

Aftercare for a broken or dislocated toe, including patient initiated follow-up (PIFU)

Department of Orthopaedics

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Information for Patients

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Injury advice

This leaflet is for anyone who has a broken (fractured) toe or had the joint of the toe come out of place (dislocated) and have had a referral to fracture clinic.

We do not need to see patients with this injury again. Most people recover when following the below instructions.

If you have a lot of pain or swelling after 12 weeks, then you can arrange a Patient Initiated Follow Up (PIFU). Instructions on how to arrange this can be found in this leaflet.

General advice

Healing

Healing often takes between 6 to 12 weeks.

Pain and swelling

It is normal for your toe/foot to be swollen and painful. Swelling is often worse at the end of the day. Resting with your foot up above waist level will help. You can also take pain killers. Mild pain and swelling is normal for 3 to 6 months after your injury.

Speak to your GP or pharmacist for advice on what pain killers to take.

Strapping and walking

Strapping your toes if often needed. This is when we tape your injured toe to the toe next to it. This is to protect the toe and help with pain. If needed, this is done in the Emergency department before you leave. You can put weight through your foot and toes as comfort allows. If more tape is needed, you can buy this from your pharmacy.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

Exercises

Start to exercise as soon as possible. Early movement of the foot and ankle is important to improve blood flow and reduce the risk of a blood clot. See below for details on the exercises to complete.

Follow up

We do not need to see patients with this injury again. Most people recover when following the instructions given.

If you have a lot of pain or swelling after 12 weeks, then you can arrange a Patient Initiated Follow Up (PIFU) (see page 3).

Caring for your injury

Weeks 1 to 3

- To help with pain, tape your injured toe to the toe next to it. Do this for the first 2 to 3 weeks.
- Wear a shoe with a stiff sole that is well fitting, such as a trainer.
- Rest your foot, especially in the first 3 to 7 days. Raise your foot on a stool or cushion so that it is above the level of your hip, if safe to do so. This will help with swelling.
- Start your exercises straight away.

Exercises

Do these exercises 3 to 4 times a day.

Move gently and within comfort. You do not need it to cause pain.

Pain killers may make exercises more comfortable.

Exercise 1

1. Point your foot up and down.
2. Repeat this 10 times.

Exercise 2

1. With your heels together, move your toes apart to turn the foot outwards.
2. Repeat this 10 times.

Exercise 3

1. Make circles with your foot in one direction and then in the other direction.
2. Repeat this 10 times.

Exercise 4

1. Bend and straighten your toes.
2. Repeat this 10 times.

From weeks 3 to 6:

- Stop strapping your toes.
- Return to normal footwear.
- Continue with your exercises until you have a full range of movement.

From weeks 6 to 12:

- Begin to go back to normal activities. Make sure to listen to your body if you feel pain and stop.
- You should be able to carry out day to day activities.
- Avoid activities that involve impact. For example, running, jumping and dancing.

On going problems at week 12?

If you have a lot of swelling or pain at 12 weeks then you can arrange (initiate) your own follow up appointment.

What is patient initiated follow up (PIFU)?

You have been put on a pathway which lets you arrange your own follow up appointment if needed. This is called the Patient Initiated Follow Up (PIFU) pathway.

PIFU lets you or your carer to request an appointment for the injury talked about in this leaflet. This is for when and if you feel you need it.

Which symptoms would mean I need to come back to clinic?

- A lot of pain.
- A lot of swelling.

When can I not use this patient initiated follow-up pathway?

Your PIFU pathway only relates to the condition that you are being treated for in this leaflet. You should not use your Patient Initiated Follow Up pathway:

- If your concern is related to a different condition.
- If the period agreed for your pathway has ended.
- If you injure yourself again.

If you or your child needs urgent medical advice you should contact your GP or NHS helpline **111**.



Details of your agreed PIFU pathway.

You will be on your PIFU pathway for **6 months**.

If you have not contacted us within your PIFU time period, you will be discharged back to your GP's care. If you need to be seen again after you have been discharged you will need to be referred to the service again by your GP.

How do I contact my service for advice or an appointment?

If you have any of the agreed signs or symptoms, please contact the service for advice or to arrange an appointment using the contact details given below. You will then get advice back from the service and will be offered an appointment if needed.

You can contact the service by:

- Going to the link sent to your mobile phone, device.
- Calling the service on: **0116 258 7233**

What if I still have questions/concerns about my injury and/or the PIFU pathway?

If you have any questions/concerns about your injury and/or the PIFU pathway, please contact the fracture clinic on:

0116 258 5430.

A telephone appointment will then be arranged to talk about your concerns.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net