



Department of Orthopaedic Surgery

Sports Medicine and Shoulder Service

Open Reduction Internal Fixation of 5th Metatarsal Fracture Right Left

Detailed recovery/rehabilitation protocol:

Phase I: Weeks 1-3

Goals:

- Rest and recovery from surgery
- Control pain & swelling
- Gradual increase of ADLs (Activities of Daily Living)

Guidelines:

- Non-weight bearing for 2 weeks post-op
- May rest foot down when standing or sitting
- Begin ankle motion as tolerated
- Hip AROM: lying and standing
- Knee AROM: lying and standing
- Ankle AROM: seated only
- Sutures removed at 10-14 days (@ 1st f/u clinic visit)

Phase II: Weeks 3-6

Goals:

- Maintain hip, knee & ankle ROM
- Improve core, hip and knee strength

- Gradually increase weight bearing with boot at 2 weeks after surgery :
 - 25% (Week 3)
 - 50% (Week 4)
 - 75% (Week 5)
 - 100% (Week 6)

Guidelines:

- Progressive weight bearing in walker boot
- Shower when wound is healed
- Massage of foot to decrease edema (light massage start from toes and work towards ankle)
- Control swelling with elevation
- Core & whole body exercises and strengthening
- AROM ankle and gentle resistance band strengthening with dorsiflexion limited to first point of resistance
- May begin swimming, biking and low impact exercise

Phase III: Weeks 7-10

Goals:

- Full weight bearing, switch to regular shoe (after 6 week postop appointment)
- Swelling control with elevation and modalities as required

Guidelines:

- AROM at ankle: Plantar Flexion (PF), Inversion/Eversion, Dorsiflexion (DF) to 1st point of resistance
- Manual mobilization of foot, as required
- Gentle mobilization of subtalar joint
- Try to control knee hyperextension (knee hyperextends to compensate for lack of DF at ankle)
- Strengthening of calf/hind foot/ankle

Phase IV: Weeks 10+

Goals:

- Sport/recreation/activity specific rehabilitation

Guidelines:

- Theraband: Inversion/Eversion, DF
- ROM exercises
- Gentle calf stretches
- Manual mobilization as required
- Calf press and leg press
- Proprioceptive exercises
- Single leg support
- Progress to wobble board
- Gait retraining
- Swimming
- Stepper
- Eccentric drops
- Progress to advanced dynamic drills (16+ weeks)
- Hopping, skipping, progress to sport specific drills (16+ weeks)