FRACTURED TOE ADVICE SHEET

• Toe fractures normally heal quite well without issue, but need to be left undisturbed to prevent malalignment

• Strapping the toes
  o “Buddy strap” the injured toe to the adjacent one using cohesive bandage (with some padding such as cotton wool or a tissue between the toes to prevent skin injury) and then anchor the tape to the foot
  o A large portion of the healing is undertaken in the first two weeks, so it is advisable to avoid removing the strapping in the first 2 weeks to allow the bones to stick in the right position
  o Keep the strapping dry – cover with glad wrap for showering
  o After the first 2 weeks, the strapping can be changed for showering, but be careful not to knock the toe again
  o Continue with strapping for 4-6 weeks or until no longer painful

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

• Physical activity
  o 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!
  o GRADUALLY increase the amount of activity that you do as you feel comfortable
  o 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 before you are ready for running / sports

• Follow-up
  o If your toe had to be straightened, see your GP at 2 weeks for a review – an x-ray may be required to ensure that alignment has been maintained. Otherwise, x-rays are generally unnecessary provided pain is steadily improving.

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