



# Fifth metatarsal fracture (foot)

## Virtual Fracture Care

You have fractured the bone on the outer part of your foot (fifth metatarsal fracture). This type of injury is treated with a removable boot (walker).

### Summary

- You have a fracture in the metatarsal bone of your little toe.
- This type of injury almost always heals well without any loss of function.
- A routine follow-up is not necessary for this type of injury.
- You will wear a removable boot (walker) for at least four weeks. From day one you are allowed to stand on your foot in the walker if the pain allows this.
- To prevent the ankle from getting stiff, it is important that you start exercising the ankle after taking off the walker.
- You can find exercises for your ankle in the folder or in the app.
- If you have any questions, or are experiencing problems with your recovery, you can call the “Breuklijn” (fracture hotline) on work days between 08:00 – 10:00 and 13:00 – 15:00.



## Treatment

A fracture of the fifth metatarsal is a common injury. The fracture is treated with a removable boot (walker).

### 0-4 weeks

- Walker.
- Stand on your foot in the walker if the pain allows this.

### 4-8 weeks

- Walker.
- Stand on your foot in the walker if the pain allows this.
- If your pain allows you to do so, you can now use a supportive shoe instead of the walker.
- If walking in a supportive shoe is still too painful, it is no problem to use the walker for another 1-4 weeks, depending on pain.
- Stop using the walker after 8 weeks.

### After 8 weeks

- Remove walker.
- Use your foot as your pain allows this.
- A supportive shoe might help to do so.
- You can slowly start sports, however, it may take up to three months before you can do so normally.

## Instructions

Follow the instructions for a good recovery.

- Did you get a tubigrip during your visit at the emergency department? You should wear this aid for a few days until the swelling has reduced. During the night, you should not wear the tubigrip.
- Wear the walker for 4-8 weeks. Based on pain you are allowed to use a supportive shoe instead of the walker after 4 weeks.
- You can remove the walker during the night. You can find instructions on how to put on the walker in the app.
- From day 1, you are allowed to stand on your foot while wearing the walker, using crutches if necessary. You can rent crutches at the hospital if you do not own crutches. You can gradually start increased use of your foot while wearing the walker, as long as your pain allows you to do this.
- It is important to elevate your foot in the first weeks. Does the walker feel more tight? Elevate the foot, for example, by putting it on a chair. The swelling will reduce, and the pressure and pain will decrease.
- Start with exercises after removing the walker, to prevent the foot from getting stiff. You can find exercises in the app or in the information folder.
- You should not practise sports for the first 8 weeks. After 8 weeks, you can gradually start sports again, if your pain allows you to do this.
- Are you in pain? Use a mild pain killer such as paracetamol (acetaminophen). Do not wait with the use of paracetamol until the pain is too much.

## Recovery

- This type of injury almost always heals well with time and use – no specific treatment is required and routine follow-up is unnecessary.

- Physiotherapy is not necessary. If you are not satisfied with the function of your ankle after 8 weeks, you can contact a physiotherapist.
- Does the pain increase, or does it not improve? Please contact the “Breuklijn” (fracture hotline).

## Reapply the walker

When you remove the walker, for example when you take a shower, please find instructions to reapply the walker.

**Video:** [Aanleggen walker gebroken 5e middenvoetsbeentje - YouTube](#)

## Exercises

After a fracture of the metatarsal, stiffness, loss of strength and loss of coordination can occur. The following exercises can be performed to support your recovery.

## Instructions

You can start doing exercises after four weeks. Start with non-weight bearing exercises. This means that you perform exercises without standing on your foot. When you are able to successfully perform these exercises, you can start with weight-bearing exercises. Only exercise as pain allows.

Follow the instructions below:

- Practice at least 3 times a day and repeat each exercise 10 times
- you can perform the exercises in warm water if preferred

### Non-weight bearing exercises

Non-weight bearing exercises can be divided into passive and active exercises. Start with the passive exercises and then continue with the active exercises.

- **Passive exercises:** bend, straighten and move the ankle with your hands.
- **Active exercises:** without using your hands, tighten the calf and foot muscles, bend, straighten and move the ankle in all directions.

### Weight bearing exercises

Weight bearing exercises can also be divided into passive and active exercises. Again, start with the passive exercises and then continue with the active exercises.

- **Passive exercises:** sit down and do the stretching exercises using your body weight, as shown in the video below.

**Video:** [Enkel extensie oefening - YouTube](#)

- **Active exercises:** stand up and do the stretching exercises using your body weight, as shown in the video below.

**Video:** [enkel extensie oefening - YouTube](#)

### Other exercises

It is important to practice standing correctly on the affected leg, as pain allows. Walking starts with being able to stand on one leg. Also try to use the ankle as normally as possible again, as pain allows. Every step you take is a step closer to a normal gait.

### Questions?

You can call us.

If there are any questions after reading the information, please contact us or visit [www.spaarnegasthuis.nl](http://www.spaarnegasthuis.nl)

### Contact

Breuklijn: (023) 224 0025

Please call us on work days between 08:00 – 10:00 and 13:00 – 15:00.

### Directly to the information in the Virtual Fracture Care app?

The QR code below will take you directly to the information from this folder.



### Waar zijn we te vinden?

#### Haarlem Zuid

Boerhaavelaan 22  
2035 RC Haarlem

(023) 224 0000

#### Haarlem Noord

Vondelweg 999  
2026 BW Haarlem

[www.spaarnegasthuis.nl](http://www.spaarnegasthuis.nl)

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