

## Rehabilitation plan

### 0-6 weeks since injury

If supplied, wear the boot for comfort when walking. It is fine to remove the boot to wash and air the foot when not walking. You do not need to wear the boot at night but may do so for comfort if you prefer. Begin gentle movement exercises (as on the previous page).

### 6-8 weeks since injury

You may try to wean yourself out of the boot and walk without crutches if you can do so without limping. Try walking around the house at first. You will need to wear the boot if you go on a long walk. Continue with the exercises to regain flexibility in your foot and ankle.

### 8-12 weeks since injury

The fracture is healed and you can begin to resume normal activity but be guided by any pain you experience. You should be able to carry out day-to-day activities, although difficult tasks, long walks etc., may still cause some discomfort and swelling.

## Worries or concerns

If you have any worries or concerns following discharge from hospital, please contact the virtual fracture clinic Monday to Friday, 12 noon to 4pm.

Outside of these hours, you can leave a message on the answerphone. We will respond to all clear messages left.

**Virtual Fracture Clinic** ☎ **0778 817 8689**

Alternatively, outside of these hours, please contact NHS 111 or your GP.

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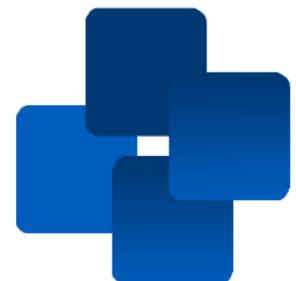
**[www.enhertr.nhs.uk](http://www.enhertr.nhs.uk)**

You can request this information in a different format or another language.

## Patient Information

## Fracture of the Foot

Department of Trauma and  
Orthopaedic Surgery



## What fracture have I got?

You have fractured a bone in your foot. Please see the diagram below to understand where this injury is.

You may walk on the foot as comfort allows but you may find it easier at first to walk on your heel.

The boot you have been given is for your comfort only and is not needed to aid healing.

Take painkillers as prescribed.

The swelling is often worse at the end of the day; elevating your foot will help.



## Initial advice

### Cold packs

A cold pack, such as an ice pack or bag of frozen peas wrapped in a damp towel, can provide short-term pain relief. Apply this to the sore area for up to 15 minutes every few hours ensuring the ice is **never** in direct contact with the skin.

### Rest and elevation

Try to rest the foot for the first 24-72 hours to allow the early stage of healing to begin. Lie down and raise your ankle above the level of your hips to reduce swelling. You can use pillows or a stool to keep your foot up when sitting.

### Early movement and exercise

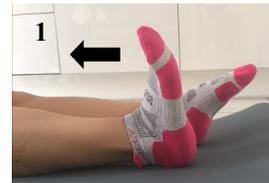
Early movement of the ankle and foot is important to promote circulation and reduce the risk of developing a DVT (blood clot). Follow the exercises in this leaflet but, if they cause too much pain,

stop them for a short time before trying again. This will ensure your ankle and foot do not become too stiff. These exercises will help the healing process.

**Early weight bearing** (putting weight through your injured foot) helps increase the speed of healing. Try to walk as normally as possible as this will help with your recovery.

## Initial ankle and foot (range of movement) exercises

**Repeat these** exercises 10 times each, 3-4 times a day.



1) Point your foot up and down within a comfortable range of movement.



2) Make circles with your foot in one direction and then change direction.



3) With your heels together, move your toes apart, as shown in the picture.

