

FRACTURED TOE ADVICE SHEET

- Toe fractures normally heal quite well without issue, but need to be left undisturbed to prevent malalignment
- Strapping the toes
 - “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
 - 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
 - Keep the strapping dry – cover with glad wrap for showering
 - After the first 2 weeks, the strapping can be changed for showering, but be careful not to knock the toe again
 - Continue with strapping for 4-6 weeks or until no longer painful

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.



THE EMERGENCY PHYSIO

ORTHOPAEDIC RESOURCES FOR CLINICIANS WORKING IN THE EMERGENCY DEPARTMENT

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- Stiff soled shoe
 - 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
 - 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
 - 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
 - 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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