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Adult and Paediatric Orthopaedic Surgeon  
Specialising in the Foot and Ankle

## **Jones Fracture Base of Fifth Metatarsal**

### **INTRODUCTION**

Most base of fifth metatarsal fractures can be treated nonoperatively.

A small subset of base of fifth metatarsal fractures, typically known as a “Jones fracture”, require open reduction and internal fixation as they tend to heal less reliably with nonoperative measures. Jones fractures are situated further down the bone, at the junction of where the flare and shaft of the bone meet.

### **THE PROCEDURE**

There are a number of steps to the operation:

1. General anaesthetic
2. Local anaesthetic ankle block
3. Small 1.5 cm incision
4. Fixation of fracture with purpose-built solid screw
5. Bonegraft
6. Closure of wound
7. Plaster backslab

### **RISKS & COMPLICATIONS**

Every surgical procedure carries some risk. These risks are largely uncommon and many are rare.

They include:

Anaesthetic complications

Wound infection

Deep Vein Thrombosis (DVT)/Pulmonary embolism (PE)

Small sensory nerve injury

Non-union

Prominent hardware requiring removal of screw

### **POST OPERATIVE PROTOCOL**

This is a day surgery procedure

Weeks 0 - 2: non-weight-bearing in plaster backslab, anticoagulation

End of week 2: wound check, transition into a boot, commence partial weight-bearing progressing to full weight bearing as pain allows, remove crutches when fully weight-bearing

End of week 4: may transition into a stiff soled jogger if comfortable, physiotherapy may commence consisting of a graded, functional training program for the foot and ankle

End of week 6: x-ray to assess healing, may commence a pre-running program with physiotherapist

End of week 8: running in a straight line, plyometrics

End of week 10: resume team training

Week 12 to 16: return to play

Full recovery up to 6 months

## **PROBLEMS AND CONCERNS**

If you have any queries or concerns, contact Dr. Ling's rooms on 9650 4782 between business hours. After hours or on weekends, if your matter is urgent, please present to the Emergency Department at Prince of Wales Hospital if you are an adult, or Sydney Children's Hospital if the patient is your child, and you will be seen by the Orthopaedic Registrar on call, who will contact Dr Ling directly