



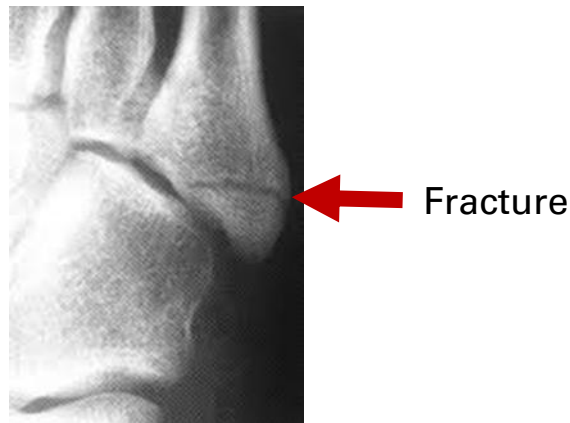
Mersey and West Lancashire
Teaching Hospitals
NHS Trust

PATIENT INFORMATION

Base of 5th Metatarsal Avulsion Fracture

WHAT IS MY INJURY?

You have broken a bone on the outside of the foot called the **fifth metatarsal**.



These fractures are stable and usually heal well. Treatment is based on managing the discomfort. Pain, bruising, swelling at the fracture site is normal.

You may be given a supportive boot to wear for up to six weeks. For the first few days you will find it difficult to put weight on the foot but with time it will get easier.

These fractures normally take about 6 weeks to heal but it can take longer to return to normal activities and be completely pain free.

WHAT CAN I DO TO HELP WITH HEALING?

- Take simple pain killers if needed to keep pain levels under control

- Rest over the initial few days with the **foot elevated** to help reduce the swelling. If possible, you should sit with your foot rested at the level of your hip or higher.
- Use ice, wrapped in a tea towel to help bring swelling down. Apply to the foot for 15 minutes, 3-4 times a day as required.
- Weightbear as the pain allows using the boot. As you feel more comfortable you can come out of the boot and return to regular shoes.
- Remove the boot at night and when resting.

WHEN CAN I GO TO WORK?

This depends upon your job and your employer. You can return to work as you feel comfortable. This usually takes 3-6 weeks but for manual jobs may take longer.

WHEN CAN I DRIVE?

You must **NOT** drive whilst in the walker boot.

You will need to wait until you are comfortable enough walking without the boot to be able to control the car and perform an emergency stop before resuming driving. This is variable for each person but may take 6-8 weeks.

WHEN CAN I PLAY SPORT?

It takes most people at least 3 months to return to sporting activities after this type of injury. The best advice is to use common sense and resume activities gradually as your foot feels more comfortable.

Swelling at the end of the day or after activity can occur for up to 6 months.

HELP?

Very occasionally (in less than 5% of cases), these fractures do not heal and need further assessment.

If your pain has not improved to a manageable level after 3 months following your injury, please inform your general practitioner.

During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have questions or concerns.

MATRON

A Matron is also available during the hours of 9am to 5pm Monday to Friday. During these periods, ward/department staff can contact Matron to arrange to meet with you. Out of hours, a Senior Nurse can be contacted via the ward/department to deal with any concerns you may have.

INFECTION CONTROL REQUEST

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

SPECIAL INSTRUCTIONS

ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:

CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION

- Your own GP

OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:

NHS 111

Stop Smoking Helpline (Sefton) – 0300 100 1000

Stop Smoking Helpline (West Lancashire) – 0800 328 6297

**Please call 01704 704714 if you need
this leaflet in an alternative format**

Southport and Ormskirk Hospital NHS Trust

Ormskirk & District General Hospital
Wigan Road, Ormskirk, L39 2AZ
Tel: (01695) 577111

Southport & Formby District General Hospital
Town Lane, Kew, Southport, PR8 6PN
Tel: (01704) 547471

FOR APPOINTMENTS

Telephone (01695) 656680
Email soh-tr.appointments@nhs.net

We would welcome your feedback about your experience
at Southport and Ormskirk Hospital NHS Trust.
Please access the Friends and Family Test at the following
link:

[https://www.southportandormskirk.nhs.uk/patients-and-
visitors/fft/](https://www.southportandormskirk.nhs.uk/patients-and-visitors/fft/)

Thank you

Author/Owner: Caroline Lever
Ref: 20/21
Version: 2
Reviewed: May 2023
Review Date: May 2026