

GP Information Sheet

Toe Fractures

Dear Doctor,

Your patient has recently been referred to the Ipswich Hospital Fracture clinic.

They have sustained a fracture of the toe.

Treatment:

This type of fracture is treated with a boot or stiff sole shoe for 6 weeks.

The patient should be reviewed in 6 weeks. The stiff sole shoe may be removed if the fracture site is no longer tender to palpation at the 6-week mark.

Contact sports and activities should be avoided for a total of 12 weeks.

When to repeat X-Ray:

Toe fractures do not require repeat x-rays unless the patient is exquisitely tender over the fracture site at the 6-week mark.

Help and Troubleshooting:

We are happy to be contacted should you have any concerns.

Please call the Ipswich Hospital Switch on 3810 1111 and ask for the On-Call Orthopaedic Registrar.