

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

Tibial and Foot Ilizarov Procedure: What Do I Do While I Am in the Hospital?

On the day of admission:

- You might want to take a tour of the hospital.
- The doctor and his assistants will give you a physical and ask about your medical history.
- You will talk to an anesthesiologist or one of their representatives.
- You will get photographs taken.
- You may get a meeting with a physical therapist.

Day of surgery: Rest!

- Pain will be controlled by IV medications. In the next day or two, IV medications will be replaced by medications taken by mouth.

First day after surgery:

- You will begin range of motion and strengthening exercises with help. Your parents will also learn your exercises. Do ten of each exercise, two times in physical therapy and one time in your room. Please see the exercise handout for pictures and instructions. Exercises include:
 - quadricеп sets #1
 - hamstring sets #2
 - gluteal sets #3
 - heel slides #4
 - short arc quads #5
 - straight leg raises #6
- You will be fitted with a special shoe with straps to help you walk on your foot.
- You will stand or walk using a walker or crutches in your room or at the parallel bars in the physical therapy department. Put as much weight as you can on the leg with the new frame.

Second day after surgery:

- You will continue range of motion and strengthening exercises in the physical therapy department and in your room. You should be able to extend your knee straight. Exercises to be added:
 - 1st ray extension #7
 - hip abduction #8
 - hamstring stretch #9
- You will continue to work on walking. Try to put as much weight as you can on the leg with the new frame.

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Third day after surgery:

- You will continue with your exercises, three times daily. Exercises to be added:
 - hip extension #10
 - full arc quads #11
 - prone lying #12
- Continue to walk with a walker or crutches.
- The bandage and ace wraps may be taken off of your leg.

Fourth day after surgery:

- Continue to do all of the exercises a total of three times per day. Focus on maintaining knee extension and doing the hamstring stretches.
- You will learn how to climb stairs if needed. If you have no stairs to climb, you will be shown how to go up and down a curb with your crutches or walker.
- Some people need a wheelchair for long distances depending on how far they need to walk.
- The nurse will teach you about pin care and turning.

Goals for discharge:

- You and your family will be able to do the following things by yourselves:
 - Do the exercises three times per day. Focus on maintaining range of motion, especially knee extension and strength.
 - If you are able to use crutches, walk with crutches on surfaces that are level and surfaces that are not level (i.e. stairs).
 - Continue with pin care, cleaning and lengthening
- You will probably be in the hospital for seven to ten days starting from the day you are admitted.

At home: See Handout- Physical Therapy: What Will I Do When I Go Home With the Tibial and Foot Ilizarov Frame?