

Fractures of the Base of the 5th Metatarsal

The 5th metatarsal is outermost long bone of the foot and its base is able to felt as the bump on the outer aspect of the midfoot.

A fracture of the base of the 5th metatarsal can cause significant pain over a prolonged period of time.



These injuries can occur as a result of a **minor traumatic event** or sometimes without any actual trauma at all ie *“a stress fracture”*

The management of these fractures can **require prolonged periods (6-12 weeks) in a cast or a “moon” boot**, often non weight bearing

In certain cases the chance of the fracture healing is low it may require surgery.

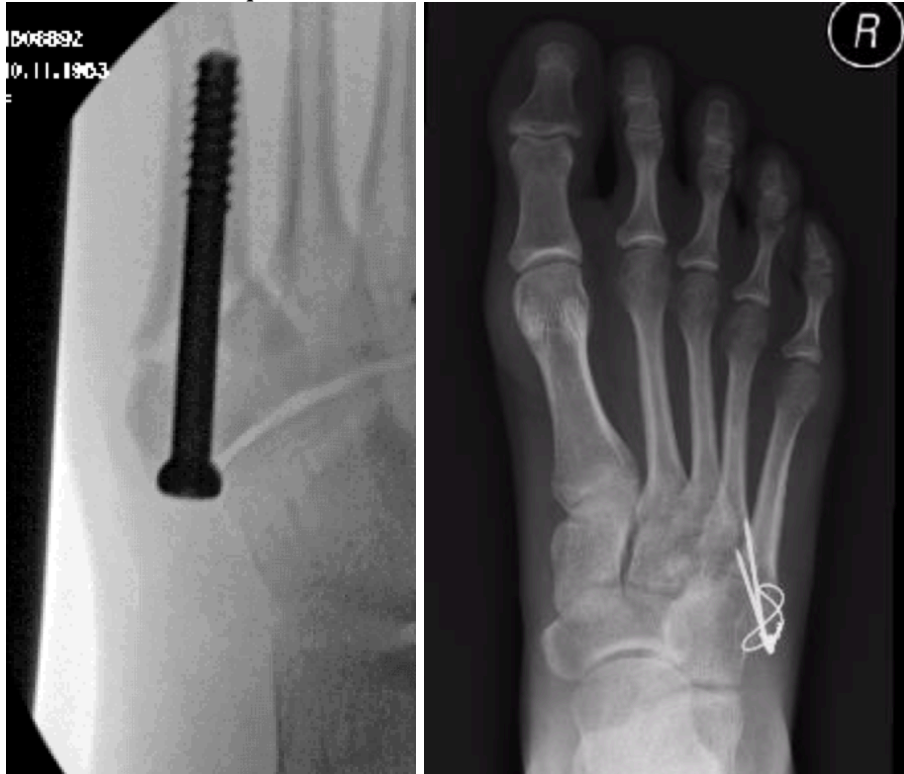
Higher risk patients include:

Smokers

Higher level runners and gymnasts

Patients with lower bone density or who take medications that may impair bone function such as steroids.

If **surgery** is recommended this may involve either screw fixation or a tension band wire technique.



It may also be necessary to take **bone graft** from another bone in the body to assist with healing.

Surgery may require an overnight stay followed by **2 weeks of strict elevation** and **6 weeks non weight bearing in a boot or cast.**

Complications include;

- Failure of the fracture to heal
- Wound problems
- Infection