

# Patient Education



ARNOLD PALMER HOSPITAL  
For Children  
*Supported by Arnold Palmer Medical Center Foundation*

The Pediatric Orthopaedic Center  
at Arnold Palmer Hospital  
83 W. Columbia St. Orlando, FL 32806  
321-841-3040 f:321-841-3049

## Physical Therapy: What Will I Do When I Go Home With the Tibial Ilizarov Frame?

### 1. Continue with:

- a. Do the exercises three times per day. Focus on maintaining range of motion and strength.
- b. Walk with walker or crutches on level surfaces. If you are able to use crutches, walk with crutches on surfaces that are level and surfaces that are not level (i.e. stairs).
- c. Pin care and cleaning
- d. Lengthening

**2. Do your exercises at home!** You must do your exercises at home to stay strong and keep your range of motion. Range of motion means the motion that your joints can make from fully straight to fully bent. When your muscles are sore, it is very important to keep doing the exercises so that your muscles won't tighten up. You will be given a copy of your exercises to help you remember what you are supposed to be working on at home.

Your exercises include:

- ankle pumps #1
- quadricep sets #2
- hamstring sets #3
- heel slides #4
- gluteal sets #5
- short arc quads #6
- straight leg raises #7
- full arc quads #8
- hip abduction #9
- heel cord stretch #10
- hamstring stretch #11

**3.** Walk as much as you can. Use the walker or crutches when you need to. Most patients do not need wheelchairs. Walk and put as much weight as you can on the leg that has the ilizarov frame. Putting weight on your leg helps the bone to grow and heal faster.

**4.** Go back to school. Some patients do their exercise program on a clean mat in PE.

**5.** You can swim, but only in pools with chlorine. Don't swim in lakes or ponds.

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**6.** When you come back to the clinic, a physical therapist or the doctor will do the following things:

Check to see how strong you are and how well you are using your leg.  
You should still be doing your exercises.  
There may be changes to the exercises you do at home.

**7.** Check your equipment once a week. You should be able to see the circles on the bottom of your crutch tips. If not, you can purchase new tips at places like Walgreen's or Albertsons. If you lose one of the bolts or nuts on your crutches, you can buy some at a hardware store.