

What is it?

There are many types of foot and toe injuries. These include:

Fractures: A break to one or more bones. Often caused by falling onto the foot, ankle or heel. This can also happen during sport or having something dropped onto it. Each foot has 26 bones.

Strains: Damage to the muscle or tendon. Often happens during sport or when doing a repetitive motion.

Sprains: Stretching or tearing of ligaments. Ligaments support the bones. Sprains often happen when the ankle or foot twists or turns in a bad way.

It is important to care for your foot or toe injury the right way so it heals well.

What will my GP do now?

Your GP will check your foot, and work out if you have a fracture, sprain or strain. You may need to get an X-ray. Your treatment will depend on the type of damage you have. If you have a severe injury, your GP will refer you to the nearest hospital.

Mild fractures, sprains or strains can be treated with rest, ice, compression and elevation. This method is called RICE. They may also suggest taking a pain relief medication. For some fractures, your GP may protect and restrict movement of your foot using a cast or controlled ankle motion (CAM) boot. They will tell you how long you need to wear the cast or CAM boot.

You may be given crutches to avoid putting weight on the injured foot. Some types of fractures may need scans and surgery. Your GP may refer you to an orthopaedic surgeon for certain types of foot and toe fractures. For very severe fractures, your GP may refer you to hospital.

What questions could I ask my doctor?

- How can I protect my foot or toe?
- What activities should I avoid?
- How long will my injury take to heal?



What will my GP do in the future?

What your GP does in the future will depend on the type of fracture, strain or sprain you have. They may see you again in one week to see how your foot or toe is. If your injury is severe, they will see you in six-to-eight weeks to see how your injury is healing. Your GP may also refer you to a physiotherapist for ongoing care.

What can I do?

Follow the treatment advice given to you by your GP. If you have a cast, care for it and return to your GP when it needs to be removed. Use your crutches or pain relief if you need to. Wear firm shoes if you can to protect your foot. See your GP if you have any new pain.

What supports are available?

Local

View this factsheet on the Health Resource Directory website (www.healthresourcedirectory.org.au) to find the right local supports and services for you.

Where can I learn more?

- **Health Resource Directory** - Caring for your cast: healthresourcedirectory.org.au