

Foot drop: exercises and care

Foot drop (peroneal nerve palsy)



How to use this sheet. A pressed nerve often takes weeks to months to recover. Until it does, the exercises keep the ankle supple and the calf from tightening, and the splint and care steps keep the foot safe. Do them every day.

1 Ankle circles



Move the ankle slowly in circles both ways.

10 each way

4 times a day

✓ **Should feel**

The ankle loosening

✗ **Should not feel**

Sharp pain



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or मराठी — or ask for
sheet 47

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fracture or dislocation? Please call first.

2

Calf stretch, knee straight



Hands on a wall, the weak leg behind and straight, heel down.

Hold 30 seconds

3 times

✓ Should feel

A stretch in the upper calf

✗ Should not feel

Pain in the heel



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Sitting heel and toe raises



Sit with both feet flat on the floor. Lift the heels, lower them, then lift the toes.

10 times

3 times a day

✓ **Should feel**

The calf and the front of the shin working

✗ **Should not feel**

Sharp pain



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Wearing the foot-drop splint



Put the splint on sitting down, with the heel right back in it and the strap snug, inside a shoe with a closed back. Wear it whenever you are on your feet, and at night too if we have advised.

Every time

Before walking

✓ Should feel

The toes no longer catching the floor

✗ Should not feel

Rubbing, or a red mark that does not fade — tell us



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Check the skin of the foot every day



Take the splint off and look at the whole foot, especially the heel, the ankle bones and the top of the foot. The top of the foot may be numb, so you may not feel a sore starting. Use a mirror or ask someone to look.

Every day

Takes 2 minutes

✓ Should feel

Skin that is clean and unbroken

✗ Should not feel

A red mark that does not fade, a blister or a sore



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6

Keep pressure off the nerve at the knee



This nerve runs just below the outer side of the knee. Do not sit with your legs crossed, and do not rest the outer side of the knee on anything hard. Sit on a chair with both feet flat on the floor. Lying on your side, keep a pillow between the knees. Avoid squatting, sitting on the floor or using an Indian toilet until we have told you it is safe.

All day

Every day

✓ Should feel

Less pressure on the outer side of the knee

✗ Should not feel

Tingling at the outer knee or on the top of the foot



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Wear the splint and a shoe with a back, not loose chappals. Keep the floor clear of loose mats, wires and water, keep a light on at night, and hold the rail on stairs. Take extra care on a wet bathroom floor. Do not ride a two-wheeler or drive until we agree.

Always

✓ Should feel

Steady, safe steps

✗ Should not feel

Tripping or catching the toes — tell us

Stop and telephone us if

- The foot or leg is getting weaker, or the weakness is spreading — come the same day
- A plaster or bandage on the leg feels tight — come back at once, do not wait until the next day
- Weakness in both feet, numbness between the legs, or trouble passing urine — go to the nearest hospital
- A sore, blister or broken skin on the foot or under the splint
- A fall



ot is on your shoe after 6 to 12 weeks

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