Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Fractured Toe

Version number: **4**
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Fractured Toe

Patient Information

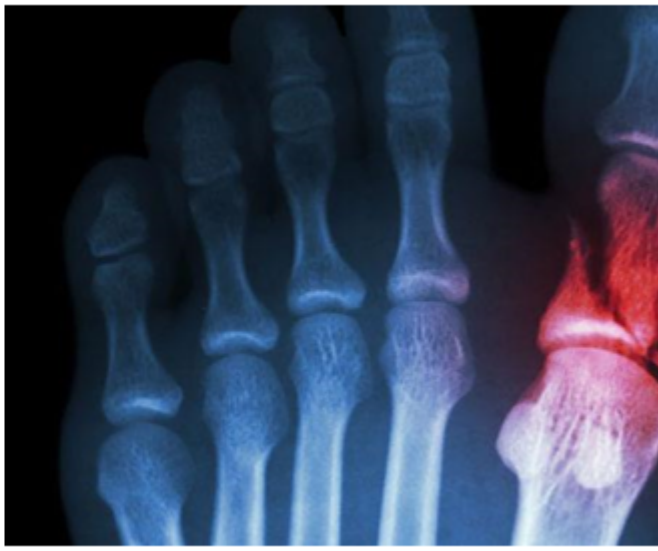
Fracture Clinic

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Introduction

You have fractured/broken a bone in your toe. The fracture has occurred in a part of the bone which normally heals well without problems.





Healing

The fracture will take around 6-12 weeks to heal.

Smoking slows down healing. We advise you to stop (at least whilst recovering from your injury). Talk to your GP or go online at https://www.nhs.uk/smokefree

In most cases, this injury can be treated without surgery and without the need for routine follow up. These injuries recover well with self-management.

Symptoms of a Fractured Toe

Fractured/broken toes are often very painful. Symptoms can include:

- Pain
- Swelling
- Tenderness
- Bruising

Treatment Plan

For fractures/breaks of the great (big) toe you will have been provided with a Toe Spica.

If you have fractured/broken any of your other toes you will have had neighbour strapping applied. Either strapping needs to be left in place for 2-3 weeks, or as comfort allows. If the strapping comes off, you can replace this yourself and apply as pictured below.

Figure 1, Toe Spica



Figure 2, Neighbour strapping



The above strapping is applied for comfort/support only and not as treatment of the fracture/break.

Regular pain relief is advisable to be taken as prescribed/ directed by your healthcare provider. In 6-12 weeks, normal activities can be resumed, guided by your pain.

Raising the foot above heart level will help in reducing swelling of the foot, alongside the use of ice therapy.

Aftercare

The pain and swelling should gradually settle over the next few weeks.

During this time, you might find walking on the foot painful. Walking on the heel initially may help.

Appropriate support for the foot is usually provided by your own footwear, for example: trainer or wide fitting footwear. Crutches can be provided but only if necessary, and should be discarded as the pain settles. Walking on the foot is encouraged, but only as pain allows.

Frequently asked questions

When can I drive?

You are allowed to drive when:

- You can safely control the car.
- You are walking normally.
- You can perform an emergency stop.

When can I go to work?

This depends on your individual situation. You can return to work when you feel able to do your job. Consider a phased return where needed/possible.

For more information online, please visit https://www.wwl.nhs.uk/virtual-fracture-clinic

Most injuries heal without any problems; however, it may take several months for your symptoms to settle down completely.

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 are struggling to get back to normal activities, you can self-refer to **Physiotherapy**. A referral form can be found on this webpage: https://www.wwl.nhs.uk/adult-msk-physiotherapy-self-referral

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



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