

MY EXPERIENCE WITH A BILATERAL SYNDESMOSIS BUNION SURGERY

Photo diary by Emily Towe
Feet by Dr. Daniel Wu & Emily Towe
Surgery Date: May 14, 2018



2009



2009



2018 week before surgery



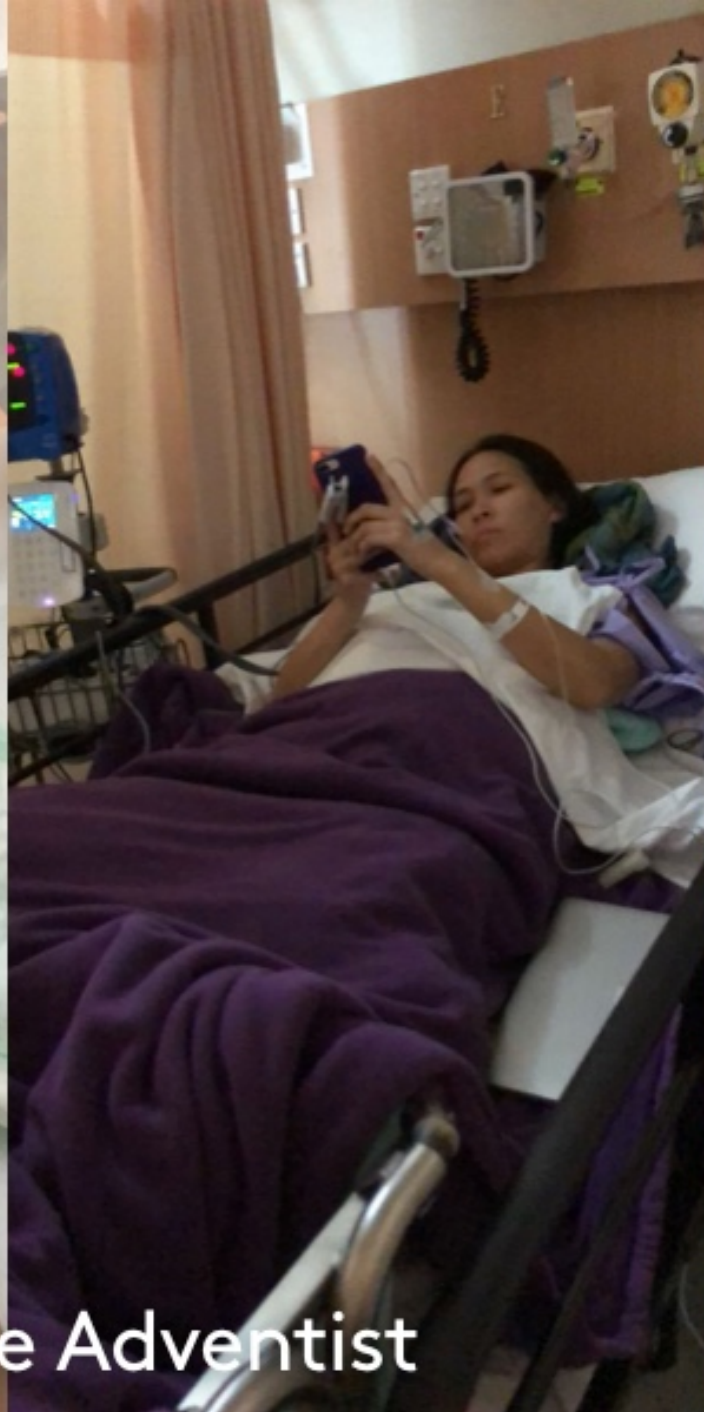
May 14, 2018
Pre-wash



Going in



Waking up



Two nights in the Adventist

May 16, 2018
Homeward-bound



Prepare, prepare, prepare.
The name of the game is to move as little as possible.



Relax and keep the mind busy.
Highly recommend a recovery period that
coincides with a royal wedding or a World Cup or both ;)



DO YOUR EXERCISES. AS MUCH AS POSSIBLE. PERIOD.
And lean on your friends for love and support.



