

5th Metatarsal ORIF Postoperative Protocol

Postoperative Weeks 0-2

- Protect healing tissue: postoperative posterior splint
- Maintain and progress strength of non-operative joints (knee, hip, UE)
- Nonweight bearing with crutch use
- Elevation above the heart “toes above the nose” for edema control

Postoperative Weeks 2-6

- Suture removal
- WBAT in pneumatic walking boot
 - Prerequisite: sutures removed

Postoperative Weeks 6-8

- Wean out of boot
- Transition to running shoe with clamshell orthosis
 - Prerequisites: WB without pain, minimally tender fracture site, X-ray demonstrates healing
- Begin running progression protocol (usually begin week 4-6)
 - No walking pain
- Begin sport specific exercises (usually begin week 6-8)
 - Prerequisite: no pain with running

Postoperative Weeks 8-10

- Remove heel lift in boot
- Return to sport
 - Prerequisites: minimal pain with sport specific exercises, X-ray continues to demonstrate healing
- Full-length orthosis with lateral hindfoot post extending proximal to the cuboid

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