

Aftercare for a metatarsal fracture (Patient Initiated Follow-Up information)

Department of Orthopaedics
Information for Patients

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Injury advice

This leaflet is for anyone who has a broken a metatarsal bone and have had a referral to fracture clinic.

Your metatarsal is a bone in the front of your foot, not your toes.

We do not need to see patients with this injury again. Most people recover when they follow the instructions in this leaflet.

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 do this can be found in this leaflet.

General advice

Healing

Healing usually takes between 6 to 12 weeks.

Pain and swelling

It is normal for your foot/ankle to be swollen and painful. Swelling is often worse at the end of the day. Resting with your foot up 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.

Treatment and walking

Depending on your injury you will be treated in a shoe, strapping or a walking boot. This is to protect the foot and help with pain. If treatment is needed, this is done in the Emergency Department before you leave. You can put weight through your foot as comfort allows. Pain killers may help with this.

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 below.

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

Caring for your Injury

Weeks 1 to 3

- To help with pain, wear the treatment given to you from the Emergency Department. Do this for the first 4 to 6 weeks.
- If you were only given strapping, wear a well-fitting shoe with a stiff sole.
- 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 to cause pain.
- Pain killers may make exercises more comfortable.

Exercise 1

- Point your foot up and down.
- Repeat this 10 times.

Exercise 2

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

Exercise 3

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

Weeks 3 to 6

- Stop strapping your toes

- Return to normal footwear.
- Continue with your exercises until full range of movement has returned.

Weeks 6 to 12

- Slowly return to your normal activities. Let pain guide how much you do.
- You should be able to carry out day-to-day activities.
- Avoid activities that involve impact. This includes running, jumping and dancing.

What do I do if I still have problems at week 12?

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

What is patient initiated follow up (PIFU)?

After your injury was reviewed, you have been put on a pathway which lets you arrange (initiate) your own follow-up appointment if needed. This is called the Patient Initiated Follow Up (PIFU).

PIFU lets you or your carer request an appointment for the injury discussed in the leaflet when, and if, you feel you need it.

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

- A lot of pain
- Pain does not get better over time
- On-going pain and/or a problem walking at 12 weeks

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

It is important to remember that 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 about a different condition.
- If the period agreed for your pathway has ended.

If you or your child needs urgent medical advice you should contact your GP or the NHS helpline on 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 discharge back to your GP's care. If you need to be seen again after you have been discharged, your GP will need to refer you.

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 (initiate) an appointment. Use 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 a link on your mobile phone, tablet, or computer.
- 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 256 5430.

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

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

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ دوسرے ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

إذا كنت ترغب في الحصول على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો.

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

We are a research hospital and you may be asked to take part in research