



## 5th Metatarsal ORIF

- ❖ WB status: Strict NWB for 8 weeks
- ❖ Immobilized in short leg splint for 2 weeks PO, short leg cast from 2-4 weeks PO. 4-8 weeks immobilized in CAM boot
- ❖ ROM: Strict NWB in CAM boot 4-8 weeks post-operatively. Remove boot for ankle ROM in all planes
- ❖ When to initiate PT: 8 weeks post-operatively when WB for gait training and progress LE strenghtneing/ ROM, sooner if needed for ROM

	<b>ROM</b>	<b>WB STATUS</b>	<b>IMMOBILIZATION</b>	<b>Exercises</b>
0-4 weeks	Immobilized in splint/ cast	NWB	Splint/ cast	NONE
4-8 weeks	Ankle ROM exercises in all planes	NWB	CAM boot	Ankle ROM exercises in all planes
8-12 weeks	Expect full ankle ROM	Begin WBAT at 8 weeks in CAM boot	Ween out of CAM boot into supportive shoe around 9 weeks	Gait training, LE progressive strengthening