



Midshaft 5th Metatarsal Fracture

Doncaster Royal Infirmary
Armthorpe Road
Doncaster
DN2 5LT

Tel: 01302 644665

You will be followed up by the consultant

This is a follow-up letter to your recent telephone consultation with the fracture care team explaining the ongoing management of your injury. Your case has been reviewed by an Orthopaedic Consultant (Bone Specialist) and Fracture Care Extended Scope Physiotherapist.

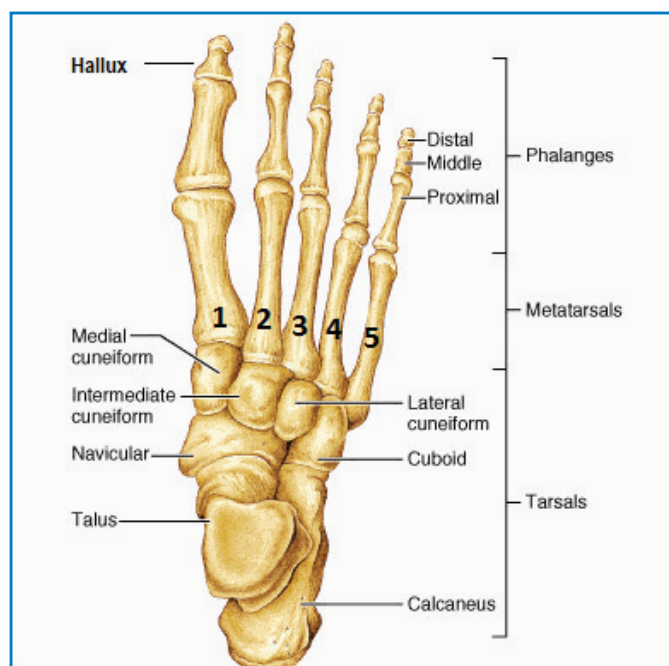
You have sustained a fracture to the mid-shaft of the 5th Metatarsal of your foot.

Healing: It normally takes 6 weeks for this fracture to heal.

Pain & swelling: The swelling is often worse at the end of the day and elevating it will help. Take pain killers as prescribed.

Walking: You may walk on the foot as comfort allows. You may find it easier to walk on your heel to start with. The boot you have been given is for your comfort only and is not needed to aid fracture healing.

If you are worried that you are unable to follow this rehabilitation plan, or have any questions, then please phone the Fracture Care Team for advice.



If you are experiencing pain or symptoms, other than at the site of the original injury or surrounding area, please get in touch using the telephone details at the top of this letter.

You have also been referred to fracture clinic at 6 weeks after your injury to check on your progress. They will offer on-going advice with regards to rehabilitation. They may require further x-rays and this will be decided by the consultant on the day.

If you have not received a letter for this appointment, please contact the booking team on Tel: 01302 642500.

Please follow the Management plan shown below:

What to expect:

Weeks since injury	Rehabilitation plan
0-6	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.
6-8	Try and wean yourself out of the boot and walk without the crutches. Try walking around the house at first. You will want to wear it if you go on a long walk.
8-12	The fracture is united (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, long walks etc., may still cause some discomfort and swelling.

Advice for new injury:

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 keep your foot up.

Early movement and exercise:

Early movement of the ankle and foot is important to promote circulation and reduce the risk of developing a DVT (blood clot). Follow the exercises below without causing too much pain. This will ensure your ankle and foot do not become too stiff. These exercises will 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 will help with your recovery.

Smoking cessation

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

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.

Initial exercises to 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.

