

Advice after a foot fracture (fifth metatarsal)

Virtual Fracture Clinic

Patient Information Leaflet

Introduction

You have fractured a bone on the outer part of your foot (see figure 1). The fracture has occurred in a part of the bone which normally heals well without problems.

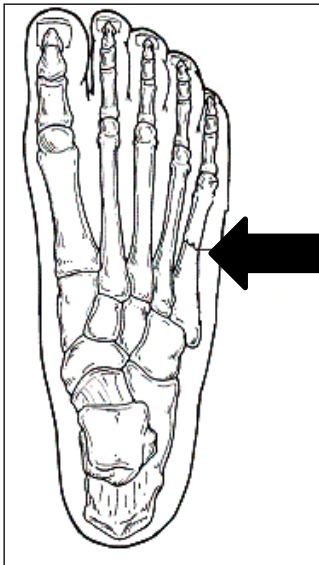


Figure 1 shows where the break is in your foot

What happens now?

We will give you a removable boot to support your foot. If required, we will also give you crutches.

What should I do at home?

- The pain, tenderness and swelling you are experiencing in the foot should gradually settle over a period of several weeks.
- You can walk on the foot as much as pain allows.
- Wear the boot we have given you all day and take it off at night. You should gradually stop using it after three to five weeks as the pain settles.

How long will it take to heal?

- Most injuries heal without any problems. However, it may take several months for your symptoms to settle completely.
- Occasionally, the fracture may fail to heal and continue to be painful, even after several months. If this happens, you may need a surgical procedure at this stage to help heal the fracture.
- If you are still experiencing significant problems with your foot after several months, please phone the Fracture Clinic on 01384 456111 ext. 2220 for further advice.

Exercises

Do these initial exercises three to four 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. 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 worries or concerns, or need to ask about returning to work or sport, please contact one of the following:

- **Virtual Fracture Clinic helpline on ext. 3547 (9am to 5pm, Monday to Friday) or email dgft.vfc.dudley@nhs.net**
- **Fracture Clinic on 01384 456111 ext. 2220 (9am to 5pm, Monday to Friday)**
- **Emergency Department on 01384 456111 ext. 2300**

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/patients-and-visitors/patient-information-leaflets/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ، ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta brosură poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