Fractured Foot

A fractured foot is a broken bone in your foot. These fractures are usually caused by twisting or crush injuries. Some foot fractures are stress fractures which are due to excess walking or exercise. If the bones are in a good position, foot fractures will usually heal in about 6 weeks. You should keep your foot elevated for the next 2-4 days and apply ice packs to the area of the injury for 20-30 minutes every 2-3 hours until the swelling and pain get better.

If you have been placed in a cast or splint, keep it on until you have been checked by your caregiver.
Do not walk on a broken foot until bearing weight is relatively painless. Often a cast or podiatric shoe with a stiff sole is used to allow early walking. Repeat x-rays are often needed in 3-6 weeks to make sure the fracture is healing.

Be sure to follow-up with your caregiver as recommended.

SEEK IMMEDIATE MEDICAL CARE IF:

- You have increased pain, or your toes become cold, numb, or pale.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

Document Released: 01/25/2006 Document Re-Released: 03/16/2010
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