

BASE OF 5TH METATARSAL FRACTURE

WHERE IS THE 5TH METATARSAL?

The base of the 5th metatarsal is the small prominence on the outer border of your midfoot.

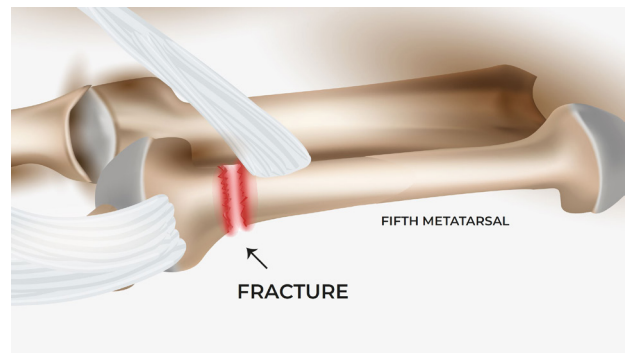
This area is sometimes fractured after an inversion injury. For example, after “rolling your ankle”.



HOW DOES THIS FRACTURE OCCUR?

There is an important tendon called “Peroneus Brevis” that attaches at the site and pulls off or “avulses” the bone from the rest of the metatarsal as it attempts to stop you falling over.

These usually result in fractures to Zone 1 of the base of the 5th metatarsal.



HOW CAN THIS INJURY BE MANAGED?

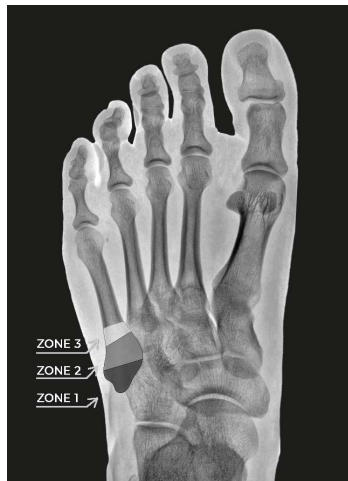
These fractures are relatively stable and are commonly managed without surgery.

A CAM (Constrained Ankle Motion) boot or “moon boot” will usually provide enough support to allow weight bearing in the early weeks after injury.

Recovery times can range from approximately 6 – 12 weeks to return to pre injury activity.

Physiotherapy is an important aspect to guide your recovery to regain strength and mobility to the foot.

Please note there are exceptions to non-surgical management of base of 5th metatarsal fractures such as displaced fractures or Zone 2 and 3 fractures. This will be confirmed at appointment.



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