# 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 this information or 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 fifth metatarsal is a common injury. The fracture is treated with a removable boot (walker). You can rent crutches at the hospital. During this treatment we will prescribe medication to prevent the blood from clotting wile you are immobilized. You can find the information on using this medication by clicking the following link: Injecting Fraxiparine (#Injecting Fraxiparine).

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| **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.

- 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). See also the information at the bottom of this page.

## Reapply the walker

When you remove the walker, for example when you take a shower, please find instructions in this video (http://www.youtube.com/watch?v=7RUlHPYcWyQ) to reapply the walker.

## 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.

You can start doing exercises after 4 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:**

- Practice at least 3 times a day and repeat each exercise 10 times.
- You can perform the exercises in warm water if preferred.

**Non-weight bearing exercises**

Non-weight bearing exercises can be divided into passive and active exercises. Start with the passive exercises and then continue with the active exercises.

- Passive exercises: bend, straighten and move the ankle with your hands.
- Active exercises: without using your hands, tighten the calf and foot muscles, bend, straigthen and move the ankle in all directions.

**Weight bearing exercises**

Weight bearing exercises can also be divided into passive and active exercises. Again, start with the passive exercises and then continue with the active exercises.

- Passive exercises: sit down and do the stretching exercises using your body weight, as shown in the video in the Virtual Fracture Care app.
- Active exercises: stand up and do the stretching exercises using your body weight, as shown in the video in the Virtual Fracture Care app.

## Other exercises

It is important to practice standing correctly on the affected leg, as pain allows. Walking starts with being able to stand on one leg. Also try to use the ankle as normally as possible again, as pain allows. Every step you take is a step closer to a normal gait.

## 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 '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

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

| Contact Chirurgie | T 088 320 19 00 |
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