

fracture to the base of the 5th Metatarsal (page 1 of 3)



You have sustained a fracture to the base (closer to the heel) of the 5th Metatarsal of your foot. Please see the picture below to understand where this injury is. This normally takes approximately 6 weeks to heal although pain and swelling can be ongoing for 3-6 months. You may walk on the foot as comfort allows. The swelling is often worse at the end of the day and elevating it will help. Take pain killers as prescribed. If you are worried that you are unable to follow this rehabilitation plan, or have any questions, please phone Fracture Clinic for advice.

Picture of injury:



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: customer-care@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 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 if you would like a reference list.

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 do not hesitate to contact Fracture Clinic for further advice. Access to the Orthopaedic team will remain open for 8 weeks from your attendance to the Emergency Department.

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

**Fracture Clinic Team
01722 336262 ext 2441**

Name: Katharine Wilcocks
Role: Physiotherapist
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Please follow the Management/rehabilitation plan shown below:

Weeks since injury	Rehabilitation plan
0-4	Wear the boot all of the time when walking. Use the crutches to take some of the weight off your foot. It is ok to take the boot off at night and when resting at home. It is also important to perform the exercises below regularly to get the movement back. You should not drive in this time.
4-8	Try and wean yourself out of the boot, especially around the house at first. You will want to wear it if you go on a long walk. Perform exercises to get the movement back. You can return to driving when you are able to safely control a car and have informed your insurance company. You should not drive if wearing the boot. If you are still experiencing significant pain and swelling then please contact the Fracture Clinic Team for advice.
8 -12	The fracture should be largely healed and you can resume normal activity but be governed by any pain you are experiencing. You should be able to largely carry out day to day activities although arduous tasks/long walks may cause 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. These exercises help the healing process.

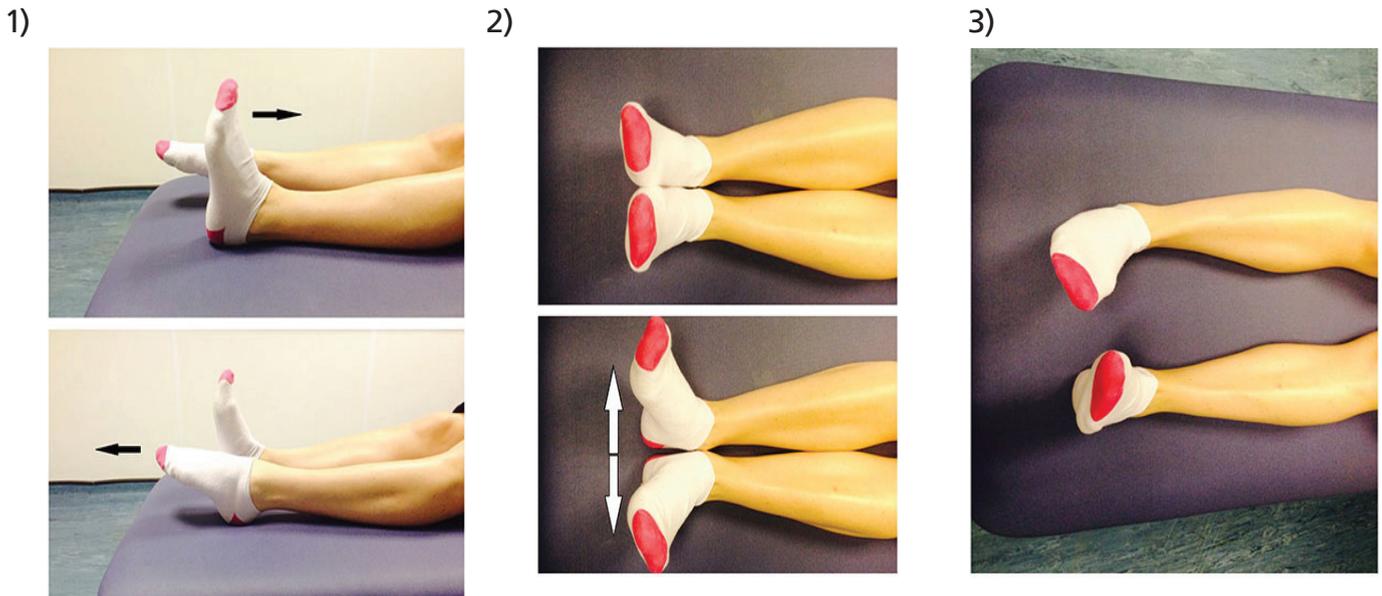
Early weight bearing (putting weight through your injured foot) helps increase the speed of healing. Try to walk as normally as possible as this helps your recovery.

Fracture Clinic Team
01722 336262 ext 2441

Initial exercises (3-4 times a day)

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.



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.