May 24, 2018
Casts on. Goodbye, feet.



They become a little bit of an obsession.

Staying fit was a personal choice.

There are endless floor exercises to do.



Winsor Pilates 20 Minute Workout

AmnistY21 • 2.1M views • 6 years ago

Here's the entire workout. Enjoy!



Non-Weight Bearing Workout. Total Body Exercise Routine Safe For Recovering From Injury.

Caroline Jordan • 55K views • 1 year ago

FULL "Hurt Foot Fitness" Coaching Program: <https://caroline-jordan-fitness.teachable.com/p/hurt-foot-fitness-coaching-program> ...



Ballet Beautiful: Lower Body Workout for the Legs, Thighs & Butt- Mary Helen Bowers

BeFIT • 905K views • 3 years ago

Ballet Beautiful: Lower Body Workout for the Legs, Thighs & Butt with Mary Helen Bowers is an elegant 17-minute, lower ...



Ballet Beautiful: Ab Workout for a Slim Waistline

BeFIT • 2.1M views • 3 years ago

Ballet Beautiful: Ab Workout for a Slim Waistline is a graceful, low-impact abdominal routine that uses ballet-inspired movements ...



Ballet Beautiful: Lean Hips & Outer Thighs Workout- Mary Helen Bowers

BeFIT • 3.1M views • 4 years ago

Ballet Beautiful: Lean Hips & Outer Thighs Workout with Mary Helen Bowers is an effective target toning workout that uses ...



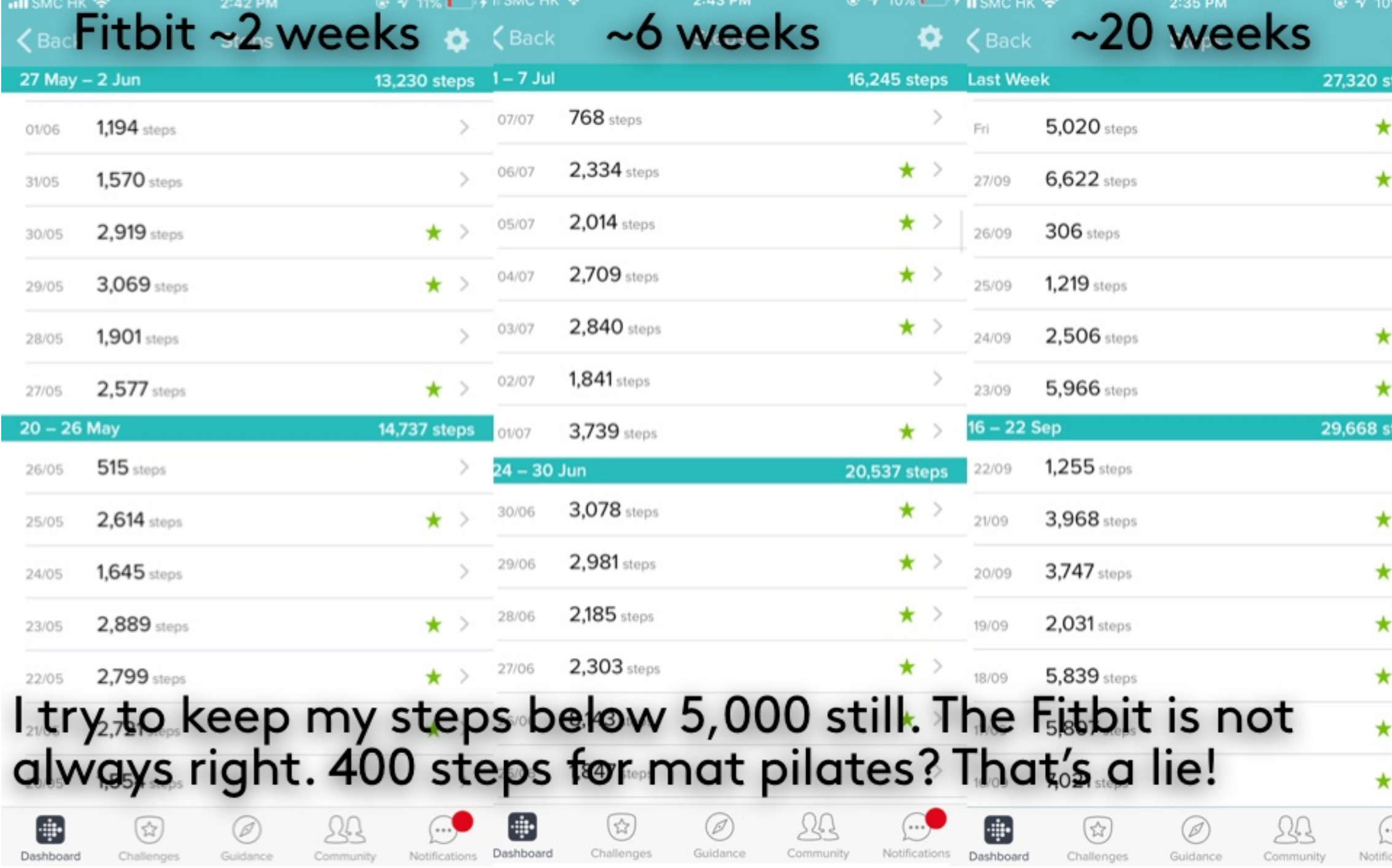
Took it very easy, and with a lot of help, had a summer holiday at 12 weeks.



