Bridlington Urgent Treatment Centre

Toe Fracture or Dislocation

You recently had a consultation at Bridlington Urgent Treatment Centre and this letter explains what you need to do to help your injury to heal. We do not expect any complications but if progress does not go to plan please get in touch or come back to the UTC.

You have a fracture or dislocation to one of your toes.

Healing:	This injury normally takes six weeks to heal.
Pain & swelling:	Pain and swelling can carry on for 3-6 months. Swelling is often worse at the end of the day and elevating it will help. Take pain killers as prescribed.
Walking:	You may walk on the foot if it's comfortable to do so but you may find it easier to walk on your heel at first. The boot you have been given is for your comfort only and is not needed to aid fracture healing.
Follow up:	We do not routinely follow up patients with this type of injury. If after **six weeks** you are still experiencing pain and swelling, or if you are experiencing pain or symptoms other than at the site of the original injury or surrounding area, please get in touch on the phone number at the top of this letter.

If you are worried that you are unable to follow this rehabilitation plan, or have any questions, then please phone Bridlington UTC for advice.

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Please follow the management plan below.

What to expect:

Weeks since injury	Rehabilitation plan
0-3	✔ If your toes have been buddy strapped you should remove this after 3 weeks. ✔ If you have been given a boot, wear it for comfort when walking, but remove at night or when resting. ✔ Start your exercises straight away to maintain and improve your movement.
3-6	✘ If you were using them, try to stop using the boot and to walk without crutches. Start around your home at first. ✔ Continue with the exercises to regain flexibility in your foot and ankle.
6-12	✔ The fracture/dislocation (soft tissues) are healed. You may have mild symptoms for 3-6 months. ✔ You can begin to resume normal, day-to-day activities but be guided by any pain you experience. ✘ Heavy tasks and long walks may still cause some discomfort and swelling.
12	**If your foot is still very painful and swollen then please contact the Bridlington UTC for advice on 01262 425631.**

NHS

Advice for a new injury:

Cold packs:	A cold pack (ice pack or 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. The ice must never be 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. Raise your ankle above the level of your hips to reduce swelling. You can use pillows or a stool to keep your foot up.
Movement and exercise:	Moving your ankle and foot as soon as you can is important to help your circulation and reduce the risk of developing a DVT (blood clot). Follow the exercises overleaf without causing too much pain. This will stop your ankle and foot becoming too stiff. The exercises will also help the healing process. Weight bearing (putting weight through your injured foot) as soon as you can helps increase the speed of healing. Try to walk as normally as possible as this will help with your recovery.

Smoking advice:

If you smoke, your fracture is likely to take longer to heal. In extreme cases smoking can stop healing altogether. Stopping smoking during the healing phase of your fracture will help you to recover fully and more quickly.

For advice on stopping smoking and local support available, go to http://smokefree.nhs.uk or talk to your GP.

Boot advice:

Diabetic patients: 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 a specialist diabetic boot.

Footwear for your uninjured foot: We would recommend choosing a supportive shoe or trainer with a firm sole for your uninjured foot. You will notice that the boot you have been given has a thicker sole and by matching this height on the uninjured side you will reduce stress on other joints.

Exercises

Initial exercises to do 3-4 times a day

Ankle and foot range of movement exercises. Repeat these 10 times each.

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.

Contact Us: Bridlington UTC 01262 425631

If you would like this document in an alternative language or format, such as large print or Braille, please call **01482 976924** or email **chcp.marketing@nhs.net**

Let us know what you think...

You can contact a CHCP Customer Care Advisor if you have a comment, concern, compliment or complaint by writing to: Customer Care Advisor, City Health Care Partnership CIC, 5 Beacon Way, Hull, HU3 4AE
Email: **chcp.customercare@nhs.net**, Tel: **01482 347 627**