

5th Metatarsal/Jones Fracture Repair Rehabilitation Protocol

Christie Heikes, MD

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

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