**Surgical Procedure: 5Th Metatarsal Fracture Operative Treatment**

 0-3 w post op:

* NWB in boot or splint
* AROM ankle all directions
* Toe crunches/marble pickups
* Towel calf stretch
* Band PF RROM
* Band IN/DF RROM
* Start knee extension, and hamstring curls

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3-6 w post op: **repeat x-rays, suture removal**

* PWB 50% in boot, progress by 25% weekly
* Continue open chain exercises (Knee extension/hamstring curls
* Begin EV RROM with theraband
* Continue LE crosstraining and strengthening

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6-9 w post op: **repeat x-rays**

* Progress to Full WB
* Remove from boot, walk in hard soled shoe or stiff athletic shoe
* Begin double leg calf raises
* Begin land jog straight line (8w) if pain free

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

9-12 w post op: **repeat xrays**

* Begin cutting drills
* Begin plyos
* Final Xray at 12 weeks if not healed at 9 w