

## Toe Fracture

### Information for patients

#### Outpatient Fracture Care Team: Shared care plan

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This is a follow-up letter to your recent telephone consultation with the Fracture Care Team explaining the ongoing management of your injury. Your case has been reviewed by an Orthopaedic Consultant (bone specialist) and Fracture Care Extended Scope Physiotherapist.

**You have sustained a fracture to you toe.** This normally takes up to six weeks to heal. You may continue to walk on this foot as your pain allows. Take pain killers as prescribed. Slowly build up your activity levels as your pain allows. You may find activities like jogging etc. painful until six weeks after the injury. If you are worried that you are unable to follow this rehabilitation plan, or have any questions, then please phone the Fracture Care Team for advice.

We do not routinely follow up patients with this type of injury. **If after six weeks** you are still experiencing pain, swelling or having difficulty moving your toes then please do not hesitate to contact us for a further consultation. If you are experiencing pain or symptoms, other than at the site of the original injury or surrounding area, please get in touch using the telephone or email details at the top of this letter.



Your injured toe will be neighbour, or “buddy”, strapped to your next largest toe, e.g. broken middle toe to index toe. You can take this strapping off to wash or if the taping gets dirty but you should keep reapplying the tape until your pain subsides.

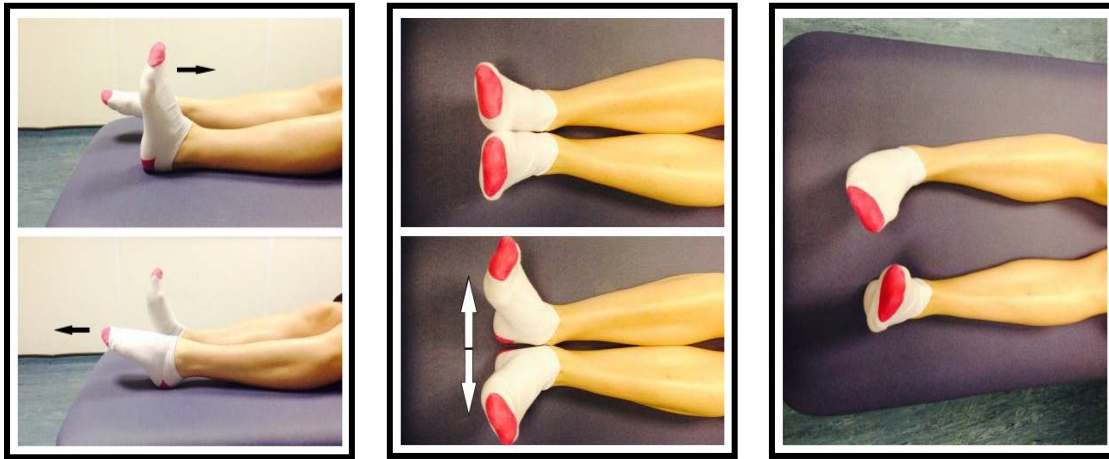
You should actively try to move your toe within your pain tolerances straight away so you regain your movement as early as you can whilst your fracture heals.

You should take relative rest with the injured foot and avoid heavy tasks with it for six weeks.

## Initial exercises to start straight away (three to four times a day)

### Ankle and foot range of movement exercises. Repeat each exercise ten times.

1. Point your injured foot up and down within a comfortable range of movement.
2. With your heels together, move your toes apart, as shown in the picture.
3. Make circles with your injured foot in one direction and then change direction.




## Smoking cessation

Medical evidence suggests that smoking prolongs fracture healing time. In extreme cases it can stop healing altogether. It is important that you consider this information with relation to your recent injury. Stopping smoking during the healing phase of your fracture will help ensure optimal recovery from this injury.

For advice on smoking cessation and local support available, please refer to the following website: <http://smokefree.nhs.uk> or discuss this with your GP.



## Further information and advice can be obtained from:

**NHS 111**  
**NHS Choices online**

 **111**  
[www.nhs.uk](http://www.nhs.uk)

**MTW NHS Trust is committed to making its patient information accessible in a range of languages and formats. If you need this leaflet in another language or format please ask one of your clinical care team or the Patient Advice and Liaison Service (PALS). We will do our best to arrange this.**

Maidstone and Tunbridge Wells NHS Trust welcomes all forms of feedback from our service users. If the standard of service you have received from the Trust does not meet your expectations, we want to hear from you. Please speak with the ward manager or the nurse in charge in the first instance, or you can contact the **Patient Advice and Liaison Service (PALS)** on:

**Telephone:**  01622 224960 or  01892 632953

**Email:** [mtw-tr.palsoffice@nhs.net](mailto:mtw-tr.palsoffice@nhs.net)

**or visit their office** at either Maidstone or Tunbridge Wells Hospital between 9.00am and 5.00pm, Monday to Friday.

You can be confident that your care will not be affected by highlighting any areas of concern or making a complaint. The Trust will retain a record of your contact, which is held separately to any medical records. If you are acting on behalf of a patient, we may need to obtain the patient's consent in order to protect patient confidentiality. More information on PALS or making a complaint can be found on the Trust's website: [www.mtw.nhs.uk](http://www.mtw.nhs.uk) or pick up a leaflet from main reception.

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