

Ankle Avulsion fracture/5th Metatarsal fracture

There are many terms you may have heard to describe your injury. The common ones are fracture, break and crack – they all mean the same thing.

When you have a fracture not just the bone is affected, you will also have injured some of the soft tissues around it. Soft tissues include the muscles, ligaments, tendons and nerves.



Recovery Times

Most of the healing happens between 4-6 weeks.

It is not unusual to have aches and discomfort beyond this, often when you do activities you haven't done for a while. Sometimes the area is more sensitive for months and this is normal.

Things that could affect your recovery

Smoking

Smoking slows fracture healing times. In some people, it can stop healing altogether. Smoking affects all your tissues; stopping smoking during the healing phase of your fracture will help ensure the best recovery.

For help to stop smoking see [\(insert link\)](#)

General Health

Some medical conditions may slow down the healing e.g. diabetes

Eating a healthy diet and keeping yourself active will help you recovery

Medication

Some medications you are already taking can slow down fracture healing. If you have concerns about your medication talk to a health professional.

Anti-inflammatory medication (such as ibuprofen or naproxen) has been shown to delay healing.

What to expect

This fracture is a minor fracture and is often treated in the same way as a strain or sprain. Some people may be fitted with a boot or plaster and/or crutches.

- Walking on your foot can help your recovery but may be uncomfortable at first
- Help and instructions for use of crutches can be found here
 - <https://www.nhsinform.scot/tests-and-treatments/medicines-and-medical-aids/walking-aids/using-crutches>

Pain

It is normal to have some discomfort in the areas around your fracture. The areas affected can be:

- Other soft tissues
- Nearby joints
- Areas which have been immobilised

Pain changes from day to day, it doesn't always depend on what you are doing. It is not unusual to have pain at rest. It is normal to have some pain even when your fracture has healed

Should I take painkillers after a fracture? Click on this link for advice about painkillers

<https://cks.nice.org.uk/analgesia-mild-to-moderate-pain#!scenario>

Swelling

Swelling is the start of healing. It is normal to have it near the fracture first. It often spreads down your arm or your leg.

The amount of swelling changes with your position, activity or the time of day.

Even when your fracture has healed it is normal to have some swelling and this can last for months

How can I help the swelling?

- Raise your foot above your heart when you are resting#
- Keep the other joints in your leg moving normally
- Avoid too much rest and too much activity
- You can massage the swelling from your foot towards your groin.

Having a lot of swelling can become uncomfortable or limit your movement.

Bruising

It is normal to have bruising. Bruising can be widespread and appear a long way from your fracture. It changes colour as it recovers and can be very purple to start with.

Getting back to normal activities

Driving

Your injury may affect your insurance and you should contact your insurer before driving.

Once you are out of your moonboot, cast or sling the general advice is you must be able to safely perform an emergency stop or manoeuvre.

You should always be in full control of your vehicle.

Work

Your return to work will depend on the type of work you do and your employer. It may be possible to discuss a phased return to work, changed duties etc. You don't need to see a health care professional to return to work.

Hobbies/interests

Keep doing any activities you are able, as your pain allows. Gradually increase what you do. Reduced flexibility and strength may make things more difficult to start with. This will get better as you slowly build up to all your usual activities.

Mood

Frustration or low mood after your injury is normal, as you get back to normal life this will get better.

Falls

Loss of confidence is common after a fracture; here are some links that may help:

<https://www.nhsinform.scot/campaigns/falls>

<https://www.csp.org.uk/publications/get-and-go-guide-supplement-six-exercises-staying-steady>

Bone scanning

You may be sent a letter inviting you for a scan of your bone density. This is routine if you fit the criteria and is nothing to worry about.

Exercises for your Foot

It is safe to follow these exercises for your injured foot ([hyperlink](#)) and one to regain your balance ([hyperlink](#)). Timescales for this are below.

<disclaimer>

Weeks	Plan
0-2wks	<ul style="list-style-type: none">✓ Weight bear as able✓ Increase movement in foot/ankle with gentle exercises✓ Manage you pain and swelling
2-6wks	<ul style="list-style-type: none">✓ Fully weight bear through leg✓ Start balance exercises
6-12wks	<ul style="list-style-type: none">✓ Return to full function/resume normal day to day activity✓ Return to higher impact activity