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Open Reduction Internal Fixation of 5th Metatarsal Fracture Rehab Protocol

Phase I: Weeks 1-3

Goals

- Rest and recovery from surgery
- Control and swelling
- Gradual increase of ADLs (Activities of Daily Living)

Guidelines

- Non-weight bearing for 2 weeks post-op
- May rest foot down when standing or sitting
- Begin ankle motion as tolerated
- Hip AROM: lying and standing
- Knee AROM: lying and standing
- Ankle AROM: seated only
- Sutures removed at 10-14 days (@1st f/u clinic visit)

Phase II: Weeks 3-6

Goals

- Maintain hip, Knee & ankle ROM
- Improve core, hip and knee strength
- Gradually increase weight bearing with boot at 2 weeks after surgery:
 - 25% (week 3)
 - 50% (week 4)
 - 75% (week 5)
 - 100% (week 6)

Guidelines

- Progressive weight bearing in walker boot
- Shower when wound is healed
- Massage foot to decrease edema (might massage start from toes and work towards ankle)
- Control swelling with elevation



- Core and whole-body exercise and strengthening
- AROM ankle and gentle resistance band strengthening with dorsiflexion limited to first point of resistance
- May begin swimming, biking, and low impact exercise

Phase III: Weeks 7-10

Goals

- Full weight bearing, switch to regular shoe (after 6-week postop appointment)
- Swelling control with elevations and modalities as required.

Guidelines

- AROM at ankle: Plantar Flexion (PF), Inversion/Eversion, Dorsiflexion (DF) to 1st point of resistance
- Manual mobilization of subtalar joint
- Gentle mobilization of subtalar joint
- Try to control knee hyperextension (knee hyperextends to compensate for lack of DF at ankle)
- Strengthening of calf/hind foot/ankle

Phase IV: Weeks 10+

Goals

- Sport/ recreation/ activity specific rehabilitation

Guidelines

- TheraBand: Inversion/ Eversion, DF
- ROM exercises
- Gentle calf stretches
- Manual mobilization as required
- Calf press and leg press
- Proprioceptive exercises
- Single leg support
- Progress to wobble board
- Gait retaining
- Swimming
- Stepper
- Eccentric drops
- Progress to advanced dynamic drills (16+ weeks)
- Hopping, skipping, progress to sport specific drills (16+ weeks)