

Advice after breaking your 5th metatarsal

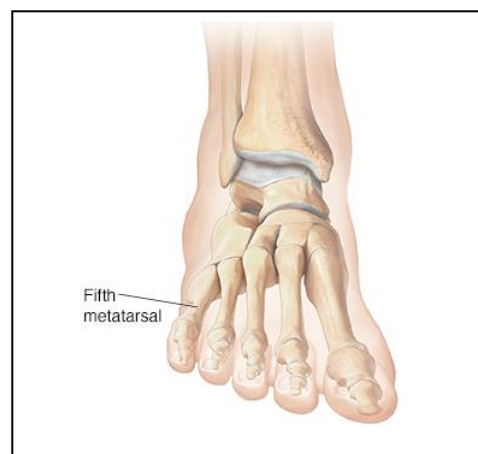
Fracture Clinic Patient Information Leaflet

Your injury

A fracture is the same as a break in the bone. There are five metatarsal bones in each foot, you have fractured the fifth which is on the outer edge of the foot. This is a common fracture.

The common symptoms following this type of fracture include:

- Pain straight after an injury
- Swelling, mostly over the injured area
- Bruising
- Inability to weight bear



Your treatment plan

You will be given a removable boot to wear to support your foot; this should be used for two to six weeks to enable you to walk more comfortably whilst the injury heals. You only need to wear this when standing or walking, you can remove it at rest, at night and when bathing or showering. You can put your weight through the injured foot. If required you will be given crutches.

These fractures almost always heal well with time and therefore follow up clinic appointments are not always needed.

What should I do at home?

- Use over the counter pain killers as required.
- Elevate the injured foot when resting to help reduce swelling
- Use ice over the injured area to help with pain and swelling – an ice pack or a bag of frozen peas wrapped in a tea towel can be used for 10 minutes at a time. Be careful if you have diabetes or any problems sensing feeling in the foot.
- Gradually stop using the boot after 2 to 6 weeks and increase how much you are walking as soon as your pain allows.
- You should not drive whilst wearing the boot. You may drive an automatic car if you have injured your left foot.
- You can return to work as soon as you are able to do your normal duties.

How long will it take to heal?

Most fractures heal without any problems in about six weeks. However, it may take three to six months for your symptoms to settle completely – these can include pain or discomfort, stiffness, decreased strength, and swelling. The bones may take longer to heal if you suffer from diabetes or if you smoke.

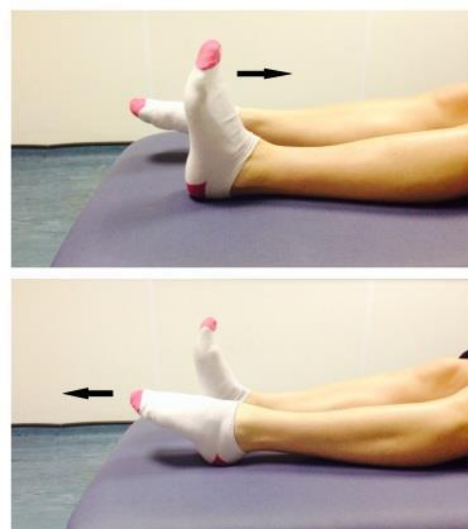
For advice on stopping smoking please visit www.nhs.uk/smokefree or discuss this with your GP.

Exercises

You should try to do these exercises three to four times a day, you can start them immediately.

Ankle and foot range of movement exercises. Repeat these ten times each:

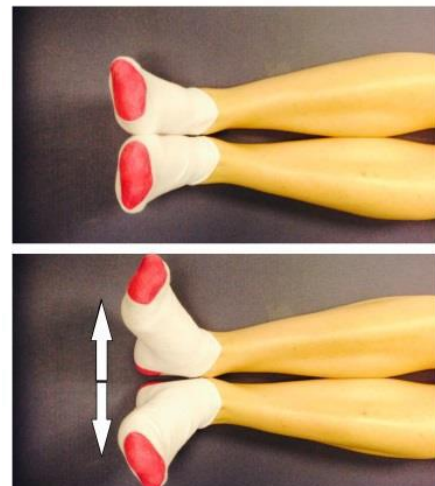
1. Point your foot up and down within a comfortable range of movement.



2. Make circles with your foot in one direction and then change direction.



3. With your heels together, move your toes apart, as shown in the picture.



If you have any questions or concerns please contact one of the following:

Virtual Fracture Clinic Helpline 01225 821668 or Fracture Clinic 01225 825602

Trauma and Orthopaedic Department

Royal United Hospitals Bath NHS Foundation Trust

Combe Park, Bath BA1 3NG

01225 428331 www.ruh.nhs.uk

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email ruh-tr.PatientAdviceandLiaisonService@nhs.net or telephone 01225 825656.