Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Simple Foot Fracture

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Last modified date: **12th November 2026**

Simple Foot Fracture

Patient Information

Trauma and Orthopaedics

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Introduction



You have broken (fractured) a bone in your foot. This injury is common.

Because your bones are still in a good position, this injury does not need surgery.

You should make a very good recovery if you follow the advice and do the exercises in this leaflet little and often.

Injury recovery

- It takes 6-12 weeks to heal

- Pain and swelling are normal

- Take simple painkillers e.g., paracetamol for as long as you need to; do not take more than the recommended dose. Your local pharmacist is a useful source for pain relief information

- You can weight bear fully as pain allows

- Smoking slows down healing. We advise you to stop. Please talk to your General Practitioner (GP) or go online at **https://www.nhs.uk/smokefree**

Caring for your injury

You will be provided with a walking boot (and maybe crutches) to support the foot. This should be used for a period of 4-8 weeks, or you may opt to wear your own supportive footwear. You can remove the boot at night or at rest, when comfortable.

Elevation. Raise your foot / lower leg regularly to reduce swelling.

Ice. In the first 5 days to reduce bruising and swelling, wrap a damp tea towel around a bag of frozen peas and place on your foot and ankle for up to 15 minutes. Do not use ice if the feeling in your foot or ankle is reduced, or if you have skin problems.

Ankle exercise. This is advised to help prevent the ankle becoming stiff and 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):

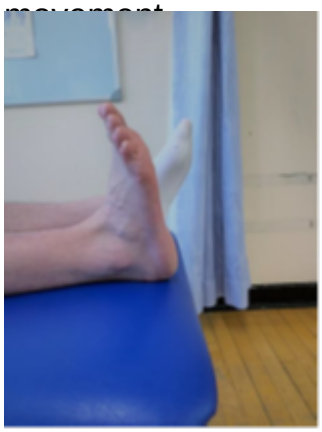
Ankle Ranges of Motion:

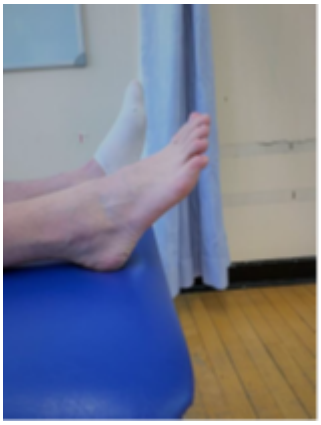
1. Sitting with legs out straight.

2. Point your toes away from you, then point them back towards you.

3. Keep repeating that movement back and forth continuously.

Try drawing the letters of the alphabet (e.g. A, B, C, etc.) with your foot to improve ankle movement.





All exercises should be performed little and often or at least four times per day, but you should avoid pushing into any sharp pain.

Disclaimer

Not all exercises are suitable for everyone, and while every precaution has been taken in sele cting theseexercises, they do not come without risks. If you have any concerns regarding your injury, or whether you should partake in the exercises, then you should consult your GP o r Physiotherapist before beginning any exercises in this leaflet.

It is quite normal to feel some discomfort following exercise, but it is important that this disc omfort eases within 2 hours of finishing the exercise and does not have an overall negative effect on your symptoms.

The exercise plans shown in this leaflet are designed to be used as a guide and a point of refer ence; they can be modified and progressed under the supervision of your Physiotherapist.

Osteoporosis?

If you have broken a bone AND are over 50 years of age, you may be at risk of having osteoporosis (weakening of the bones). You will be contacted separately by the Specialist Fracture Liaison Team and asked if you would like a bone health review. If you live outside the Wigan area, please speak to your GP.

As we get older, bones do not renew themselves as well. This causes them to weaken; it happens to everyone to some degree, but if the bones become fragile, it's called osteoporosis. You can help with certain lifestyle factors:

- Get plenty of calcium and Vitamin D as part of a well-balanced diet and outdoor activities
- Regular weight bearing exercise e.g., walking, running
- Stop smoking

- Do not drink too much alcohol

Frequently asked questions

Driving

You must not drive with the boot on. It is your own responsibility. You are allowed to drive when:

- You can safely control the car
- You are no longer using the boot
- You can perform an emergency stop

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. If your work involves long periods of standing or walking, then this may take up to 8 weeks.

Sports

You should avoid contact / ball sports for 8-12 weeks. You can exercise your upper body and un-injured leg as soon as you feel able and safe to.

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

Remember….

- Foot fractures can be very painful
- The majority of these injuries will recover in 6-12 weeks
- Gentle exercises will aid your recovery and reduce risk of re-injury

Further Advice

If you have any concerns regarding your fracture, contact:

Fracture Clinic Helpline 01942 822595

Please leave a message with name, telephone number and brief description of reason for call. We will aim to call you back within 24 hours Monday to Friday 8.30am until 5:00 pm (please note it will be Monday if you call over the weekend).

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

Adult MSK Physiotherapy Self-Referral

If you are struggling to regain your movement or 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



Please scan the QR Code to access the website.

Telephone Numbers:

Boston House Health Centre Telephone 03007071113

Leigh Infirmary Telephone 03007071597 / 03007071595

Platt Bridge Health Centre Telephone 03007071772



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