

Metatarsal fractures (Non-displaced)

Fact Sheet

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.

Your fracture

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.

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.

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).

