



INOVA[®]

Sports Medicine

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Physical Therapy Protocol Following 5th Metatarsal Fracture Fixation

Weight Bearing Status – Non-weight bearing in cast/splint for 2 weeks

Post-Op Week 0-2:

Goals:

1. Minimize swelling and pain; elevate foot above level of heart as much as possible
2. Full hip and knee ROM
3. Good quad control

Exercises:

1. Hip and knee ROM and strengthening exercises
2. Toe curls and toe spreads

Post-Op Weeks 2-4:

Goals:

1. Transition to boot 10-14 days post-op
2. Partial weight bearing in boot during ambulation
3. Transition to full weight bearing in boot

Exercises:

1. Toe curls and toe spreads
2. Active and passive ankle dorsi and plantar flexion
3. Quad sets and SLRs
4. Core, gluteal/hip strengthening
5. Gentle biking in hard-soled shoe
6. Balance proprioception exercises

Post-Op Weeks 4-8:

Goals:

1. Restore normal gait
2. Transition to regular shoe
3. Progress with strength, power and proprioception
4. Begin sport specific training

Exercises:

1. Gradual increase in impact exercises
2. Start cutting and pivoting
3. Continue biking and transition to regular shoe on bike

Post-Op Weeks 8-12:

Goals:

1. Return to sport based on clinical and radiographic healing
2. Ideal time frame for full participation is 9 weeks
3. Full weight bearing in regular shoe
4. Consider custom-made 3⁰ valgus wedge orthotic to decrease pressure across the base of the 5th metatarsal

Exercises:

1. Sport specific training

Criteria for release to sport(s):

1. Full painless ROM
2. Full strength
3. Able to perform all sport specific drills