

Diagnosis:  
 Procedure:

**Type I**



**Things to Know**

1. This is most successful when pain is the primary problem to be solved
2. You should plan at least 1-2 weeks out of work, depending on what you do
3. There is risk of recurrence – 10 – 15% - due to soft tissue stretching out, which is increased with tight footwear
4. The timing of return to work depends on what you do and how much work can accommodate
5. NEOS will be happy to provide out of work documentation for your employer
6. In the end, most people end up happy; the rate of patient satisfaction is high

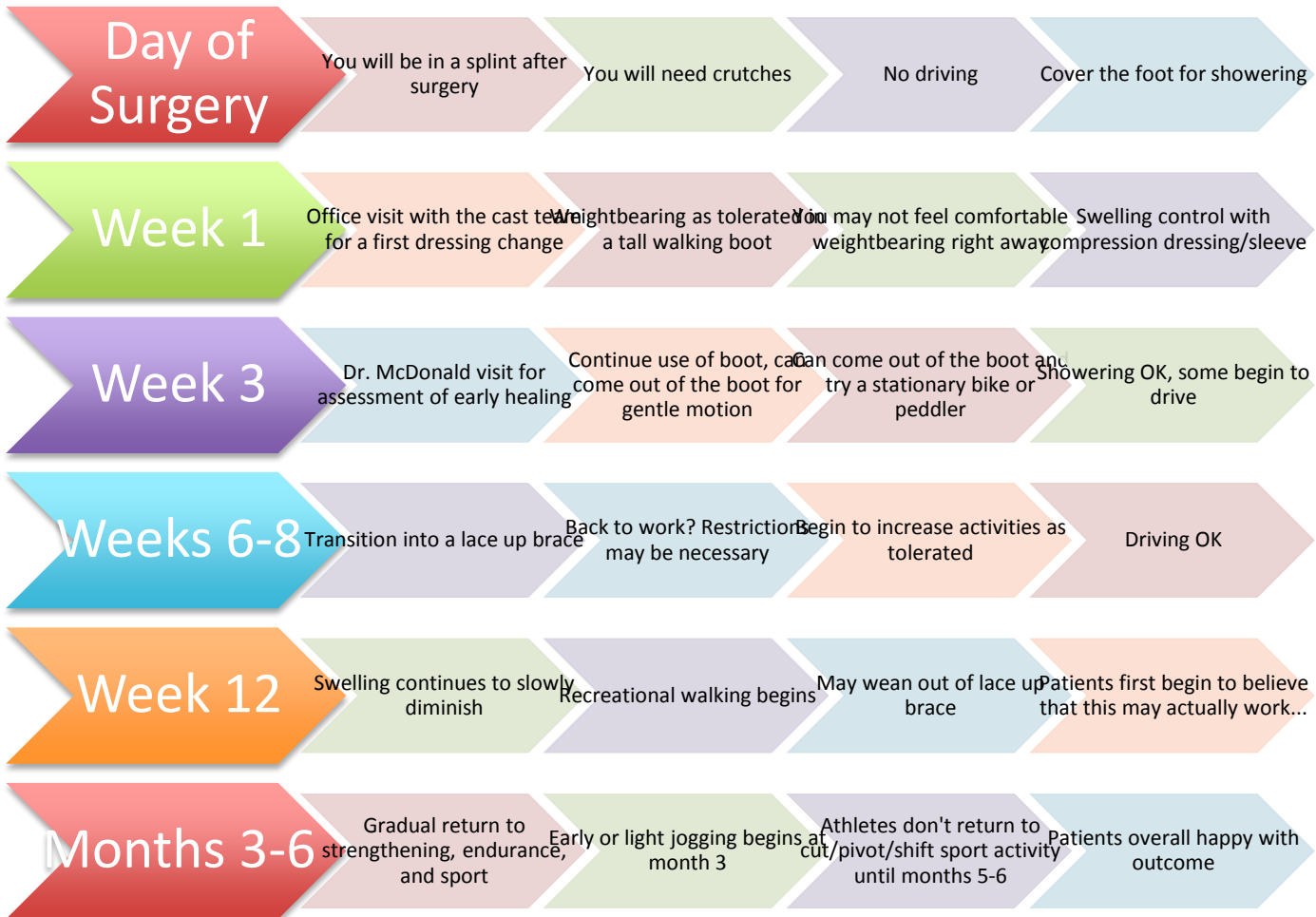
# NEOS

NEW ENGLAND  
ORTHOPEDIC SURGEONS

## Type II

Diagnosis:

Procedure:



