

**Patient Information Leaflet  
- METATARSAL (FOOT)  
FRACTURES**

**Fracture Clinic.  
Telephone 01384 456111 ext 2220.**

# Patient Information

**This leaflet is available in large print and audio version  
- call 0800 0730510**

**This leaflet can be made available in other languages. If required please contact  
the Patient Information Co-ordinator on 0800 0730510**

ਜੇਕਰ ਇਹ ਲੀਫਲੈੱਟ (ਛੋਟਾ ਇਸ਼ਾਰਿਹਾਰ) ਤੁਸੀਂ ਆਪਣੀ ਭਾਸ਼ਾ (ਪੰਜਾਬੀ) ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰ  
ਕੇ ਪੇਸ਼ਟ ਇੰਨਫਰਮੇਸ਼ਨ ਕੋ-ਆਰਡੀਨੇਟਰ ਨਾਲ **0800 0730510** ਟੈਲੀਫੋਨ ਨੰਬਰ 'ਤੇ ਸੰਪਰਕ ਕਰੋ।

यदि आपको यह दस्तावेज़ अपनी भाषा में चाहिये तो पेशन्ट इनਫਰਮੇਸ਼ਨ ਕੋ-ਆਰਡੀਨੇਟਰ को  
टैलीਫੋਨ ਨੰਬਰ **0800 0730510** पर फ़ोन करें।

ਜੇ ਤਮਨੇ ਆ ਪਤਿਕਾ ਤਮਾਈ ਪੋਤਾਨੀ ਆਖਾ (ਗੁਜਰਾਤੀ)ਸੀ ਖੈਠੀ ਡੰਘ, ਤੋ ਕ੍ਰਿਪਾ ਕਰੀਨੇ ਪੇਸ਼ਾ-ਟ ਠੀ-ਕੋਮੇਸ਼ਨ ਕੋ-ਆਰਡੀਨੇਟਰ ਨੂੰ  
**0800 0730510** ਪਰ ਸੰਪਰਕ ਕਰੋ।

आपनि यदि এই প্রচারপত্রটি আপনার নিজের ভাষায় পেতে চান, তাহলে দয়া করে পেশেন্ট ইনਫਰਮੇਸ਼ਨ  
কো-ਆਰਡੀਨੇਟরের সাথে **0800 0730510** এই ਨੰਬਰੇ যোগাযোগ করুন।

إذا كنت ترغب هذه الوريقة مترجمة بلغتك الاصلية ( اللغة العربية) , فرجاء ا اتصل بمسئق المعلومات للمريض

**0800 0730510** على التلّون Information Co-ordinator

حیضرت الیلفٹ کوئی زبان (اردو) میں حاصل کرنے کے لیے پھر پائل ٹیلیفون نمبر **0800 0730510** پر پوچھت افریشن کر۔ اور مغل (مریضوں کے لئے معلومات کے ذریعے کے سطح  
مشاور کے ساتھ رابطہ کریں۔

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If you have any problems during this treatment episode please speak to the Doctor or Nurse in clinic.

If you have any concerns / problems please speak to a member of staff or contact the Fracture Clinic at Russell's Hall Hospital on 01384 456111 extension 2220 the department is open Monday to Friday between the hours of 8.30am to 5pm

**Originator:** Senior Sister Jenny Davies/ Mr. A. Marsh.  
Orthopaedic Consultant.  
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**Date for Review:** August 2012

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## METATARSAL (FOOT) FRACTURES

Welcome to the Dudley Group of Hospitals Fracture Clinic. This leaflet will provide you with information regarding what to expect following a Metatarsal (Foot) Fractures. It will describe some of the possible signs and symptoms and treatment you will be given.

### Introduction

You have 5 Metatarsal bones in each foot they are known as 1st, 2nd, 3rd, 4th and 5th the 1st Metatarsal is the largest and joins to your big toe.

Metatarsal fractures are the most common fracture in the foot, they may be caused by a fall, dropping a heavy object onto the foot or a sports injury.

Overuse can sometimes fracture these bones, and this is common in Army recruits and known as a "March" fracture.

### Signs & symptoms

You may experience the following:-

- Pain, often in the broken area of the foot,
- Difficulty walking, Swelling mostly over the injured area,
- Bruising.

### What do I need to do?

You will need to immediately remove any toe or ankle jewellery.

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## What treatment will I receive?

You will be seen by a Doctor or Nurse, who may arrange for an X-ray to be done and decide upon the treatment you need.

In some circumstances:-

- You may not need a plaster cast,
- If the bones are in a good position some Metatarsal (Foot) Fractures can be treated with a plaster cast or walking boot,
- In some cases the bones may be displaced (out of line) and you may need an operation to fix the fracture / break (If you need this treatment the Doctor will explain this to you)

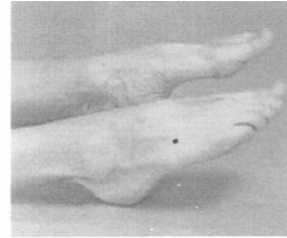
**If you have any underlying health problems, especially Diabetes, or a history of Deep Vein Thrombosis (blood clot) you must inform the Doctor in clinic.**

## Exercises

The purpose of these exercises is to provide you with the correct advice on how to return your ankle to normal once the cast has been removed. The exercises should be performed little and often and progressed at your own tolerance.

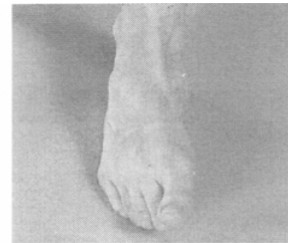
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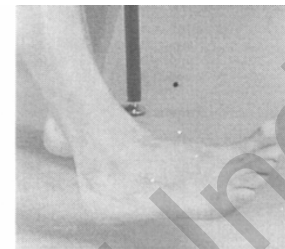
Lying on your back or sitting.

Bend and straighten your ankles briskly. If you keep your knees straight during the exercise you will stretch your calf muscle.



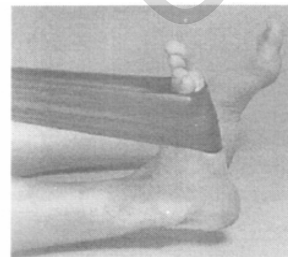
Sitting with your foot on the floor.

Alternately raise the inner border of your foot (big toe) and then the outer border (little toe)



Sitting or lying.

Rotate your ankle. Change directions



Sit with one leg straight out in front of you. Put a band around your foot.

Gently pull the band and feel the stretch in your calf.