



## ENDOPROSTHESIS



- This endo-prosthesis allows for non-invasive lengthening of the implant in a clinic setting
- It requires extending on a regular basis to keep pace with the growth in the contralateral limb
- It takes 4 minutes to extend it by 1mm, there is a max of 4mm that is done per visit.
- There is a stretch on the nerves and muscles during the procedure but as it's a small lengthening patients don't have too much discomfort



Here are xrays from before lengthenings and then after 8mm (two) lengthenings on

### Before Lengthening



### After Lengthening



## Physiotherapy

### Before your surgery

A physiotherapist will meet with you and your family before your surgery during some of your in-patient admissions on St John's ward. They will teach you how to use crutches and will give you some exercises to do at home to keep your leg strong.

### After your surgery

A physiotherapist will see you on St Joseph's ward after your surgery. They will help you to sit out of bed and to start walking again. They will show you how to use a frame or crutches to help make walking easier. They will continue to see you until you are safe to go home. Your physiotherapist will check in with you each time you come back to stay on St John's ward for treatment after your surgery. They will give you new exercises to do as your leg gets stronger and will help you with your walking. It's really important to do these exercises every day at home and in hospital.



## Occupational Therapy

### Before your surgery

If appropriate, an Occupational Therapist will meet before your surgery to complete a pre-operative assessment. This may highlight a need for a home safety assessment or essential equipment. In this case, consent will be requested to make a referral your local Occupational Therapy team. During a home safety assessment, your local team will work with you to ensure that your home is suitably accessible and prepared for post-operative management. If a wheelchair is prescribed and sourced pre-operatively, please bring it to hospital as it will be an important part of your rehabilitation.