

Adele Scott (aged49)
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RG5 4SR

Tibial Osteotomy – left Oct 2017 / right May 2018 – Sean O’Leary

Left recovery

Week 3

Managed to bend leg enough to get in the bath
Swelling has subsided
Pain killers still every 4/5 hours
Exercises easier

Week 4

Much more bend in the leg
Swelling much less
Less pain killers, not taking pain killers during the night
Still some sore ridges of scar
Can get around the house without the crutches unless tired

Week 4.5

So much better
Very few pain killers
No crutches – apart from one crutch if leaving house

Week 5

Very little swelling in ankle and foot
Can get on my exercise bike – minimal resistance
Very good 90-degree bend
Painkillers 2-3 times a day
Feeling coming back in wound where nerves were affected
Weird sore funny sensation – down to nerves

Week 5.5-6

No crutches in house
Painkillers twice a day
No crutches in the office
Very good bend
No pain really
In and out of bath on my own

6 weeks

Can sit bending it normally, forget I have had an operation until I start walking
Walking is getting more normal than awkward
Still tenderness in wound – feels less tight where main work was carried out
Driving now
Recovered very well – happy
No pain killers
Only exercise is the bike

9 weeks

No painkillers

Just stiff when I get up and aches a lot

Full range of movement

10 weeks

Feeling great!

Walking normally

Fully bending

Can walk around town centre in trainers and with pain killers – due to distance

11 weeks

Feel totally back to normal

12 weeks

Back on my exercise bike – back to resistance training and 30 mins on bike

Right Recovery

As there was much less swelling I could achieve the above approx. 1 week -1.5weeks earlier