

Toe Fracture or Dislocation

This is a break to the toe or when the joint comes out of place

Healing:

This injury normally takes 6 weeks to heal.

Smoking will slow down your healing. We would advise that you stop smoking while your fracture heals. Talk to your GP or go to www.smokefree.nhs.uk for more information.

Pain and swelling:

You may have foot pain and swelling for 3-6 months after your injury. Swelling is often worse at the end of the day.

Taking pain medication, elevating your foot and using ice or cold packs will help. More information is on the next page.



Walking and your boot:

A boot or strapping of the toes is sometimes required for protection and comfort. If done, these are only needed for the first 3 weeks. The boot can be taken off at night and at rest. Please inform us if you are diabetic; you may need a special boot.

You are allowed to put weight through your foot. You may find it easier to walk with crutches or on your heel initially.



Exercises:

It is important to start exercises as soon as possible. Instructions are on the next page.

Follow up:

A follow up appointment is not normally required for this injury. If you still have significant pain or swelling 3 months after your injury please contact the Virtual Fracture Clinic team.

Any questions:

If you are concerned about your symptoms, unable to follow this rehabilitation plan or have pain other than at the site of your injury please contact the Virtual Fracture Clinic team.

If supplied, wear your boot when standing and walking. You can remove the boot when resting, at night and to wash and dress. Wear a long sock in your boot.

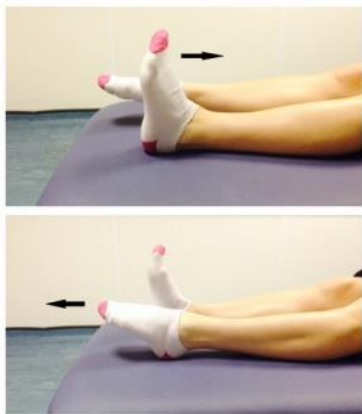
Using a cold pack will help with your pain and swelling. You can use an ice pack or bag of frozen peas wrapped in a damp towel. Put this on your foot for up to 15 minutes every few hours. Make sure the ice is not in direct contact with your skin.

Try to rest your foot, especially in the first 24-72 hours. Raise your foot on a stool or cushions so that it is above the level of your hip. This will help to reduce your swelling.

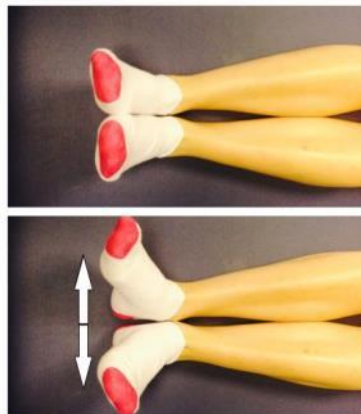
Exercises:

Early movement of the ankle and foot is important to promote circulation and reduce the risk of developing a Deep Vein Thrombosis (blood clot).

Do these exercises 3-4 times a day. Start straight away, you do not need to push into pain.



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



2. With your heels together, move your toes apart to turn the foot outwards. Repeat this 10 times. Do this movement gently within comfort.



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

If you were provided with a boot you should now try to stop using it. You can also remove any tape around your toes. Stop using the boot around your own home first; you may need it for longer distances to begin with. You should aim to be walking without your boot by 6 weeks after injury at the latest.

It is normal to still have mild discomfort and swelling. This may continue for 3-6 months.

Activity and Exercise

Keep doing your exercises until you have full movement of your foot.

Gradually increase your level of activity. You should avoid impact activity for 3 months. This includes running, jumping and dancing.

I am struggling with my boot. What do I do?

The boot has a thicker sole; this can make you feel uneven. Make sure you wear a supportive shoe or trainer on your uninjured foot. This will reduce stress on other joints. If you are struggling to wean out of your boot please contact us.

If you need more advice contact the Virtual Fracture Clinic.

I am diabetic, does this change things?

If you are diabetic please contact us to discuss your boot. This is particularly important if you have problems with your skin. We may provide you with a specialist diabetic boot.

When can I start driving?

You can return to driving when:

- You are no longer using your boot
- You can walk comfortably
- You can perform an emergency stop pain free

Always test your ability to drive in a safe environment first.

How can I get a certificate for work?

You can get a fitness for work statement from your GP or the doctor at your Fracture Clinic appointment.

What do I do with my boot and crutches when I no longer need them?

We are not able to use boots again. These should not be return to the hospital. Crutches can be returned to the Fracture Clinic or A&E.

How do I contact the Virtual Fracture Clinic?

Call 01273 696955 extension 63428

Email uhsussex.fracturecare@nhs.net