

You have a Foot Fracture. This is a break to a bone in your foot.

How long will my injury take to heal?

This normally takes approximately six weeks to heal.

Smoking will slow down your healing. We would advise that you stop smoking while your fracture heals. Talk to your GP or go to www.smokefree.nhs.uk for more information.



How long will it take for the pain and swelling to settle?

You may have ankle pain and swelling for three-to-six months after your injury. Swelling is often worse at the end of the day.

Taking pain medication, elevating your ankle and using ice or cold packs will help. More information is on the next page.



How do I manage walking?

You may walk on the foot as much as is comfortable. You may find crutches useful to help take some of the load off.

If you have been given a boot or rigid sole shoe, this is for your comfort only and is not needed to aid fracture healing. Take it off when you are not walking.

When should I start doing exercises?

It is important to start exercises as soon as possible. Instructions are on the next page.



Whom should I contact if I have any Questions?

If you are concerned about your symptoms or are unable to follow this rehabilitation plan, please contact the Virtual Fracture Clinic team.

Caring for your injury: Week 0-6

If supplied, wear the boot/rigid sole shoe for comfort when walking, but remove at night or when resting. You should try and wean out of the boot/rigid sole shoe after two weeks.

Managing your pain and swelling:

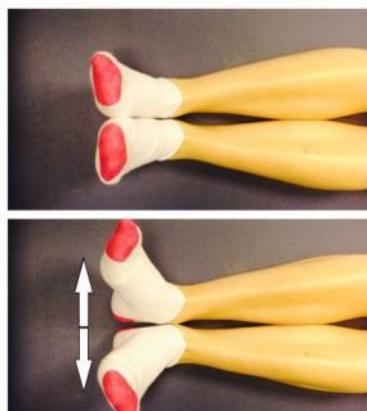
A cold pack can provide short term pain relief and reduce swelling. You can use an ice pack or bag of frozen peas wrapped in a damp towel. Put this on your foot for up to 15 minutes every few hours. Make sure the ice isn't in direct contact with your skin.

Try to rest your ankle, especially in the first 24-72 hours. Raise your ankle on a stool or cushions so that it is above the level of your hip. This will help to reduce your swelling.

Exercises

Early movement of the ankle and foot is important to promote circulation and reduce the risk of developing a Deep Vein Thrombosis (blood clot). If you are not regularly removing the boot contact us about blood thinning treatment.

Do these exercises three-to-four times a day. Start straight away, working within your pain levels.



1. Point your foot up and down. Repeat this ten times.
2. With your heels together, move your toes apart to turn the foot outwards. Repeat this ten times. Do this movement gently within comfort.
3. Make gentle circles with your foot in one direction and then the other direction. Repeat this ten times.

Contact the Virtual Fracture Clinic if you are struggling to recover your movement or return to activity.

Frequently Asked Questions

I am struggling with my boot / rigid sole shoe. What do I do?

The boot and shoe have a thicker sole; this can make you feel uneven. Make sure you wear a supportive shoe or trainer on your uninjured foot. This will reduce stress on other joints.

If you need more advice contact the Virtual Fracture Clinic.

I am diabetic, does this change things?

If you are diabetic please contact us to discuss your boot. This is particularly important if you have problems with your skin. We may provide you with an alternative boot or cast. You should monitor your skin condition daily for any area of redness and contact the Virtual Fracture Clinic Team or the plaster room to discuss in more detail.

When can I start driving?

You can return to driving when:

- You are no longer using your boot,
- You can walk comfortably and
- You can perform an emergency stop pain free.

Always test your ability to drive in a safe environment first.

How can I get a certificate for work?

You can get a fitness for work statement from the Virtual Fracture Clinic Team or your GP.

I am struggling to return to my sport?

Please contact us and we can discuss further or refer you on for Outpatient Physiotherapy.

What do I do with my boot and crutches when I no longer need them?

We are not able to use boots again. These should not be returned to the hospital.

Crutches can be returned to the Fracture Clinic or A&E.

I haven't received my appointment letter. What do I do?

Your first appointment will be made by the Virtual Fracture Clinic team. If you have not received your appointment letter please contact us. If you need to book a follow up appointment please contact the fracture clinic.

How do I contact the Virtual Fracture Clinic?

Telephone 01493 452295 or email vfc@jpaget.nhs.uk

Your Feedback

We want your visit to be as comfortable as possible - talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve it, then ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care.

Before leaving please complete a Friends and Family Test feedback card.

Help us transform NHS services and to support patient choice.

OUR VALUES

Collaboration	We work positively with others to achieve shared aims
Accountability	We act with professionalism and integrity, delivering what we commit to, embedding learning when things do not go to plan
Respect	We are anti-discriminatory, treating people fairly and creating a sense of belonging and pride
Empowerment	We speak out when things don't feel right, we are innovative and make changes to support continuous improvement
Support	We are compassionate, listen attentively and are kind to ourselves and each other

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IN TRAN The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240