

## VFC - Fifth metatarsal fracture foot EN

### 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 problems during the recovery, do not hesitate to contact us on workdays from 09:00 – 11:00 AM – 2:00 – 4:00 PM via the Fracture Hot Line.

### 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 the hospital.

<b>0-4 weeks</b>
<ul style="list-style-type: none"> <li>• Walker.</li> <li>• Stand on your foot in the walker if the pain allows this.</li> </ul>
<b>4-8 weeks</b>
<ul style="list-style-type: none"> <li>• Walker.</li> <li>• Stand on your foot in the walker if the pain allows this.</li> <li>• If your pain allows you to do so, you can now use a supportive shoe instead of the walker.</li> <li>• 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.</li> <li>• Stop using the walker after 8 weeks.</li> </ul>
<b>After 8 weeks</b>
<ul style="list-style-type: none"> <li>• Remove walker.</li> <li>• Use your foot as your pain allows this.</li> <li>• A supportive shoe might help to do so.</li> <li>• You can slowly start sports, however, it may take up to three months before you can do so normally.</li> </ul>

## 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 Fracture Hot Line. If a check-up seems necessary, we will schedule an appointment.

## 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 below.

<https://www.youtube.com/watch?v=EobEUU0YnD8>

## 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: ‘Ankle: Weber A or Avulsion fracture’

Move foot unloaded in all directions: <https://www.youtube.com/watch?v=tzW65jY6Rrk&feature=youtu.be>

If the ankle is very stiff and you do not get far enough, you can help the ankle by pulling the toes toward you with a stiff scarf

## Weight bearing exercises

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

Knee bending and stretching:

<https://www.youtube.com/watch?v=rlMqNnZlyU4>

note: the heel should not come off the ground

Stretching exercises standing:

<https://www.youtube.com/watch?v=16qdo-KG2us>

Standing and walking on heels and toes:

<https://www.youtube.com/watch?v=LlzeMljaZfk>

Knee bending with one leg with and without support:

<https://www.youtube.com/watch?v=HWrPw5xvcis>

Watch the videos in the Virtual Fracture Care app – under folder: ‘Ankle: Weber A or Avulsion fracture’

## Any questions?

Do you have any questions after reading this information? Ask your question via Laurentius hospital Fracture Hot Line.

### **Virtual Fracture Care App**

Find more information about your injury in our app. The app also includes exercises that promote your recovery. You can find the app in the App Store (iPhone) or Google Store (Android).

You can also scan the QR code. You will then automatically be redirected to the app.



### **Contact**

#### **Fracture Hot Line**

T 0475-38 22 11  
(business days from 09:00 – 11:00 AM – 2:00 – 4:00 PM)

*Source brochure: Proefschrift Virtual Fracture Care: Direct ontslag vanaf de SEH voor patiënten met simpele stabiele letsels*

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