



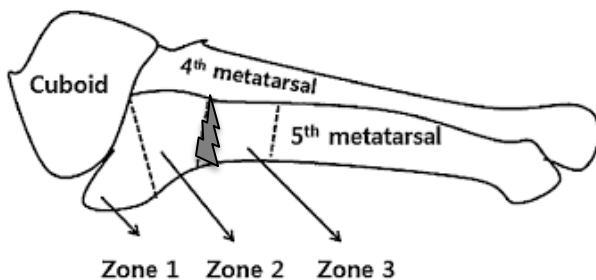
5th Metatarsal “Jones” Fractures

5th metatarsal fractures are a common injury

Jones fractures make up approximately 4% of 5th metatarsal fractures

What is a Jones fracture?

A transverse fracture of the metaphyseal diaphyseal junction



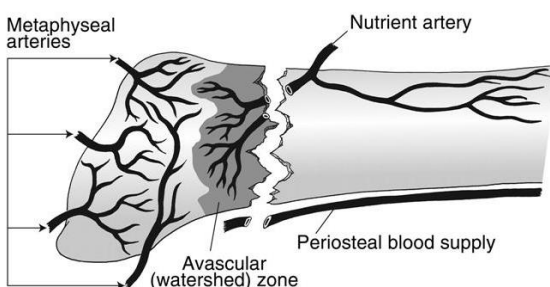
Jones fractures can occur acutely with an injury

They can also occur as a stress fracture due to repetitive overload.

This can be associated with

- High arched or cavovarus foot
- Flat feet
- Prolonged running or training
- Poor footwear

Blood supply to this area is a concern and can affect healing.



What are the symptoms?

- Pain and swelling on the outside border of the foot.
- Pain when weight bearing.
- Bruising only in acute injuries

What is the non-operative treatment?

- 6 weeks non weight bearing in boot
- 2-4 weeks weightbearing in boot
- Physiotherapy program after 6 weeks
- Stress fractures may require a longer period of treatment

How successful is non-operative treatment?

- 75% of fractures will heal
- Risk of refracture of approximately 30%

When to consider surgery?

- Displaced acute fractures
- Very active individuals
- Delayed union
- Non union
- Refracture
- Fracture in a cavovarus foot

What is the surgical treatment?

- Screw fixation +/- bone grafting
 - The screw remains permanently
- Additional procedures may be required depending on foot shape.





What does the rehabilitation involve?

- 2 weeks elevation and cast non weightbearing
- 2 weeks in a boot non weightbearing
- Physiotherapy from 4 weeks with initial range of motion progressing to strength and balance
- 4 weeks in a boot progressive weightbearing
- 8 weeks until managing daily activities
- At 10-12 weeks a gradual return to running and sport
- Recovery times may vary for revision surgery

How long will I be off work?

This is dependent upon your occupation

- Seated job 2-3 weeks
- Standing job 6-8 weeks
- Heavy lifting job 3-4 months

When can I drive?

- If you have a manual car you will be unable to drive for 8 weeks
- If you have an automatic car
 - you can drive after 2 weeks if you have your left foot corrected
 - you can drive after 8 weeks if you have your right foot corrected

What are the risks of the procedure?

General risks of surgery

- Infection
- Wound healing problems
- Nerve injury and scar sensitivity
- Blood clots to the leg
- Anaesthetic problems

Specific risks for fracture fixation

- Fracture not healing
- Refracture of bone and/ screw
 - Both require revision surgery
- Screw prominence requiring removal

This is an overview of 5th metatarsal Jones fractures and is not all inclusive.

If you have any questions please contact Mr Curry's rooms on **(03) 99286560**