

Limb lengthening and reconstruction

Reviewed by SickKids Hospital Staff | Last updated: October 8th 2019

Exercises to manage edema and improve range of motion with a tibial frame

Following surgery, your child will experience some edema (swelling) and stiffness. Regular exercises will help your child minimize swelling and maintain range of motion and muscle strength.

Ankle pump and circles

Starting position: Sitting on a bed or a chair with leg extended straight

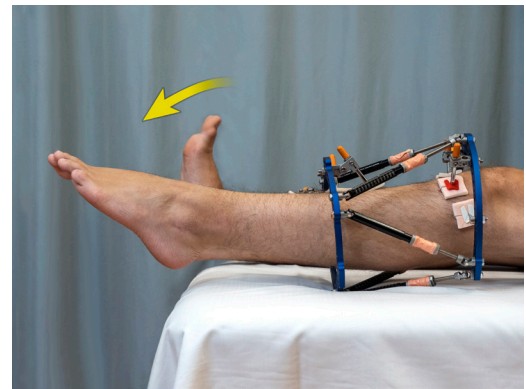
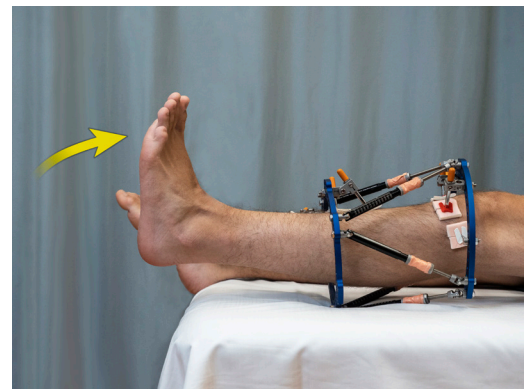
1. Move the ankle to bring the toes and foot towards the face.
2. Move the foot back down like it is pushing on a gas pedal.
3. Move the ankle in circles in both directions. It might help to imagine drawing a circle with the big toe.

Do ___ pumps and circles (each direction) every hour or if your child is sitting for a long time.

Managing edema

It is important to keep the leg elevated above the heart when resting and to perform regular ankle pumps and circles.

Ankle pumps



Ankle circles

