

**TJ Ridley, MD**

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**5<sup>th</sup> Metatarsal/Jones Fracture Repair Rehabilitation Protocol**

Phase 1 (weeks 0 to 2)	Phase 2 (weeks 3 to 6)	Phase 3 (weeks 7 to 10)
<ul style="list-style-type: none"> <li>• Non-weight bearing with CAM walker boot and crutches</li> <li>• Early and gentle ankle ROM</li> <li>• Ice and pain meds as needed</li> <li>• Maintain cardiovascular fitness (stationary bicycle)</li> </ul>	<ul style="list-style-type: none"> <li>• Full weight bearing in CAM walker boot weeks 3-4; FWB in hard-soled shoe weeks 5-6</li> <li>• Continued ankle ROM and plantar fascia stretching</li> <li>• Ice as needed for swelling</li> <li>• Start single leg balance exercises</li> <li>• Manual resistance exercises in all ankle planes</li> </ul>	<ul style="list-style-type: none"> <li>• Foot orthotic still may be used with an external support</li> <li>• Full ankle ROM</li> <li>• Strengthening of foot and ankle with resistance bands</li> <li>• Single leg balance and proprioception exercises progressed</li> <li>• Dynamic reaction drills</li> <li>• Jumping and plyometrics added</li> <li>• Running and sport-specific drills</li> </ul>

**Full Return to Play:** To be discussed with Dr. Ridley at 10 week post op visit based on radiographic healing