

**Internal Fixation 5th Metatarsal Fracture
Postoperative Rehabilitation Protocol
Dr. Jeffrey Witty, M.D.**

Notes:

- Begin immediate cryotherapy/ice
 - o 30 min on and 30 min off
 - o Keep surgical site dry
- Compression dressing at all times until week 4 to 6 and as needed for swelling
- No ibuprofen, motrin, aleve, or other similar type meds for 12 weeks after surgery to minimize risk of nonunion.
- CT scan often utilized around POW 9 – 10 to document healing if needed to progress athletes back to full competition as soon as possible while minimizing re-fracture risk

	Weightbearing	Orthosis	ROM	Exercise
Phase I Week 0 - 2	NWB	Boot	Out of boot 2 – 3 times a day for immediate AROM	None
Phase II Week 2 - 6	Progress WBAT	Boot	As above	Ankle isometrics Stationary bike Standing /side lying hip abductors/glutes
Phase III Week 6 - 8	WBAT	Discontinue boot if cleared by M.D. Consider rigid orthotic insole	As above	As above Start theraband
Phase IV Week 8 and after	WBAT	Orthotic considered	As above	As above Begin stair-stepper. If no pain, begin light jog and progress if cleared by M.D. Progress strengthening and into sport specific activity and training if no pain with jogging and cleared by M.D.

Adapted from:
Thevedran et al Foot Ankle Clin N Am 2013
Mologne et al AJSM 2005
Mann’s Surgery of the Foot and Ankle 9th Ed.