**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, in clinic patient visit**

* PWB 50% in boot
* Continue open chain exercises (Knee extension/hamstring curls

4 w post op:

* PWB 75% in boot
* Begin EV RROM with theraband
* Waist deep walk in hydroworx or Alter-G walk @ 50% WB

5 w post op:

* 100% WB in boot
* Begin double leg calf raise
* Chest deep jog in hydroworx or Alter-G jog at 50% WB

6 w post op: repeat x-rays

* Removed from boot
* Begin double leg calf raises
* Waist deep jog in water or Alter-G jog at 50% WB

7 w post op:

* Begin land jog straight line

8 w post op:

* Begin cutting drills
* Begin plyos
* Progress to full