

## BASE OF THE 5<sup>th</sup> METATARSAL FRACTURE

- (1) You should remain immobilized in a walking boot/post-op shoe until 4 weeks from the initial injury.
- (2) You are allowed to fully weight bear as tolerated in the walking boot/post-op shoe. I would like you to discontinue use of crutches or any other assistive walking devices as quickly as possible.
- (3) You may remove the walking boot/post-op shoe whenever seated or lying down, in a safe environment. The walking boot is in place to protect rather than immobilize the fracture.
- (4) At 4 weeks post-injury, you may gradually transition from the walking boot/post-op shoe back into stiff-soled, supportive shoes.
- (5) I would like you to remain in the supportive shoes for a total of 2 weeks before gradually returning to all types of shoe wear.
- (6) While in the walking boot/post-op shoe, I would like you to come out of the walking boot/post-op shoe twice daily to work on the following exercises. You should perform the following exercises once in the morning and once in the evening:
  - You should perform 3 sets of 15 reps of dorsiflexion (up) and eversion (out), but avoid plantarflexion (down) and inversion (in).
  - Stretch the Achilles by placing a towel across the ball of your foot and pulling up. Hold each stretch for a five-count and do five repetitions.
- (7) There are no limitations to your activities, as long as they are performed in the walking boot/post-op shoe.
- (8) Outside of the walking boot/post-op shoe, you should limit yourself to cycling on a stationary bicycle.
- (9) I would like to see you back in **4 weeks** for a follow-up appointment. We will obtain new x-rays upon return.

(10)Foot fractures typically take 10-12 weeks to fully heal.