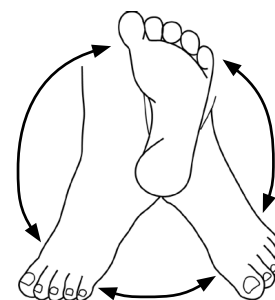
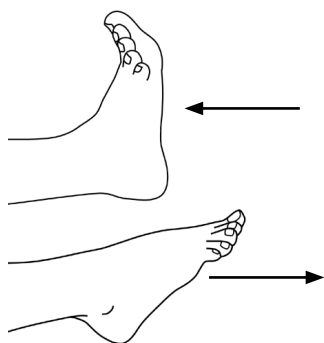


## Undisplaced / Minimally Displaced Fracture of Toes

### Phalanx Fracture

1. You have a broken bone in one of your toes.
2. The fracture has occurred in a part of the bone which normally heals well without problems.
3. The pain, tenderness and swelling you are experiencing in the foot should gradually settle over a period of several weeks.
4. During this time, you may find walking on the foot painful - it may help to walk on the heel initially.
5. You may be provided with a support for the foot in the form of Buddy Strapping, a removable boot, depending on the type of injury. If required, you will also be provided with crutches. Buddy Strapping is where two toes are taped together for support for approx 2/52.
6. Weight bear as able. Elevate limb when possible to reduce any swelling.
7. You may walk on the foot as much as pain allows, and if you have been given a boot, should gradually discard it over 4 - 6 weeks as the pain settles. You can remove the boot when relaxing. When not in situ, exercise your ankle as demonstrated below.
8. Most injuries heal without any problems - however it may take several months for your symptoms to settle completely.
9. If you are still experiencing significant symptoms after several months, please phone the Fracture Clinic helpline as listed for further advice.



Should you have any worries or concerns following discharge from hospital, please use the contact details below

**Contact details:** Raigmore Hospital  
Old Perth Road,  
Inverness, IV12 3UJ.  
Tel: 01463 704000 ext: 4294

**Tel:**  
Fracture Clinic Helpline -

**Monday to Friday**  
12 - 3pm  
07779 422980

**In an emergency contact NHS 24 - Tel: 111**

Issue: 3	Date of Issue: March 2020	Review date: March 2022
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