

5th Metatarsal Fracture

Patient Information

Fracture Clinic



The Patient Information Leaflets page on the Trust website is available on the link:
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

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Introduction

You have fractured (broken) a bone on the outside of your foot. Metatarsal fractures are the most common fractures in the foot. This type of injury may be caused due to a fall, sports injury or dropping a heavy object onto the foot. Fortunately in most cases, this injury can be treated without surgery.



Signs & symptoms

The following symptoms are common in this injury, and should start to settle within the next few weeks or months.

- Pain
- Swelling
- Tenderness
- Bruising

Treatment plan

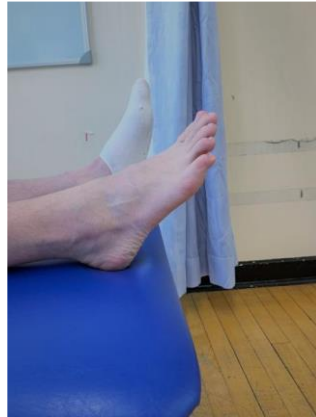
You will be provided with a walking boot to support the foot. This should be used for a period of 4-6 weeks, or you may opt to wear your own supportive footwear. This will depend on the fracture site. Elevation (raising) of the leg and use of ice therapy may help with swelling and pain relief.

Regular pain relief to be taken as directed or prescribed by healthcare provider. Ankle exercises are advised to help prevent the ankle becoming stiff, but can also help to reduce the swelling.

The following exercises are advised **3-4** times a day, up to **10** of each exercise, if pain allows:

Ankle Ranges of Motion: Pointing your Foot

1. Sitting with legs out straight.
2. Point your toes away from you, then point them back towards you.
3. Repetitively keep that movement back and forth continuously.



Ankle Ranges of Motion: Turning your Foot

4. Sitting with legs out straight.
5. Turn your foot inwards, then turn it outwards.
6. Repetitively keep that movement back and forth continuously.

Do not start with **Turning Foot Inwards** if suffering with a sprain of the outside of your ankle, for at least 1-2 Weeks to allow for healing time.



Aftercare

The pain and swelling should gradually settle over the next few weeks. Even after the 4-6 weeks in the walking boot, you can still expect tenderness and intermittent swelling up to 8-10 weeks after the injury. During the early stages of your injury you may find walking on the foot painful. It may help to walk on the heel initially.

Crutches can be provided, but only if necessary, and should be discarded as the pain settles.

Most injuries heal without any problems; however it may take several months for your symptoms to settle down completely. Occasionally, the fracture may fail to heal therefore If you are still experiencing significant symptoms after several months please contact fracture clinic for further advice.

Fracture Clinic: 01942 822109 Monday to Friday (8.30am until 5pm).

If you have any urgent concerns out of hours, please call 111.

Please use this space to write notes or reminders.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
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WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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Call 111 first when it's less urgent than 999.



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