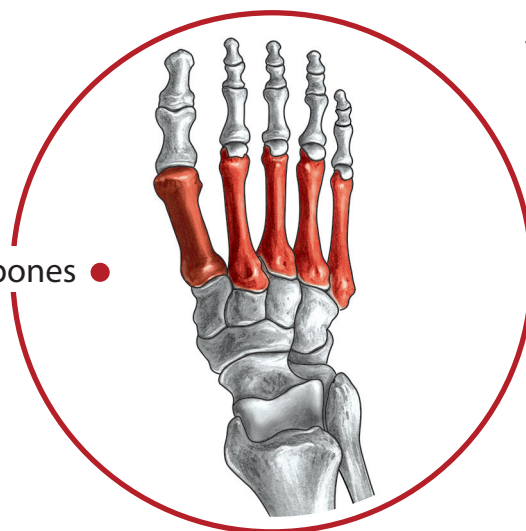


## Advice -

**For patients  
with a fractured metatarsal  
(undisplaced/minimally displaced)**

Metatarsal bones ●



### *About your injury:*

- You have broken one of the bones in your foot called a Metatarsal; it is undisplaced/ minimally displaced. These injuries will normally fully heal without problems, simply with time.
- The pain, tenderness and swelling you are experiencing should gradually settle over the next few weeks (it is advisable to keep the limb elevated when possible to aid reduction of swelling). During this time you may find walking on the foot uncomfortable, take weight through your foot as you feel able. You may need to take regular pain relief initially.
- You may have been given neighbour/buddy strapping for comfort and support. You should use the strapping for 2-3 weeks as symptoms dictate; you can change this at home as required. You can wear your own sturdy soled footwear for comfort/support.
- You may have been provided with a support in the form of a removable boot. If required, you may also have been provided with crutches.
- If you have been given a boot, gradually discard it after 4-6 weeks as pain settles. In the first 4 weeks when you are relaxing (not walking) the boot can be removed and you can try ankle movements to prevent stiffness.
- Most injuries heal without any problems – however it may take several months for symptoms to settle completely. If you are still experiencing significant symptoms after several months, please get in touch with the service via the Fracture Clinic Helpline.

**Fracture Clinic Helpline Tel: 07779422980 Mon-Fri 12-3PM**

Contact us: If you have any questions about your exercises or concerns regarding your injury.

Fracture Physiotherapist: Claire Laurie 07779984983	Mon - Fri	Fracture Nurse: Lisa Kenley 07779422980
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If you have any questions in regard to pain control and medication  
contact your local pharmacist or GP.

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