

# Toe Fracture

This leaflet can be made available  
in alternative languages / formats on request.

*如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供*

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.

**Author:** Physiotherapist  
**Department:** Therapy  
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## Information for Patients

This is a follow-up leaflet to your recent telephone consultation with the fracture care team explaining the ongoing management of your child's injury. This injury is common in children. Their case has been reviewed by an Orthopaedic Consultant (Bone Specialist) and a Physiotherapist.

### You have sustained a fracture to you toe.

This normally takes up to six weeks to heal. You may continue to walk on this foot as your pain allows. Take pain killers as prescribed. Slowly build up your activity levels as your pain allows. You may find activities like jogging etc. painful until six weeks after the injury.

Your injured toe will be neighbour, or "buddy", strapped to your next largest toe, e.g. broken middle toe will be taped to index toe. You can take this strapping off to wash or if the taping gets dirty but you should keep reapplying the tape until your pain subsides.

You should start the exercises on the following page straight away and actively try to move your toe within your pain tolerances whilst your fracture heals. This will prevent your toe from becoming stiff. You should take relative rest with the injured foot and avoid heavy tasks with it for six weeks.

You can return to driving when you feel confident in safely controlling your vehicle.



If you are worried that you are unable to follow this rehabilitation plan, if after six weeks you are still experiencing pain, swelling or having difficulty moving your toes, if you are experiencing pain or symptoms, other than at the site of the original injury or surrounding area, or if you have any questions, then please contact us for advice, using the contact details on the back page.

### Smoking cessation

Medical evidence suggests that smoking prolongs fracture healing time. In extreme cases it can stop healing altogether. It is important that you consider this information with relation to your recent injury. Stopping smoking during the healing phase of your fracture will help ensure optimal recovery from this injury.

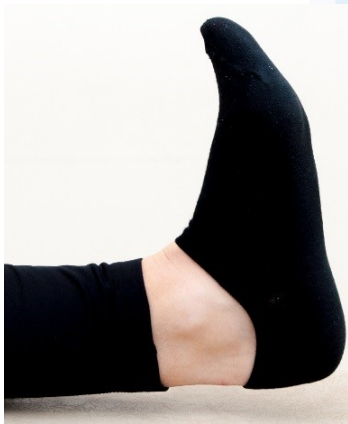
For advice on smoking cessation and local support available, please refer to the following website: <http://smokefree.nhs.uk> or discuss this with your GP.

## Exercises

### Stage 1 Exercises (3-4 times per day)

#### Ankle & Foot Range of Movement Exercise

1. Point your injured foot up and down within a comfortable range of movement. Repeat 10 times.
2. Alternately turn your foot outwards leading with the outer border of your foot (little toe) and then turn your foot inwards leading with the inner border of your foot (big toe), as shown in the picture. Make sure you keep the rest of your leg still. Repeat 10 times.
3. Make circles with your foot in one direction, then repeat in the other direction. Repeat 10 times.



### Contact Information

Should you have any worries or concerns following discharge from hospital, please contact either:

Fracture Clinic: 0151 430 4905  
(9 am-5pm Monday to Friday)

Emergency Department: 0151 430 2399

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

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