

## Fracture or dislocation to one of your smaller toes (page 1 of 3)

**You have sustained a fracture or dislocation to one of your smaller toes.** You may walk on the foot as comfort allows, but you may find it easier to walk on your heel in the early stages. The swelling is often worse at the end of the day and elevating it will help. If you have been provided with a shoe, this is for your comfort only and is not needed to aid healing. Take painkillers as prescribed. If you are worried you are unable to follow this rehabilitation plan, or have any questions, then please phone Fracture Clinic for advice.



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: [customercare@salisbury.nhs.uk](mailto:customercare@salisbury.nhs.uk)

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: [www.salisbury.nhs.uk/FriendsFamily](http://www.salisbury.nhs.uk/FriendsFamily) or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

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### Picture of injury:



We do not routinely follow up patients with this type of injury. Fracture Clinic will be made aware of your injury. **If after six weeks you are:**

- Still experiencing significant pain and swelling or
- struggling to wean out of the boot

Please contact Fracture Clinic for further advice. Access to Fracture Clinic will **remain open for 6 weeks** from your attendance to the Emergency Department.

**Please contact Fracture Clinic on:  
01722 336262 ext 2441**

**Fracture Clinic Team  
01722 336262 ext 2441**

Please follow the Management/rehabilitation plan shown below:

<b>Weeks since injury</b>	<b>Rehabilitation plan</b>
0-3	If your toes have been buddy strapped you should remove this after 3 weeks. If supplied, wear the shoe for comfort when walking.
3-6	Try to wear your normal footwear and walk without the crutches (if you were using them). Try walking around the house at first. Continue with the exercises to regain flexibility in your foot and ankle.
6 -12	The fracture / dislocation (soft tissues) are healed and you can begin to resume normal activity but be guided by any pain you are experiencing. You should be able to carry out day to day activities. Arduous tasks and long walks may still cause some discomfort and swelling.

## Initial advice

### Cold packs:

A cold pack (ice pack or frozen peas wrapped in a damp towel) can provide short term pain relief. Apply this to the sore area for up to 15 minutes, every few hours ensuring the ice is never in direct contact with the skin.

### Rest and Elevation:

Try to rest the foot for the first 24-72 hours to allow the early stage of healing to begin. Raise your ankle above the level of your hips to reduce swelling. You can use pillows or a stool to raise your foot.

### Early movement and exercise:

Early movement of the ankle and foot is important to promote circulation and reduce the risk of developing a blood clot in the leg. Follow the exercises below without causing too much pain. This ensures your ankle and foot do not become too stiff.

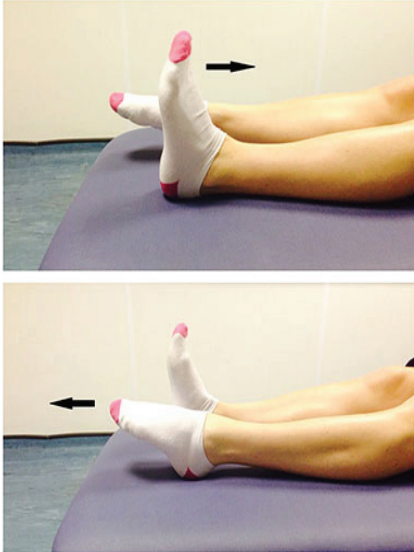
Early weight bearing (putting weight through your injured foot) helps increase the speed of healing. Try to walk as normally as possible, as this helps your recovery.

## Exercises to start straight away

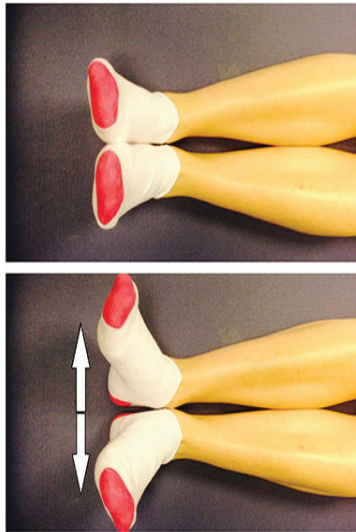
### Ankle and foot range of movement exercises. Repeat these 10 times each.

1. Point your foot up and down within a comfortable range of movement.
2. With your heels together, move your toes apart, as shown in the picture.
3. Make circles with your foot in one direction and then change direction.

1)



2)



3)



## Stopping Smoking

Medical evidence suggests smoking prolongs fracture healing time. In extreme cases it can stop healing altogether. It is important you consider this information in relation to your recent injury. Stopping smoking during the healing phase of your fracture will help ensure optimal recovery.

For advice on smoking cessation and local support available, please refer to the following website: <http://smokefree.nhs.uk> or discuss this with your GP.