

Fifth metatarsal fracture (foot)

This leaflet provides you with information about a fifth metatarsal fracture (foot). You should know that your personal situation may differ from the one described here.

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 (off-loading shoe).

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 (off-loading shoe) for at least four weeks. From day one you are allowed to stand on your foot in the off-loading shoe 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 off-loading shoe.
- You can find exercises for your ankle in the folder or 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 fifth metatarsal is a common injury. The fracture is treated with a removable boot (off-loading shoe). You can rent crutches at the hospital.

0-4 weeks

- Off-loading shoe.
- Stand on your foot in the off-loading shoe if the pain allows this.

4-8 weeks

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

After 8 weeks

- Remove off-loading shoe.
- 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 off-loading shoe for 4-8 weeks. Based on pain you are allowed to use a supportive shoe instead of the off-loading shoe after 4 weeks.
- You can remove the off-loading shoe during the night. You can find instructions on how to put on the off-loading shoe in the app.
- From day 1, you are allowed to stand on your foot while wearing the off-loading shoe, using crutches if necessary. You can gradually start increased use of your foot while wearing the off-loading shoe, as long as your pain allows you to do this.
- It is important to elevate your foot in the first weeks. Does the off-loading shoe 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 off-loading shoe, to prevent the foot from getting stiff. You can find exercises in the app or in the information folder.
- You should not practice 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) 088 125 4202 (+3188 125 4202).

Reapply the off-loading shoe

When you remove the off-loading shoe, for example when you take a shower, please find instructions to reapply the off-loading shoe 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

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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 (foot)'.
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=rIMqNnZlyU4>

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>

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.