

Metatarsal and foot fractures: discharge advice

You have fractured one of the bones in your foot (but not a toe fracture). This leaflet gives some exercises for flexibility and strength, as well as information on what to expect as your fracture repairs.

Key information

- You have fractured one of the bones in your foot (excluding toe fractures).
- The fracture has occurred in a part of the bone that normally heals well without problems.
- The pain, tenderness and swelling you are experiencing in the foot should gradually settle over a period of several weeks.
- During this time, you may find walking on the foot painful and it may initially help to walk on your heel.
- You may be provided with a support for the foot, in the form of either a removable Velcro shoe or a removable boot, depending on the type of injury. If required, you will also be provided with crutches.
- You may walk on the foot as much as pain allows. If you have been given a shoe or a boot you should gradually discard it over 3-5 weeks as the pain settles.
- Further exercises can be found overleaf.
- Most injuries heal without any problems – however, it may take several months for your symptoms to settle completely.
- Occasionally, the fracture may fail to heal and continue to be painful even after several months. A surgical procedure may then be needed at this stage to help heal the fracture.
- If you are still experiencing significant symptoms after several months please contact the fracture clinic helpline for further advice.


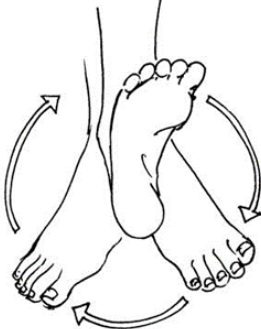
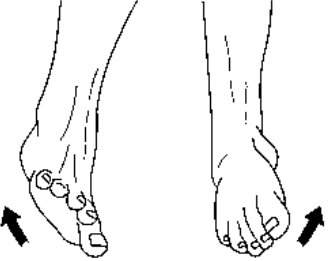
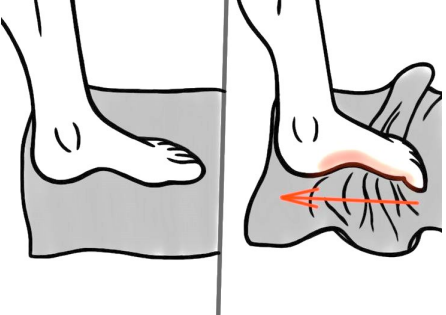


If the pain gets worse or lasts more than 5 weeks, or if you are concerned following discharge from hospital, please contact: Fracture Clinic on **0118 322 6567 (12 noon-5pm, Monday to Friday)** or mobile: **07554 330 369**.

Foot injuries exercises

Remember:

- Remove shoe or boot before exercising.
- Exercise as the pain allows – do not continue if it is too painful!
- Complete 10 of each exercise.

<p>1. Sit with your injured leg crossed over your good one, point the toes on your affected leg downwards and then pull them up slowly.</p>	
<p>2. Sit with your injured leg crossed over your good one, circle your foot, making as big a circle as possible. Repeat in opposite direction.</p>	
<p>3. Sit with your injured leg crossed over your good one, move the sole of the foot from side to side.</p>	
<p>4. Sit on a chair and place a towel on the floor. Put your injured foot on the towel and using your toes 'bunch' the towel up and pull it towards you.</p>	

Other advice

If your foot swells, sit with your foot supported so that it is higher than your hip, at least twice a day for half an hour. Massaging the area, sweeping the swelling towards and up the calf may also help. To overcome stiffness in your foot, do the exercises. Your foot may swell from time to time for up to one year.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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