

Fifth Metatarsal Fracture

Intermediate Programme

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 4/10 whilst completing this exercise programme.



1. Knee to wall

- Sit or lay with your legs out straight, feet off the floor.
- Point the ankles and toes away from you and then bend them up towards you.
- Stay within a comfortable range of movement.
- A moderate stretch is acceptable.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**



2. Seated towel scrunches

- Sit upright in a chair and place a towel out flat on the floor in front of you.
- Place the front of your foot on the towel.
- Curl and release your toes so as to pull the towel towards you.
- Keep the foot flat on the floor throughout.
- To progress, place a small weight on the towel.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**



3. Supported double-leg heel raise from floor

- Stand on a flat surface facing a stable surface such as the kitchen worktop or a table.
- With the feet hip-width apart and the knees straight, lean forward and rest your forearms on the worktop.
- With most of your weight through your arms, push down through the front of the feet as if going up on your tip toes – the heels will begin to rise.
- Lift the heels as high as possible and then with control, slowly lower the heels down over the course of a 5 second count.
- To progress, have only your hands on the worktop for support and take less weight through the arms
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**

We recommend consulting a musculoskeletal physiotherapist to ensure exercises are best suited to your recovery. If you are carrying out an exercise regime without consulting a healthcare professional, you do so at your own risk. If you have any concerns whilst completing these exercises, please contact a healthcare professional.