mobility aid to assist you in getting around. This brochure outlines some of your options.

It is worthwhile planning a week in advance to ensure you have time to source the footwear and trial the aids required before your surgery.

Post-Operative Foot and Ankle Supports

A foot or ankle support provides stability to aid in the healing process following surgery. Examples include a post operative (post op) shoe and a Constrained Ankle Motion (CAM) boot.

A Post Op Shoe (see image 1) protects the foot from bending after forefoot surgery such as bunion correction.

A Controlled Ankle Motion (CAM) Boot (see image 2) – also known as a 'Moon Boot' – reduces the amount of pressure going through the foot and ankle after hindfoot and ankle surgery, such as ankle fusion or a ligament reconstruction.

Post-operative foot and ankle supports range in price from approximately \$100 to \$500 and will usually be fitted by trained staff. Your private health insurance provider may provide a rebate on surgical footwear, depending on your cover.

Please check with the surgeon's rooms as to which post-operative footwear is required after your surgery.

Mobility Aids

Following your foot or ankle surgery, there are a few options of ways to ambulate. These include a walker (image 4), crutches or a wheelchair (image 5). Again, your private health insurance provider may provide a rebate on these devices, depending on your cover and individual circumstances. You also have the option to hire, rather than purchase your aid, if this is more suitable for you.

We suggest visiting your physiotherapist for assessment of which mobility aid will work best for you.

A new gait aid is the iWalk 2.0.

The iWalk 2.0 (see image 3) is a hands-free crutch system that allows you to ambulate hands-free whilst recovering from an ankle or foot injury. It gives you greater independence than other aids such as a knee scooter or elbow crutches as it does not require your hands to operate it.

This is suitable for people with good strength and coordination. It is only suitable if the injury is on one leg and the other leg is fully functioning.

It is worth trialling the i-Walk prior to your surgery to make sure that you have the balance and coordination required.



The Importance of Foot Supports and Mobility Aids Following Your Foot or Ankle Surgery

SUPPLIERS

Peninsula Foot Clinic

5 locations on the Mornington Peninsula
Phone: (03) 5982 0000
Email: info@peninsulafootclinic.com.au

Supplier of prescription of orthotics for a wide range of foot and lower limb problems.

Peninsula Orthotics

1/11 Bennetts Rd, Mornington
Phone: (03) 5976 8888
Email: nick@peninsulaorthotics.com.au.

Stocks CAM boots and foot and ankle supports and orthotics.
Peninsula Orthotics is also the Victorian distributor of the iWalk 2.0.

Walk on Podiatry

111 High Street, Hastings
Phone: (03) 5979 2255

Supplier of CAM walkers/moon boots and post-operative shoes.

Life Mobility

Mornington Showroom
2/19 Bruce Street (cnr Watt Rd), Mornington
Phone: (03) 5923 0711
Email: sales@lifemobility.com.au

Product range includes a wide range of supports and walking aids, some also for hire.

Orthopaedic Associates Melbourne

Contact details below

Certain supports are available directly from our offices. Please contact us for details.



The Bays Healthcare Group
Caring for the Peninsula

Vale Street, Mornington VIC 3931
PO Box 483, Mornington VIC 3931
Phone: 03 5975 2009
Fax: 03 5975 2373
reception@thebays.com.au
www.thebays.com.au

Mr Daniel Goldbloom

MBBS FRACS FAOrthA

FOOT AND ANKLE
ORTHOPAEDIC SURGEON

**MAIN ROOMS AND ALL
CORRESPONDENCE TO:**

188 Gipps Street
East Melbourne VIC 3002

 (03) 9928 6188

 (03) 9419 0800

daniel.goldbloom@orthoam.com.au
www.orthoam.com.au