You have a fractured bone on the outer part of your foot. The pain, tenderness, swelling you are experiencing in your foot will settle over a period of several weeks and can take up to several months. Your injury can take 8 to 12 weeks to heal.
Management in emergency department
You will be given a walker boot and crutches to help you with walking. You can put weight on your foot as comfort allows. You will need to use the boot for a period of six weeks. If you have discomfort, you can wear the boot for up to 12 weeks after the injury.

Pain relief
Take over the counter pain killers for pain relief.

Elevation of your leg and applying cold packs on your foot may help with the swelling.

You may find walking in a walker boot, provided by emergency department, more comfortable.

Virtual fracture care team
You will be referred to the virtual fracture care team. This consists of a bone specialist and the fracture clinic nursing team. Your x-ray will be reviewed by the orthopaedic team. You will be contacted by a member of the care team to check if you have any questions and let you know if there are any changes to your care plan.

At three months following your injury the care team will contact you again to arrange another x-ray to ensure the bone is healing. There is a small chance that the fracture does not heal naturally and surgery may need to be considered. If your fracture has not healed we will arrange an appointment for you to see a foot and ankle bone specialist.
Exercises (3-4 times a day)

Ankle and foot range of movement exercises. Repeat these 10 times each.

1. Point your foot up and down within a comfortable range of movement as in picture 1.
2. Make circles with your foot in one direction and then change direction as in picture 2.
3. With your heels together, move your toes apart, as shown as in picture 3.

Pic 1

Pic 2

Pic 3
Contact details
If you have any concerns following discharge, contact:

Fracture clinic 020 7188 7188 extension 89011
(9am – 5pm Monday to Friday),
or email gst-tr.virtualfracturecare@nhs.net

Accident and Emergency Department 020 7188 7188
(outside these times).

For more information leaflets on conditions, procedures,
treatments and services offered at our hospitals, please visit
www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline
If you have any questions or concerns about your
medicines, please speak to the staff caring for you or
call our helpline.
**t:** 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns
For advice, support or to raise a concern, contact our
Patient Advice and Liaison Service (PALS). To make a
complaint, contact the complaints department.
**t:** 020 7188 8801 (PALS)      **e:** pals@gstt.nhs.uk
**t:** 020 7188 3514 (complaints)
**e:** complaints2@gstt.nhs.uk

Language and accessible support services
If you need an interpreter or information about your care
in a different language or format, please get in touch:
**t:** 020 7188 8815      **e:** languagesupport@gstt.nhs.uk

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