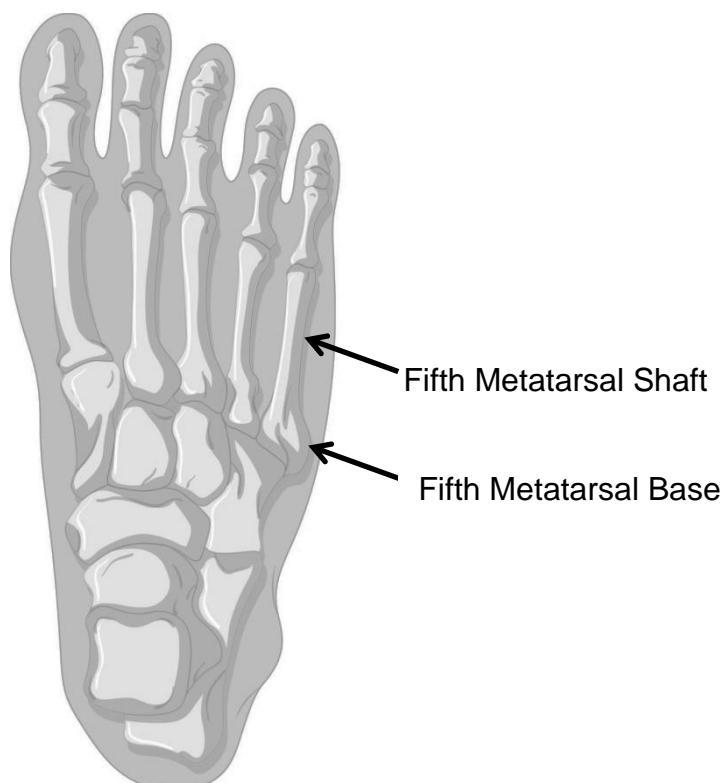


## Patient information

**Undisplaced Fifth Metatarsal Fracture**

Trauma and Orthopaedics Speciality



You have fractured a bone on the outer part of your foot.

This fracture has occurred in a part of the bone which normally heals well without problems.

The pain, tenderness and swelling you are experiencing should gradually settle over a period of six to twelve weeks. During this time you may find walking on your foot painful and it may help to walk on your heel initially. You may notice swelling in your foot at the end of the day for several months longer.

Ice packs can be used to help in the first few days after your injury. A bag of frozen peas wrapped in a wet towel and placed on the painful side of your foot for ten to fifteen minutes every few hours can help reduce the pain and swelling.

**If you have poor feeling in your foot please do not use ice as it can burn the skin.**

You will be provided with a support for your foot in the form of tubi-grip or a removable boot or stiff-soled shoe to help with pain. If required, you will also be provided with crutches.

You can safely walk on your foot as much as pain allows without risk of causing further harm. If you have been given a boot this should be gradually discarded as your pain settles (usually within three to six weeks). Wear sturdy shoes that are comfortable and do not squash or bend your foot until your symptoms settle such as walking shoes or trainers. Flip-flop type shoes and ballet pumps aren't recommended.

At first you may require regular painkillers as it is important to keep your foot and ankle gently moving and gradually resume daily activities within the limits of discomfort. This will prevent stiffness, reduce swelling and ensure the quickest return to normal function.

Most injuries heal without any problems; however it may take several months for your symptoms to settle completely.

You may resume contact and impact sports from twelve weeks after your injury as your symptoms allow. When you return to sport you may notice further pain and swelling which should settle.

### **Exercises to help your foot to recover**

These exercises will be most effective if practiced regularly during the day. We would suggest doing them at least three to four times per day. Repeat each exercise ten times. You should aim to increase movement each day.

#### **1. Point your foot and ankle up then down. Stretch to the start of pain.**



This exercise should also be repeated with your foot on the floor in sitting or standing as your symptoms allow



**2. Turn your foot in and out. Stretch to the start of pain.**



**3. Your toes can sometimes become stiff as a result of being in a removable boot or walking on your heel. The following exercises will help.**



If after **three** months you are still experiencing pain and/ or swelling which has prevented you from returning to normal activity please contact us on the number below.

**Smoking**

Smoking slows down healing and we would advise that you stop, at least for the duration of the healing process. Further advice can be found on the NHS website <http://smokefree.nhs.co.uk> or please contact your family doctor (GP).

**Driving**

It is the driver's responsibility to ensure they are fit to drive, and are accountable for their actions and decisions when driving. In order to have full control of your vehicle you need to be able to perform an emergency stop safely and have good control of the pedals before you drive. This means that you must not drive in your removable boot or stiff soled shoe. If you have concerns please contact the DVLA or your car insurance provider for further advice.

**Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## **Further information**

Should you have any worries or concerns a message can be left on the Virtual Fracture Clinic Hotline and an appropriate person will contact you between 10 – 3pm, Monday to Friday. Any messages left over a weekend will be dealt with on Monday.

### **Virtual Fracture Clinic Hotline**

**Telephone number: 0151 529 2536**

**Text phone number: 18001 0151 529 2536**

**For any urgent worries or concerns please contact the Emergency Department on**

### **Royal Liverpool Hospital**

**Telephone: 0151 706 2050**

**Text phone Number: 18001 0151 706 2050**

### **Aintree Hospital**

**Telephone number: 0151 0151 525 5980**

**Text Phone number: 18001 0151 525 5980**

**Non urgent concerns can be discussed with your GP.**

### **Royal Liverpool Hospital Site**

**Search Virtual Fracture Clinic**

### **NHS 111 Service**

**Tel: 111**

**Author: Trauma and Orthopaedics Department**

**Review date: June 2022**

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.