

Metatarsal and foot fractures: discharge advice

- You have fractured one of the bones in your foot (excluding toe fractures).
- The fracture has occurred in a part of the bone, which 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 as listed below 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.
 - As the exercises become easier, build up to completing four times a day.
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.
 2. Sit with your injured leg crossed over your good one, move the sole of the foot from side to side.
 3. Sit with your injured leg crossed over your good one, circle your foot, making as big a circle as possible. Repeat in opposite direction.
 4. With your feet flat on the floor, sit on a chair or stand up, stretch your feet out as much as possible. Then draw your toes in to make your foot as short as possible.
 5. Stand supported, rise up onto tip-toes, then lower yourself slowly.

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.

Further information

Visit the Trust website at www.royalberkshire.nhs.uk

Fracture Clinic, January 2018

Review due: January 2020