

What is my diagnosis?

You have fractured (broken) a small bone in your foot.

There are lots of bones in the foot but breaks of these bones almost always heal fully **without the need for any intervention or surgery.**

You may have been given some strapping for your toes or a supportive Velcro boot, often called a “moon boot”.

Early movement is the key to a quick recovery

What happens next?

- Your X-rays and notes will be checked by a Consultant Orthopaedic Surgeon

If nothing further is needed, we will not contact you

- If any other treatment or assessment is needed we will contact you by telephone or post
- Please ensure the Emergency Department/Minor Injury Unit reception staff have your mobile and phone home numbers.

What can I expect during my recovery?

- The pain begins to settle after a few weeks
- The injury will heal over the course of **6 weeks** but you may have some aching for up to **3 months**.
- You **do not have to wear** the moon boot. The boot should provide support to your foot and decrease pain. It **does not** need to be worn to make the bones heal and does not hold the bones together.
- Remove the boot every day to move your ankle and foot (see the exercises overleaf)
- If you have a moonboot, it should be removed when sleeping
- Regaining a full range of movement as soon as possible to speed up your recovery
- Most people return to desk work by **1 to 2 weeks**, but manual work may not be possible for **4 to 6 weeks** depending on your symptoms
- There is **no specific time you can drive again**. It is **illegal** to drive when wearing a sling, splint, cast or moonboot. As you recover, it is your legal responsibility to be certain before you return to driving that you are able to control your vehicle normally and safely.

Patient Information Sheet - 85

Foot and Toe Fractures

What do I need to know?

Key exercises (3 times a day)

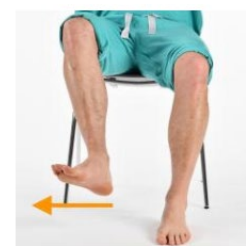
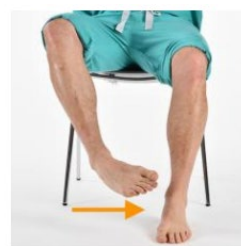
Ankle bending and straightening

- As soon as you can, remove the boot and begin to move your ankle up and down
- Once the pain has improved, try and stand on tip toes



Ankle in and ankle out

- While seated lift your foot
- Move the ankle in the way then out the way



What if I have a problem?

Very occasionally some patients have difficulties with ongoing pain or stiffness. If you have any issues beyond three months after injury, please contact us on the numbers below.

Get in touch

Please get in touch via our trauma email if you have any queries about your injury:

traumaenquiriesRIE@nhslothian.scot.nhs.uk

Helpline Monday-Friday (8am – 4pm): 0131 242 3410

Urgent issues

Please call the department where you were initially seen about your injury:

- **RIE Minor Injuries Unit:** 0131 242 3942 (8am – midnight, if after midnight contact RIE Emergency Department 0131 242 1300)
- **WGH Minor Injuries Clinic:** 0131 536 3468 (9am – 8.30pm)
- **SJH Emergency Department:** 01506 523 011 (24 hours)