Big toe fracture

You have a fracture of the big toe (hallux). We treat this fracture with a pressure bandage and a special shoe.

Summary

- You have a fracture of the big 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 can remove the pressure bandage if your pain allows you to do so, wear the pressure bandage for a maximum of 1 week.
- To prevent the toe from getting stiff, it is important that you start moving the toe again as soon as possible.
- You can find instructions on how to reapply the pressure bandage in our Virtual Fracture Care app in the App store (iPhone) or Google Store (Android).
- If you have any questions, or are experiencing problems with your recovery, you can call the 'Breuklijn' (fracture hotline) on workdays between 10.00-12.00.

Treatment

A fracture of the big toe (hallux) is a common injury. The fracture is treated with a pressure bandage and a special shoe that prevents you from putting weight on your toe.

0-1 week

- Pressure bandage and a special shoe, remove as soon as pain allows.

1-3 weeks

- You may walk again wearing a sturdy shoe.

After 3 weeks

- You may start sports, when your pain allows you to do so.

Instructions

Follow these instructions for a good recovery.

- Wear the pressure bandage for a maximum of 1 week. It is not a problem if you remove the pressure bandage earlier.
- If the pressure bandage gets loose, you can find instructions on how to reapply the pressure bandage in our Virtual Fracture Care app and/or in this video (http://www.youtube.com/watch?v=MikmuuT9THw).

- You may put pressure on your foot, if your pain allows you to do so. Use crutches if necessary.
- Elevate your foot when you are resting, for example, by putting it on a chair. This will reduce swelling and pain.
- It is important to move the toe as much as possible. No specific exercises are necessary.
- For the first 3 weeks, you should not practice any sports. After 3 weeks, you may start sports again if your pain allows you to do so. It can take up to 6-8 weeks before you have recovered enough to practice sports again.
- Are you in pain? Use a mild pain killer such as acetaminophen. Do not wait with the use of acetaminophen 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 not necessary.
- Does the pain increase, or does it not improve? Please contact our 'Breuklijn' (fracture hotline). See also the information at the bottom of this page.

Reapply the pressure bandage

If you need to reapply the pressure bandage or shoe, you can find instructions on how to do so in the video (http://www.youtube.com/watch?v=MikmuuT9THw) in the Virtual Fracture Care app. You can buy a new pressure bandage at the pharmacy or reuse the pressure bandage that was applied in the Emergency Department.

Exercises

It is important to move the toe as much as possible. No specific exercises are necessary.

Virtual Fracture Care app

In our Virtual Fracture Care app, you can find more information about your injury. You can also find exercises here to improve your recovery. You can find the app in the Appstore (iPhone) and in the Google Store (Android). You can also scan the QR-code, automatically you will be transferred to the app.

Questions? Please call the 'Breuklijn'

If there are any questions after reading this information, please call the 'Breuklijn' (fracture hotline) on workdays between 10.00-12.00.

Gerelateerde informatie

Specialismen

- Spoedeisende Geneeskunde (https://www.antoniusziekenhuis.nl/spoedeisende-geneeskunde)
- Chirurgie (https://www.antoniusziekenhuis.nl/chirurgie)

Contact Spoedeisende Geneeskunde T 088 320 33 00