I took some risks with my casts. And got very lucky.
Yes those are the shower shoes. But DON'T try this at home!



At 14 weeks Dr. Wu showed me how to clean my casts. And ordered me to wear them for two more weeks.



Fitbit ~2 weeks

27 May – 2 Jun 13,230 steps

01/06	1,194 steps	>
31/05	1,570 steps	>
30/05	2,919 steps	★ >
29/05	3,069 steps	★ >
28/05	1,901 steps	>
27/05	2,577 steps	★ >

20 – 26 May 14,737 steps

26/05	515 steps	>
25/05	2,614 steps	★ >
24/05	1,645 steps	>
23/05	2,889 steps	★ >
22/05	2,799 steps	★ >

~6 weeks

1 – 7 Jul 16,245 steps

07/07	768 steps	>
06/07	2,334 steps	★ >
05/07	2,014 steps	★ >
04/07	2,709 steps	★ >
03/07	2,840 steps	★ >
02/07	1,841 steps	>
01/07	3,739 steps	★ >

24 – 30 Jun 20,537 steps

30/06	3,078 steps	★ >
29/06	2,981 steps	★ >
28/06	2,185 steps	★ >
27/06	2,303 steps	★ >

~20 weeks

Last Week 27,320 steps

Fri	5,020 steps	★
27/09	6,622 steps	★
26/09	306 steps	
25/09	1,219 steps	
24/09	2,506 steps	★
23/09	5,966 steps	★

16 – 22 Sep 29,668 steps

22/09	1,255 steps	
21/09	3,968 steps	★
20/09	3,747 steps	★
19/09	2,031 steps	★
18/09	5,839 steps	★

I try to keep my steps below 5,000 still. The Fitbit is not always right. 400 steps for mat pilates? That's a lie!

