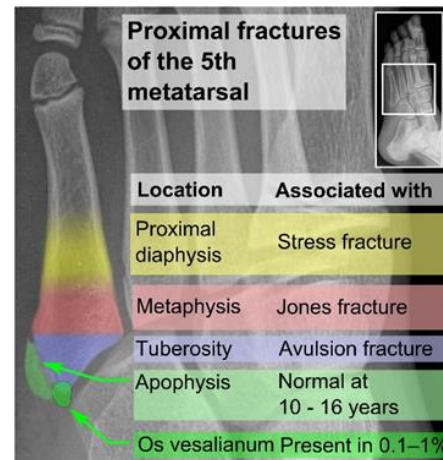
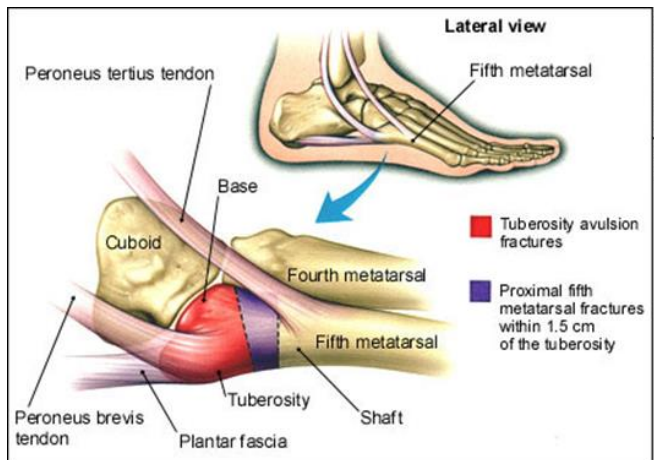




Proximal 5th Metatarsal Fractures

What is it?

The 5th metatarsal is a long bone on the outside of the foot which lines up with the 5th toe. Injury to the 5th metatarsal bone occurs with direct blows to the outside of the foot or with planting and twisting of the foot.



Signs & Symptoms of 5th metatarsal injuries:

Common signs and symptoms include: swelling, bruising and tenderness to the outside of the foot.

Types of 5th Metatarsal fractures:

There are several types of fractures that can occur in the proximal 5th metatarsal. Different treatments are used for depending on the position of the fracture:

- **Avulsion Fractures:**
 - Sometimes called a “chip” fracture where part of the end of the bone may break.
 - Many of these fractures don’t need surgery, and are treated with a walking boot or cast for *4 weeks*.
- **Jones Fracture:**
 - These fractures involve the bone that is close to the joint line where the 4th and 5th metatarsal bones meet. There is poor blood supply to the bone in this area. Jones fractures tend to have *poor healing* and usually need more time for recovery.
 - They are prone to delayed healing. A *non-weight bearing* cast is essential, likely for *8 weeks*.
 - *Surgery* may be needed for faster recovery or those not healing quickly.
- **Stress Fractures:**
 - These fractures occur from overuse and overload. Surgery is usually required.