

Foot injuries: discharge advice

Advice and exercises following discharge from hospital with a foot injury.

General advice

- Remove **brace / splint / cast** before exercising **staff to delete as appropriate.*
- Exercise as the pain allows – **do not continue if it is too painful!**
- Complete 10 of each exercise.
- As the exercises become easier, build up to completing four times a day.

Do the following exercises to relieve stiffness in your injured foot

1. Sit with your injured leg crossed over your good one. Point the toes on your affected leg downwards and then pull them up slowly.
2. Sit with your injured leg crossed over your good one. Move the sole of the injured foot from side to side.
3. Sit with your injured leg crossed over your good one. Circle your foot, making as big a circle as possible. Repeat in opposite direction.
4. With your feet flat on the floor, sit on a chair or stand up, stretch your feet out as much as possible. Then draw your toes in to make your foot as short as possible.
5. Stand supported, rise up onto tip-toes, then lower yourself slowly.



Swelling

If your foot swells, sit with your foot supported so that it is higher than your hip, at least twice a day for half an hour. Massaging the area, sweeping the swelling towards and up the calf may also help. To overcome stiffness in your foot, do the exercises. Your foot may swell from time to time for up to one year.

Friends & Family Test: While you are in hospital please spare a few moments to answer one question 'Overall, how was your experience of our service?' by filling in the card given or online by visiting www.royalberkshire.nhs.uk/surveys.

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Please ask if you need this information in another language or format.

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