

Metatarsal Fracture(s)

Non-Weight Bearing

This leaflet can be made available
in alternative languages / formats on request.

*如有需要，本传单可提供其他语言/版式
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Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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Information for Patients

This is a follow up leaflet 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 a Physiotherapist.

You have sustained a fracture to your metatarsal(s).

This normally takes six weeks to heal but you may still have pain and swelling for three to six months after your injury.

During this period, it is important that you follow the rehabilitation plan on the following page. Following your rehabilitation plan will help to prevent further injury and help to improve your function. Completing the exercises is important to prevent your foot and ankle from becoming stiff. It is advisable to take your pain killers as prescribed to enable you to complete your exercises. You will find that the swelling is often worse at the end of the day, elevating your ankle will help with this. **You must use elbow crutches and not put any weight through your affected foot for six weeks or until your fracture clinic appointment.**

You can return to driving once your boot has been removed and you feel confident in safely controlling your vehicle. If you are worried that you are unable to follow this rehabilitation plan, are experiencing pain or symptoms other than at the site of the original injury or surrounding area, or have any questions, then please contact us for advice using the contact details on the back of this booklet.

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.

Management / Rehabilitation Plan

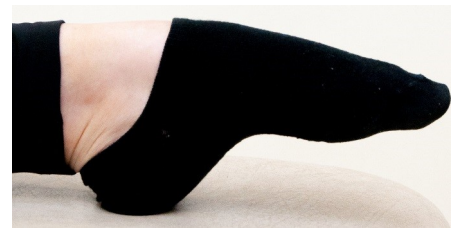
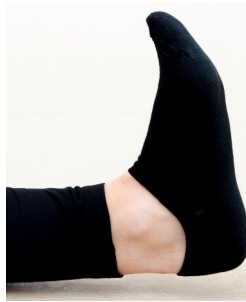
Weeks since Injury	Rehabilitation Plan
0-6	<ul style="list-style-type: none">• Wear the boot (if provided) all of the time when walking.• Use the crutches and do not put any weight through your affected foot.• Start Stage 1 Exercises & Advice.
6-8	<ul style="list-style-type: none">• Gradually discontinue using the boot and elbow crutches once you have been to fracture clinic and they have advised you it is ok to do so. Try walking around the house without them first.• Wear the boot when walking longer distances outdoors.• Continue with exercises.
8-12	<ul style="list-style-type: none">• Fracture should be largely united (healed).• Gradually resume normal activities as pain allows.• Heavier or more strenuous tasks, including long walks, may still be difficult and cause discomfort and swelling at this stage.• Symptoms will continue to improve over the next few months.• If you are still experiencing significant pain and / or stiffness please contact us for further advice / management.

Exercises

Stage 1 Exercises & Advice (3-4 times a day)

Ankle & Foot Range of Movement Exercise

1. Point your injured foot up and down within a comfortable range of movement. Repeat 10 times.



2. Alternately turn your foot outwards leading with the outer border of your foot (little toe) and then turn your foot inwards leading with the inner border of your foot (big toe), as shown in the picture. Make sure you keep the rest of your leg still. Repeat 10 times.



3. Make circles with your foot in one direction, then repeat in the other direction. Repeat 10 times.

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 after your injury 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). 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.

Contact Information

Fracture Clinic: 0151 430 4905 (9am-5pm Mon-Fri)

Emergency Department: 0151 430 2399

Whiston Hospital
Warrington Road,
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