

FRACTURED METATARSAL ADVICE

- Fractures of the metatarsals 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
 - Wear a stiff soled shoe for walking to avoid excess pressure on the injured bone for 4-6 weeks, or until no longer painful
- Weightbearing
 - It is generally safe to put weight through your fractured foot as long as it is comfortable to do so
 - 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
 - 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
 - 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
 - Generally, subsequent x-rays are not required as long as the symptoms are gradually improving
 - If you still have significant issues at 6 weeks post injury, x-rays and specialist opinion may be required

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