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Rehabilitation Protocol: 5th Metatarsal ORIF

0-2 weeks:

- Non weight bearing in a post operative splint.

2 -6 weeks:

- Protected weight bearing in CAM boot and assistive device.
- Foot and ankle stretching and TheraBand exercises to regain full ROM and strength.
- Exercises: Bike, core exercises, balance activities when indicated.

6 -12 weeks:

- Progress to weight bearing as tolerated and wean off boot.
- Increase the intensity of strength, balance, co-ordination, and functional training for gradual return to activities and sports.