### Things to Know

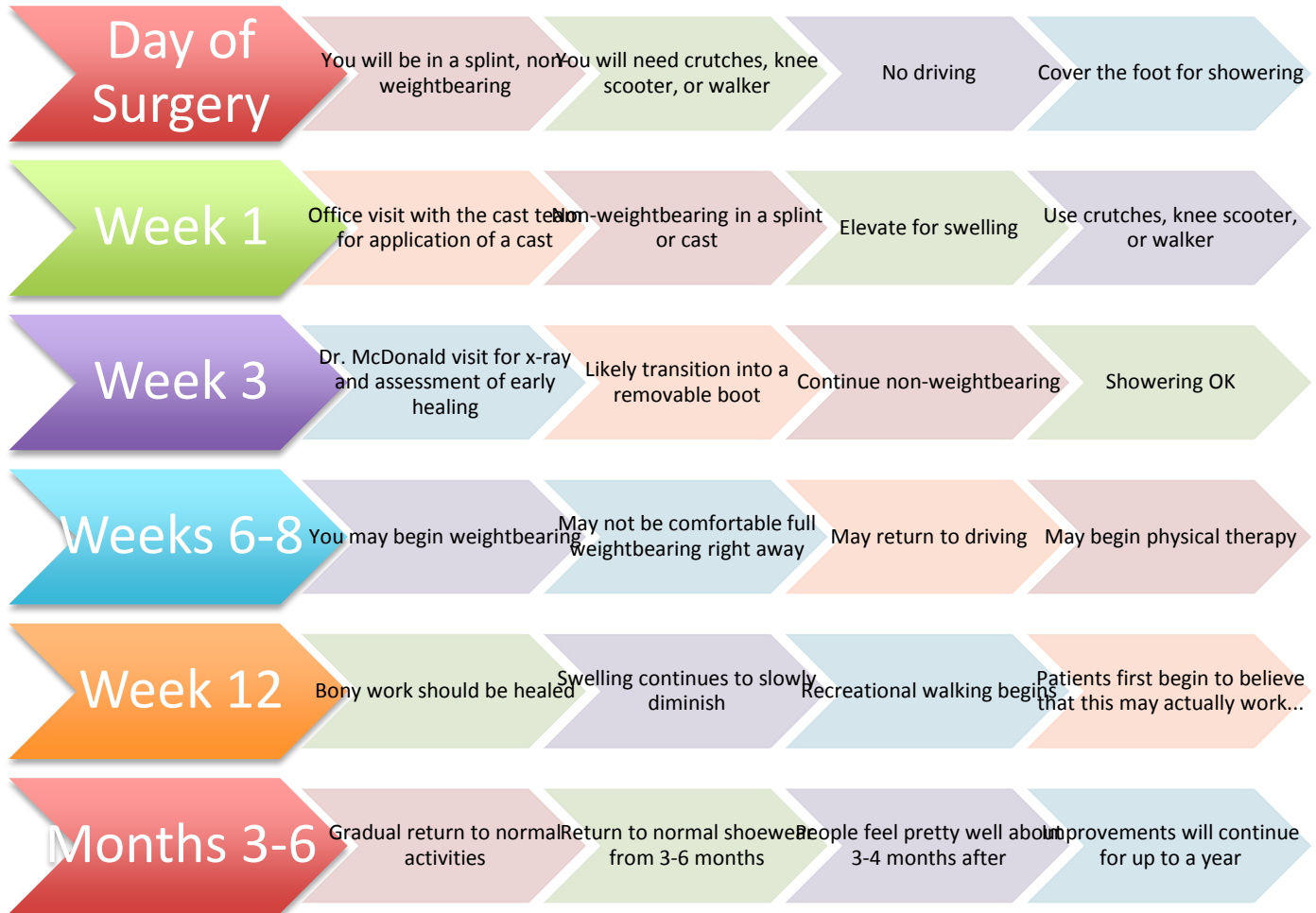
1. You must wear a cast or boot for 6 weeks of protection after surgery
2. You must be on crutches for at least the first week and then you are allowed to weightbear in a boot
3. You must wear a removable brace for 4 weeks after the boot with incorporation of physical therapy
4. You will remain swollen for months
5. NEOS will be happy to provide out of work documentation for your employer
6. In the end, most people end up happy; the rate of patient satisfaction is high

Additional patient information is available from the Academy of Orthopedic Surgeons at [www.aaos.org](http://www.aaos.org)  
Any questions, please call Sue Mulkern, Patient Educator and Surgical Coordinator 413-233-1124

**Type III**

Diagnosis:

Procedure:



**Things to Know**

1. The goal of this surgery is to give you a foot or ankle that hurts dramatically less; the price to pay for pain relief is some degree of stiffness
2. You must be a fanatic about non-weight bearing for 6-8 weeks
3. The transition to weight bearing takes 6-12 weeks
4. You will remain swollen for months
5. NEOS will be happy to provide out of work documentation for your employer
6. In the end, most people end up happy; the rate of patient satisfaction is high
7. Most patients take a year to fully recover

Additional patient information is available from the Academy of Orthopedic Surgeons at [www.aaos.org](http://www.aaos.org)

Any questions, please call Sue Mulkern, Patient Educator and Surgical Coordinator 413-233-1124