

# FRANCE-SHELTON FOOT HEALTH CENTRE

## Treatment of Foot Fractures

### Managing Injury with Possible Fracture

Keep in mind that a “fracture” is an x-ray diagnosis. Therefore, prior to x-ray confirmation, the painful area should be treated as any other foot/ankle injury. This consists of restricting your activity to rest the affected part. Then, apply cold (ice-pack, chemical “ice pack,” frozen peas or a moist facecloth with ice cubes wrapped in it) directly to the injured area for repeated 20-minute-on and 40-minute-off cycles. If the pain is severe or the skin is broken as part of the injury, go to A & E for emergency treatment.

### Diagnosing the Fracture

In order to determine the presence, severity and configuration of a fracture, our first recommendation will be for one or more x-rays to be taken. Because certain non-displaced fractures can be easily “missed” with conventional x-ray views, we typically recommend weight-bearing x-rays taken from multiple angles. Our x-rays are taken in-house followed by “speed-processing” that allows for x-ray consultation within about ten minutes. To learn more about our x-ray services, [click here](#).

### Immobilising the Fracture

Motion at the fracture site is the enemy of good healing. Therefore, If a fracture (not displaced or breaking through the skin) is diagnosed, then the involved bone(s) will need to be immobilised for a period of four to six weeks. This can take the form of a soft-cast along with a rigid-soled fracture shoe, a plaster-of-Paris or fibreglass cast or an AirCast® ankle or lower-leg cast, depending on the location and severity of the fracture.

*Make an appointment to get the treatment you need - Call 0121 384 3244*

***Your foot comfort is our business...our only business!***

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