FRACTURED FIFTH METATARSAL
ADVICE SHEET

• Fractures of the base of the fifth metatarsal usually heal well without requiring surgery

• The fracture takes about 6 weeks to heal to about two-thirds of its previous strength, but continues to strengthen over the next year.

• Occasionally, some fractures do not heal as expected and either take more time or require surgical fixation

• Stiff soled shoe
  o Wear a stiff soled shoe for walking to avoid pressure on the injured bone for 4-6 weeks, or until no longer painful

• Weightbearing
  o It is generally safe to put weight through your fractured foot as long as it is comfortable to do so
  o You may need to use crutches for a few days

Disclaimer: This health information is for general education purposes only and is intended to be a reminder of education provided by your health professional after a thorough examination.
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• Physical activity
  o Walking
    ▪ Listen to your body – if you walk / stand for a period of time and your foot becomes more painful and swollen, then your body is telling you that you have done too much!
    ▪ GRADUALLY increase the amount of activity that you do as you feel comfortable
  o Sports
    ▪ Expect that it will probably take about 6 weeks before most of the pain has settled and that it may take another month or so after that before you are ready for running / sports

• Followup
  o Generally, subsequent x-rays are not required as long as the symptoms are gradually improving
  o If you still have significant issues at 6 weeks post injury, x-rays and specialist opinion may be required

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