

Big toe fracture

This leaflet provides you with information about a big toe fracture. You should know that your personal situation may differ from the one described here.

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 the app: Virtual Fracture Care, Adrz.

If you have any questions, or are experiencing problems with your recovery, you can call the Breuklijn (fracture hotline) 088 125 4202 (+3188 125 4202).

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 this app.
- You may put pressure on your foot, if your pain allows you to do so. Use crutches if this is necessary.
- Elevate your foot when you are resting, for example, by putting it on a chair. This will reduce swelling and pain.
- To prevent the toe from getting stiff, it is important that you start moving the toe again as soon as possible.
- For the first three weeks, you should not practice any sports. After three 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 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.

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- Does the pain increase, or does it not improve? Please contact the Breuklijn (fracture hotline) 088 125 4202 (+3188 125 4202).

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 below. You can buy a new pressure bandage at the pharmacy or reuse the pressure bandage that was applied in the Emergency Department.

<https://www.youtube.com/watch?v=v7rCA4Ysz9I>

Exercises

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

Questions?

If there are any questions after reading the information, please contact us or visit www.adrz.nl.

Contact

Please call us: Breuklijn (fracture hotline) 088 125 4202 (+3188 125 4202. Monday – Friday: 8.30 am – 10.30 am.