

*This fact sheet has been developed in consultation with the Royal Brisbane and Women's Hospital Orthopaedic team and Consumers.*

*Information contained in this fact sheet is a guideline for care only. Please consult with your doctor or health professional to make sure that this information is right for you.*

**Metro North**  
Hospital and Health Service

### **Worries or concerns**

For any immediate concerns or questions regarding your injury please contact:

- **Your General Practitioner (GP).**  
They are able to speak directly to an Orthopaedic team at Redcliffe Hospital or Royal Brisbane and Women's Hospital if required
- **13 HEALTH (13 43 25 84)** for health advice, triage and referral from a Registered Nurse 24 hours a day, 7 days a week and at the cost of a local call. 13 HEALTH provides access to interpreting services for callers not confident with English.

**In a medical emergency go to the nearest hospital emergency department or call an ambulance (dial 000).**

# **METATARSAL FRACTURES (NON-DISPLACED)**

Fact Sheet

## Your injury

You have fractured a bone in your foot. The fracture has occurred in a place that normally heals well without complication.

Your injury has been assessed as not requiring specialist orthopaedic care and it is likely you will make a good recovery.

## TREATMENT

- For the first few days, apply ice in a damp tea towel to the area for 15-20 minutes every 1-2 hours when awake. This can help control pain and reduce swelling
- Elevate your foot above the level of your heart when possible.

Some metatarsal fractures, depending on the complexity and location of the fracture, may require a boot to support the foot and reduce pain during healing.

## WHAT TO EXPECT

### HEALING TIMEFRAME

- On average simple metatarsal fractures usually recover within 3 – 6 weeks.
- If you are using a boot, gradually discard it over 4 – 6 weeks as pain settles. Remove before bed.
- It might take several months for pain, swelling and bruising to reduce completely. If not significantly better after 6 weeks contact your GP for advice.

### GETTING BACK TO NORMAL

- In the first few days it might help to walk on your heel initially, but return to normal walking as soon as pain allows
- Slowly increase your activity levels as pain allows. Mild pain is expected, however significant pain should be avoided
- Make sure to keep your unaffected joints, such as your toes, ankle and knee, moving freely.

### PAIN RELIEF AND COMFORT

- Regular pain relief such as paracetamol and anti-inflammatory medication can be used
- Wear hard-soled shoes when possible.

### When can I...?

Weight bear	As pain allows
Play sport	As pain allows
Return to work	Consult your doctor
Drive	Consult your doctor

*The above timeframes are a guide only and do not apply to all metatarsal fractures.*