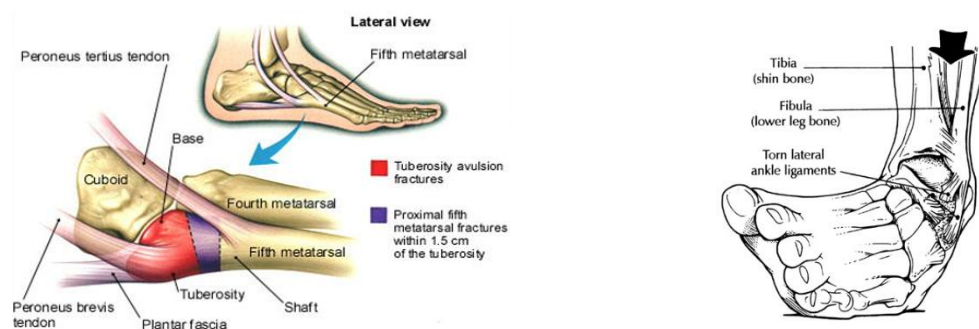




Jones's Fracture

What is it?

It is a common fracture of the shaft of the fifth metatarsal. The fifth metatarsal is a bone located on the outside of your mid-foot. A Jones's fracture occurs at the base of this bone approximately 1.5cm from the base of the bone. It is normally mistaken for a sprained ankle or avulsion fracture (base of the bone being pulled off by a tendon). Due to the specific nature of the fracture, being 1.5cm from the base of the bone, the blood supply is limited and as a result can take a lot longer to heal than a normal fracture. Therefore, it is vital for a correct diagnosis to be made.



Why did I get it?

Jones's Fractures almost exclusively occur after a twisting inversion injury (when the ankle twists inwards). The most common risk factors for the condition are

- Poor biomechanics
- Sudden increase in activity
- Incorrect footwear
- Hard training surface
- Over training
- Trauma

Symptoms:

- Breaking any bone is painful and with a Jones fracture sudden pain may be felt at the base of the 5th metatarsal or the long bone from your little toe to the middle area of your foot.
- There will be tenderness at the point of injury on the outside of the foot.
- The athlete will be unable to bear weight on the foot and a deformity is sometimes present.

How is it diagnosed?

A thorough clinical examination/history will generally be sufficient for the diagnosis of a Jones's Fracture. You will however be referred for an x-ray +/- bone scan to determine the severity of the fracture.

Possible treatments:

- Rest and ice
- Improve biomechanics
- +/- crutches
- Footwear advice
- Casting for 8 weeks
- Custom insoles
- Anti-Inflammatory medications
- Surgery if the bone is displaced
- Pneumatic air brace

Prognosis:

The prognosis of a Jones's Fracture is largely dependent on the severity of the fracture and the compliance of the patient. Return to sport is recommended no sooner than after 8-10 weeks if there is no bony tenderness over the area of concern. The return needs to be gradual to give the bony and soft tissue structures time to adapt.