

## Fracture Clinic Patient Information Leaflet

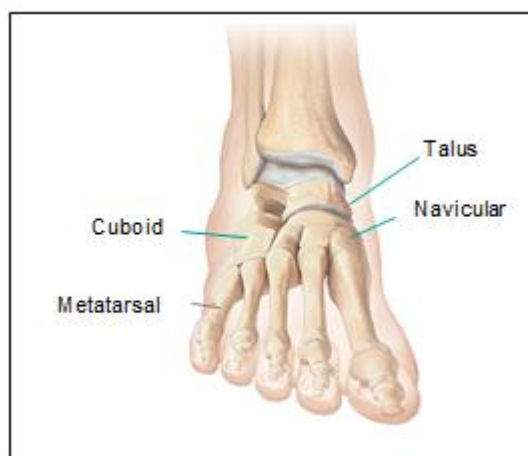
# Advice after a foot fracture

### Your injury

A fracture is the same as a break in the bone. There are several small bones in each foot including the talus, the calcaneum, the cuboid, the navicular, the cuneiforms and the metatarsals. Fracturing one of these bones is a common injury.

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 can put weight on the injured foot immediately and most people manage to walk without too much discomfort in supportive shoes. Some people may be given a removable boot to wear. The boot should be used for two to six weeks when walking; it is not needed at rest or at night.

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

Occasionally, a foot fracture requires surgery. If this is the case with your injury, the treating team will discuss this with you.

## 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 a boot. You may drive an automatic car if you have injured your left foot.
- You can return to work or school 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.

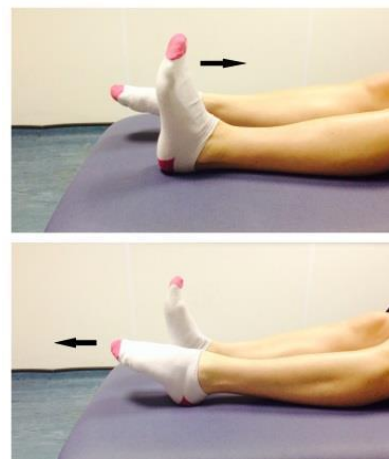
For advice on stopping smoking please visit [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree) or discuss this with your GP.

## 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.

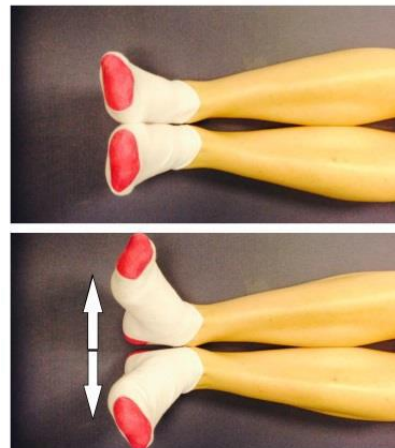




2. Make circles with your foot in one direction and then change direction.



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**

Royal United Hospitals Bath NHS Foundation Trust  
Combe Park, Bath BA1 3NG  
01225 428331 [www.ruh.nhs.uk](http://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](mailto:ruh-tr.PatientAdviceandLiaisonService@nhs.net) or telephone 01225 825656 or 826319.