Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Base of 5th Metatarsal Fracture

Version number: **8**
Last modified date: **12th November 2026**

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Patient Information

Trauma & Orthopaedic Department

- Author ID: VL/BH
- Leaflet ref: Musc 047
- Version: 8
- Last review: July 2026
- Expiry date: July 2028

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 by a trip, fall or a sports injury.



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 General Practitioner (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.

Signs & symptoms

The following symptoms are common and should start to settle within the next few weeks.

- Pain
- Swelling
- Tenderness
- Bruising

Treatment plan

You will be provided with a walking boot (and maybe crutches) to support the foot. This should be used for a period of 4-6 weeks, or you may choose to wear your own supportive footwear. You can remove the boot at night or when resting, as comfort allows.

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 as needed. Do not use ice if the feeling in your foot or ankle is reduced, or if you have skin problems.

Simple pain relief e.g. paracetamol to be taken as required.

Ankle exercise. You are advised to carry out ankle exercises to help prevent the ankle becoming stiff and 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

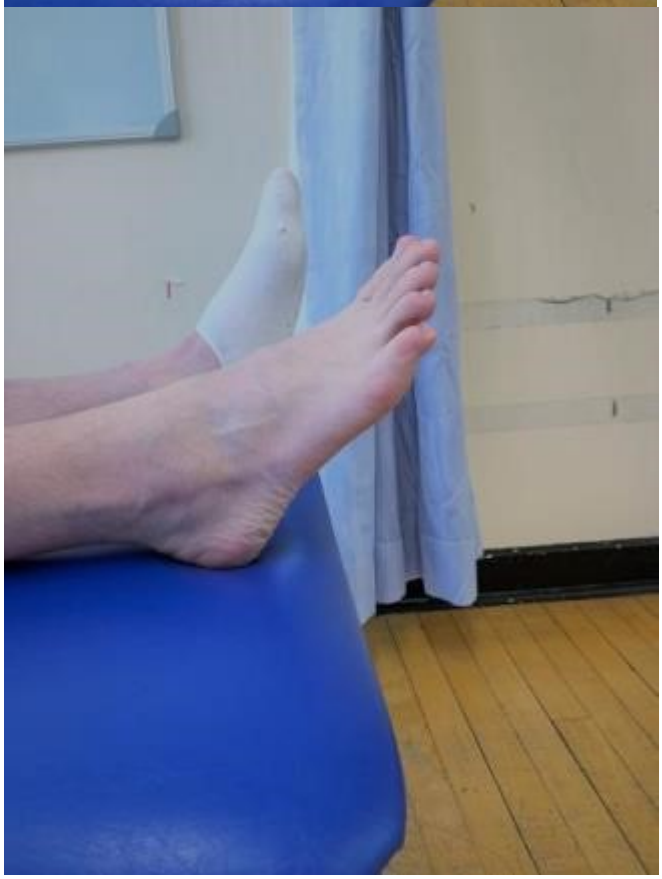
1. Sitting with legs out straight.

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

3. Keep repeating that movement back and forth continuously.

Try drawing the alphabet with your foot to improve ankle movement.





Disclaimer

Not all exercises are suitable for everyone, and while every precaution was taken in selecting these exercises, they do not come without risks. If you have any concerns regarding your injury, or whether or not you should partake in the exercises, then you should consult your GP or physiotherapist before beginning any exercises shown in this leaflet.

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

The exercise plans shown in this leaflet are intended to be used as a guide and a point of reference. They may be modified or progressed under the supervision of your Physiotherapist.

Frequently asked questions

When can I drive?

You must not drive with the boot on.

It is your own responsibility to ensure you are safe to drive. You are allowed to drive when:

- You can safely control the vehicle
- You are no longer using the boot
- You are walking normally
- You can perform an emergency stop.

When can I go back to work?

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

What do I do with my boot and crutches once I have finished with them?

Please return any crutches to Fracture Clinic or Emergency Department. You do not need to return your boot.

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

Most injuries heal without any problems; it may take several months for your symptoms to settle down completely. If you are still experiencing significant symptoms after 8 weeks, please contact:

Fracture Clinic: 0300 707 2595

Monday to Friday (8.30am until 5pm). Please leave a message on the answerphone with patient details and we will return your call.

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 web-page:

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 0300 707 1113

Leigh Infirmary Telephone 0300 707 1597 / 0300 707 1595

Platt Bridge Health Centre Telephone 0300 707 1772



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