Rehabilitation Guidelines

Please note that this is advisory information only. Your experiences may differ from those described. All exercises must be demonstrated to a patient by a fully qualified Physiotherapist. We cannot be held liable for the outcome of you undertaking any of the exercises shown here.

Foot and Ankle Unit

Physiotherapy Rehabilitation Guidelines for patients undergoing Pes Cavus Correction (359.46 KB)
Rehabilitation Guidelines for patients undergoing Tibialis Posterior Reconstruction (361.56 KB)
Physiotherapy Rehabilitation Guidelines for patients undergoing Subtalar and Hindfoot Fusion (363.28 KB)
Rehabilitation Guidelines for patients undergoing Total Ankle Replacement (378.7 KB)
Rehabilitation Guidelines for patients undergoing Anterior Ankle Arthroscopy (368.44 KB)
Rehabilitation Guidelines for patients undergoing surgery for Hallux Valgus Deformity - Scarf Osteotomy (370.63 KB)
Rehabilitation Guidelines for patients undergoing Lateral Ligament Reconstruction of the Ankle (403.94 KB)
Rehabilitation Guidelines for patients undergoing Precice Nail 2017 (461.22 KB)

Knee

ACI Combined TFJ and PFJ Rehabilitation Guidelines (90.52 KB)
ACI PFJ Rehabilitation Guidelines (52.31 KB)
ACI TIB FEM Rehabilitation Guidelines (53.21 KB)
ACL Rehabilitation Guidelines (54.85 KB)
ACL and ACI Rehabilitation Guidelines (56.15 KB)
ALIF Rehabilitation Guidelines (83.98 KB)
HTO Rehabilitation Guidelines (85.75 KB)
Knee Arthroscopy Rehabilitation Guidelines (84.36 KB)
MPFLR Rehabilitation Guidelines (90.66 KB)
PCL Rehabilitation Guidelines (85.46 KB)
Posterior Lateral Corner Rehabilitation Guidelines (87.42 KB)
Tib Post Reconstruction Rehabilitation Guidelines (48.83 KB)
Limb Reconstruction
Rehabilitation Guidelines for patients undergoing Precice Nail 2017 (461.22 KB)

Sarcoma Unit
Completing activities of daily living with one hand (a patient's guide) (1.71 MB)
Distal Femoral Replacement Rehabilitation Guidelines (292.5 KB)
Distal Femoral Diaphyseal Replacement Rehabilitation Guidelines (1.03 MB)
Distal Femoral / Femoral Diaphyseal Replacement (a patient's guide) (323.13 KB)
Excision Lesion of Bone Rehabilitation Guidelines (256 KB)
Excision of Soft Tissue Rehabilitation Guidelines (251 KB)
Hemipelvic Replacement Rehabilitation Guidelines (461 KB)
Hemipelvic Replacement (a patient's guide) (588.62 KB)
Investigation and Biopsy Rehabilitation Guidelines (224 KB)
Proximal Femoral Replacement Surgery Rehabilitation Guidelines (528 KB)
Proximal Femoral Replacement (a patient's guide) (588.52 KB)
Proximal Humeral Replacement Rehabilitation Guidelines (475.5 KB)
Proximal Tibial Replacement Rehabilitation Guidelines (76 KB)
Proximal Tibial Replacement (a patient's guide) (275.49 KB)
Returning to Driving (a patient's guide) (251 KB)
Sacrectomy Rehabilitation Guidelines (739 KB)
Tibial Diaphyseal Replacement Rehabilitation Guidelines (330 KB)
Total Femoral Replacement Surgery Rehabilitation Guidelines (350 KB)
Work Information for Patients (278 KB)

Peripheral Nerve Injuries
Therapist guidelines for the management of patients with an acute brachial plexus injury pre and post surgery (161.18 KB)
Tendon Transfer - Hand and Wrist Extensor Tendon Reconstructive Surgery (245.01 KB)
Post-operative guidelines following Anterior Release of the Shoulder (327.89 KB)

Shoulder & Upper Limb - Rehabilitation for Post-Operative
Latissimus Dorsi Transfer to Posterosuperior Cuff Rehabilitation Guidelines (276 KB)
Reverse Type Total Shoulder Replacement (a patient's guide) (936.18 KB)
Stiff Shoulder Rehabilitation Guidelines (149.57 KB)
Stiff Elbow Rehabilitation Guidelines (252 KB)