

## Fifth metatarsal fracture (foot)

You have fractured the bone on the outer part of your foot (fifth metatarsal fracture). This type of injury is treated with a removable boot (walker).



### Summary

- You have a fracture in the metatarsal bone of your little toe.
- This type of injury almost always heals well without any loss of function.
- A routine follow-up is not necessary for this type of injury.
- You will wear a removable boot (walker) for at least four weeks. From day one you are allowed to stand on your foot in the walker if the pain allows this.
- To prevent the ankle from getting stiff, it is important that you start exercising the ankle after taking off the walker.
- You can find exercises for your ankle in the folder or in the app.
- If you have any questions, or are experiencing problems with your recovery, you can call the Breuklijn (fracture hotline) on workdays from 9.00 to 12.00 a.m.

### Treatment

A fracture of the fifth metatarsal is a common injury. The fracture is treated with a removable boot (walker). You can rent or buy crutches at a resource lending center. You can also buy crutches at the first aid of Tjongerschans.

#### 0-4 weeks

- Walker.
- Stand on your foot in the walker if the pain allows this.

#### *4-8 weeks*

- Walker.
- Stand on your foot in the walker if the pain allows this.
- If your pain allows you to do so, you can now use a supportive shoe instead of the walker.
- If walking in a supportive shoe is still too painful, it is no problem to use the walker for another 1-4 weeks, depending on pain.
- Stop using the walker after 8 weeks.

#### *After 8 weeks*

- Remove walker.
- Use your foot as your pain allows this.
- A supportive shoe might help to do so.

You can slowly start sports, however, it may take up to three months before you can do so normally.

#### **Instructions**

Follow the instructions for a good recovery.

- Did you get a tubigrip during your visit at the emergency department? You should wear this aid for a few days until the swelling has reduced. During the night, you should not wear the tubigrip.
- Wear the walker for 4-8 weeks. Based on pain you are allowed to use a supportive shoe instead of the walker after 4 weeks.
- You can remove the walker during the night. You can find instructions on how to put on the walker in the app.
- From day 1, you are allowed to stand on your foot while wearing the walker, using crutches if necessary. You can gradually start increased use of your foot while wearing the walker, as long as your pain allows you to do this.
- It is important to elevate your foot in the first weeks. Does the walker feel more tight? Elevate the foot, for example, by putting it on a chair. The swelling will reduce, and the pressure and pain will decrease.
- Start with exercises after removing the walker, to prevent the foot from getting stiff. You can find exercises in the app or in the information folder.
- You should not practise sports for the first 8 weeks. After 8 weeks, you can gradually start sports again, if your pain allows you to do this.
- Are you in pain? Use a mild pain killer such as paracetamol (acetaminophen). Do not wait with the use of paracetamol until the pain is too much.

#### **Recovery**

- This type of injury almost always heals well with time and use – no specific treatment is required and routine follow-up is unnecessary.
- Physiotherapy is not necessary. If you are not satisfied with the function of your ankle after 8 weeks, you can contact a physiotherapist.
- Does the pain increase, or does it not improve? Please contact the Breuklijn (fracture hotline).

### **Reapply the walker**

When you remove the walker, for example when you take a shower, please find instructions to reapply the walker in the video in the Virtual Fracture Care app.

### **Exercises**

After a fracture of the metatarsal, stiffness, loss of strength and loss of coordination can occur. The following exercises can be performed to support your recovery.

### **Instructions**

You can start doing exercises after four weeks. Start with non-weight bearing exercises. This means that you perform exercises without standing on your foot. When you are able to successfully perform these exercises, you can start with weight-bearing exercises. Only exercise as pain allows.

### **Follow the instructions below**

- Perform the exercises at least 3 times per day.
- Repeat each exercise 10 to 15 times.
- Build up gradually, taking rest if necessary after doing exercises by putting the leg back up high.
- you can perform the exercises in warm water if preferred.

### **Non-weight bearing exercises**

Watch the videos in the Virtual Fracture Care app – under folder: ‘fifth metatarsal fracture’.

Extend the exercises on advice and when the pain allows this.

### **Weight bearing exercises**

Watch the videos in the Virtual Fracture Care app – under folder: ‘fifth metatarsal fracture’.

### **Questions? You can call us**

If there are any questions after reading the information, please contact us or visit [www.tjongerschans.nl](http://www.tjongerschans.nl).

### *Contact*

Breuklijn: 0513 – 685 855

Please call us on workdays between 9.00 – 12.00 a.m.