STANDING



Before



After

**17
weeks**

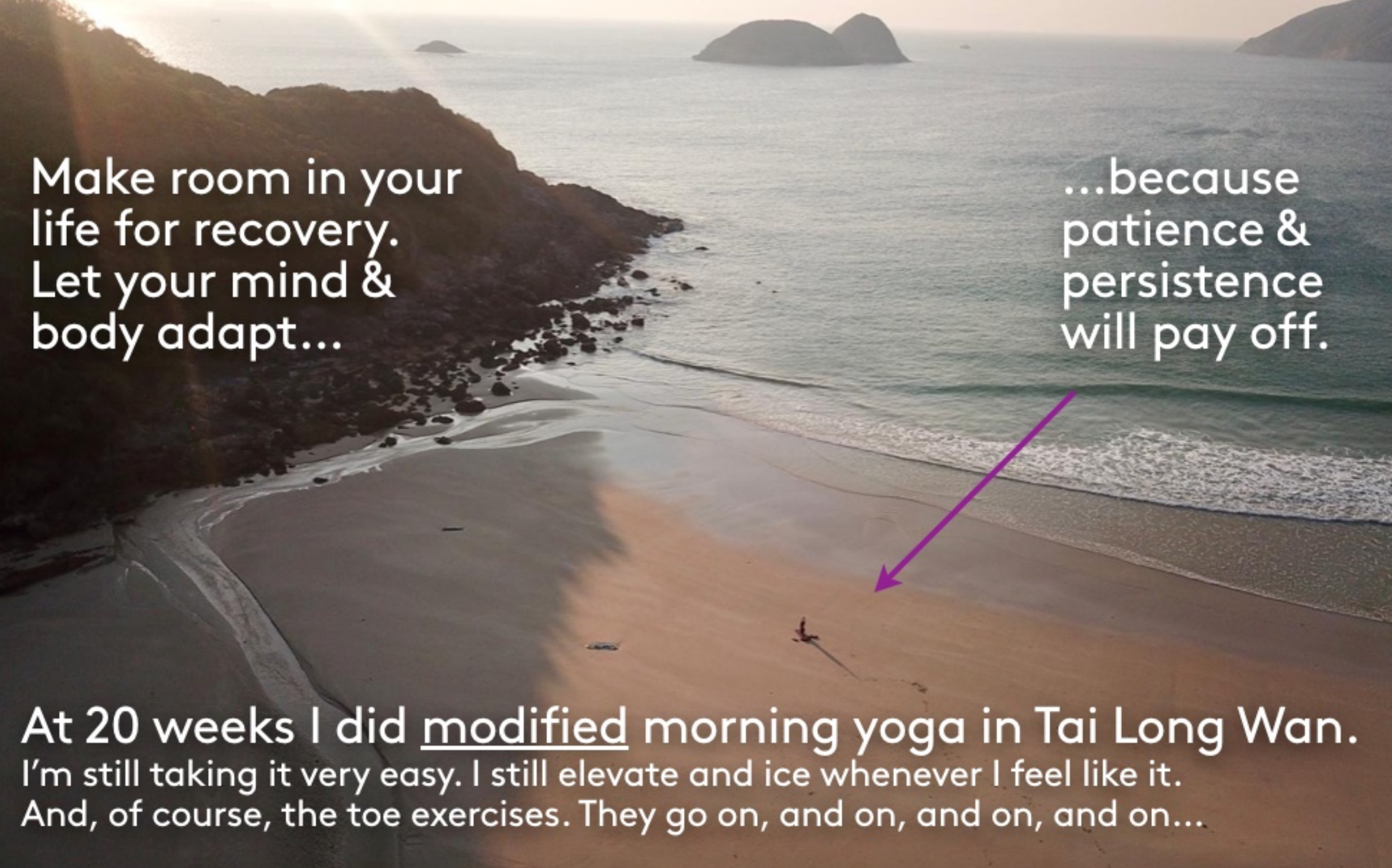


Before

My new feet. Today they are a little swollen and with some weird tan lines :)



Oct 4, 2018 +20 weeks

An aerial photograph of a wide, sandy beach at sunset. The sun is low on the horizon, casting a warm glow over the scene. The ocean is visible on the right, with gentle waves washing onto the shore. In the distance, there are several large, rounded rock formations or islands. A person is visible on the sand in the lower-middle part of the frame. A purple arrow points from the text on the right towards the person on the beach.

Make room in your
life for recovery.
Let your mind &
body adapt...

...because
patience &
persistence
will pay off.

At 20 weeks I did modified morning yoga in Tai Long Wan.
I'm still taking it very easy. I still elevate and ice whenever I feel like it.
And, of course, the toe exercises. They go on, and on, and on, and on...