

NewportCare Medical Group

Lucas Wymore MD
 Sports Medicine
 Office Phone: 949-491-9991

40700 California Oaks Drive, Suite 205
 Murrieta, CA 92592
 Fax: 949-612-9795



5th Metatarsal Rehab Protocol

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
Phase I 0-6 wks	0-2 weeks: Non-Weightbearing 2-6 weeks: WBAT in boot	Splint Cast boot	None	0-2 weeks: NO physical therapy or motion 2-6 weeks: Inversion/eversion ROM, stationary bike with brace on, knee/ hip strengthening, joint mobilizations - NO peroneal active strengthening until after 6 weeks
Phase II 6-10 wks	As tolerated	None	Gain full pain free	***Check Xray: If nontender and xrays show healing can initiate jogging; Pool therapy helpful, Full practice is allowed once the patient can run and cut without pain.
Phase III 10 wks beyond	Full	None	Full	Return to competition usually 2 weeks after initiation of full practice; Orthotic device helpful= Relieve pressure at site of screw entry and under 5th MT head more rigid sole/flex steel insert