

Simple foot fractures in children: guidelines during Coronavirus (Covid-19) pandemic

This leaflet aims to answer some of the questions that you or your child may have about managing a foot fracture.

Note to young people reading this leaflet: To make this leaflet easier to read we have addressed it to parents or carers; please excuse us for referring to you as 'your child'!

What is a simple foot fracture?

Your child has a small fracture (break) of the bone in their foot. These fractures are common in children and can usually be treated without surgery.

What is the treatment?

Depending on the fracture, your child will be given a bandage or a removable boot to wear to keep the foot comfortable. The alternative is a soft cast or "back-slab".

Once in the boot, cast or back-slab, your child should be comfortable. They may require Paracetamol (Calpol), which can be given at home, until the pain has settled. They may also feel more comfortable sleeping with the leg elevated on pillows.

Things to be aware of early on in the treatment

The pain will settle over the first week after the injury. They should be encouraged to wiggle their toes as the pain settles. Keeping the injured foot elevated on pillows is the most important treatment in the first few days.

The team will have shown you how and when to unwrap the soft cast or remove the back-slab at home if your child has one.

Home rehabilitation

Your child should be encouraged to move their toes, knee (if not in plaster) and hip. As the pain settles, they will gradually feel more and more comfortable when moving these joints. Light day-to-day activities can be introduced as the pain subsides.

Seek immediate medical advice if:

- Your child's pain is increasing.
- The foot or leg is getting more swollen.
- Your child complains of tingling or loss of feeling in their toes or cannot move their foot.

Contact us

If you have any further questions or concerns regarding this condition, please contact the Orthopaedic Clinic between 8.30am – 5.00pm Monday – Friday on 0118 322 8334 (except bank holidays).

More information about the Trust can be found on our website www.royalberkshire.nhs.uk

This document can be made available in other languages and formats upon request.

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Review due: March 2022