

Introduction

We hope this guide will answer your questions about your foot injury. Please contact the team if you require further information via the details at the end of this leaflet.

What is a foot (5th metatarsal base) fracture?

You have broken a bone on the outer part (bottom of the small toe) of your foot. The fracture has occurred in a part of the metatarsal bone which normally heals well without problems.

How long will this take to heal?

The usual healing time is 8 to 12 weeks, but it may take several months for the foot to feel normal again.

Will I need follow up?

Routine follow up is not necessary due to the nature of the injury.



Are there any complications?

Pain, tenderness and swelling you are experiencing in the foot should gradually settle over a period of several weeks.

Occasionally the fracture may fail to heal (smoking is a risk factor) and continue to be painful even after several months. A surgical procedure or a bone healing machine may be needed at this stage to help heal the fracture. Your own GP will need to refer you for this.

How will this be managed?

You will be provided with a removable boot or heel weightbearing shoe. If required, you will also be provided with crutches.



What can I do to aid recovery?

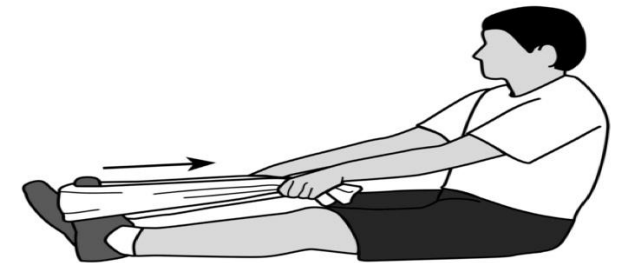
During this time, you may find walking on the foot painful – it may help to walk on the heel initially.

You may walk on the foot as much as pain allows. The removable boot can usually be discarded gradually between 3-5 weeks after the injury as the pain settles.

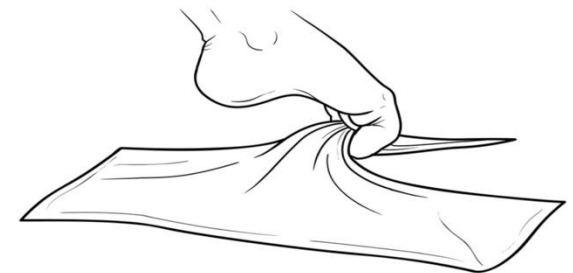
You can commence the **exercises** from 5-6 weeks or when you are comfortable out of the moonboot/ air cast boot.



Ankle ROM (range of motion) exercises to regain movements.



Towel stretch to strengthen the muscles.



Towel curls to work on the intrinsic(deeper) muscles of the foot.

Smoking cessation

Stopping smoking will ensure optimal recovery from this injury therefore it is important to consider this advice. For more information and help, contact your GP or refer to NHS website <http://smokefree.nhs.uk>.

Contacting the team

If the pain gets worse or lasts more than eight weeks or you are concerned about your foot, please contact the Virtual

Fracture Clinic team on 01279 97 3362 Monday-Friday, 9am-4pm.

Out of hours please contact the on call Orthopaedic Resident Doctor via Switchboard on 01279444455.

We value your views on our service

We want to hear from you when someone goes the extra mile to provide outstanding care.

Please call us on 01279 827084 or email: paht.compliments@nhs.net

To speak about an issue or complaint

To ensure we can fix problems early on and address any issues please call our patient advice liaison (PALS) team on 01279 827211 or email paht.pals@nhs.net

Accessibility

Please contact the communications team on paht.communications@nhs.net or 01279 827926 if you would like this leaflet in another language or format.



**The Princess Alexandra
Hospital**
NHS Trust

Patient information

Foot (5th Metatarsal base) Fracture

Orthopaedic Department

V2| SCC |Orthopaedic department | Date
noted: 08/2025 | Review date: 08/2028



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patient at heart • everyday excellence • creative collaboration