



## Metatarsal Fracture: Rehab Exercises

### Introduction

Here are some examples of exercises for you to try. The exercises may be suggested for a condition or for rehabilitation. Start each exercise slowly. Ease off the exercises if you start to have pain.

You will be told when to start these exercises and which ones will work best for you.

### How to do the exercises

#### Calf wall stretch (back knee straight)



slide 1 of 7, Calf wall stretch (back knee straight),

1. Stand facing a wall with your hands on the wall at about eye level. Put your affected foot about a step behind your other foot.
2. Keeping your back leg straight and your back heel on the floor, bend your front knee and gently bring your hip and chest toward the wall until you feel a stretch in the calf of your back leg.
3. Hold the stretch for at least 15 to 30 seconds.
4. Repeat 2 to 4 times.

#### Calf wall stretch (knees bent)



slide 2 of 7, Calf wall stretch (knees bent),

1. Stand facing a wall with your hands on the wall at about eye level. Put your affected foot about a step behind your other foot.
2. Keeping both heels on the floor, bend both knees. Then gently bring your hip and chest toward the wall until you feel a stretch in the calf of your back leg.
3. Hold the stretch for at least 15 to 30 seconds.
4. Repeat 2 to 4 times.

## Marble pick-ups



slide 3 of 7, Marble pick-ups,

1. Put some marbles on the floor next to a cup.
2. Sit in a chair, and use the toes of your affected foot to lift up one marble from the floor at a time. Then try to put the marble in the cup.
3. Repeat 8 to 12 times.

## Towel scrunches



slide 4 of 7, Towel scrunches,

1. Sit in a chair, and place both feet on a towel on the floor.

2. Scrunch the towel toward you with your toes. Then use your toes to push the towel back into place.
3. Repeat 8 to 12 times.

## Towel inversion and eversion



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slide 5 of 7, Towel inversion and eversion,

1. Sit in a chair, and place both feet on a towel on the floor.
2. Swivel your feet from side to side to slide the towel. First slide your toes, then your heels, as you move the towel with your feet. Then change directions and swivel your feet from side to side to slide the towel back to the starting position.
3. Repeat 8 to 12 times.

## Resisted ankle inversion

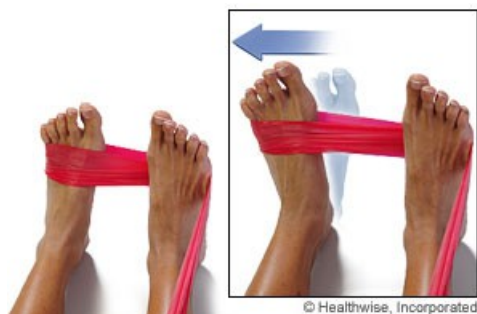


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slide 6 of 7, Resisted ankle inversion,

1. Sit on the floor with your good foot crossed over your affected foot.
2. Hold both ends of an exercise band, and loop the band around the inside of your affected foot. Then press your other foot against the band.
3. Keeping your feet crossed, slowly push your affected foot against the band so that foot moves away from your other foot. Then slowly relax.
4. Repeat 8 to 12 times.

## Resisted ankle eversion



slide 7 of 7, Resisted ankle eversion,

1. Sit on the floor with your legs straight.
2. Hold both ends of an exercise band, and loop the band around the outside of your affected foot. Then press your other foot against the band.
3. Keeping your leg straight, slowly push your affected foot outward against the band and away from your other foot without letting your leg rotate. Then slowly relax.
4. Repeat 8 to 12 times.

**Follow-up care is a key part of your treatment and safety.** Be sure to make and go to all appointments, and call your doctor or nurse call line if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

**For 24/7 nurse advice and general health information call Health Link at 811.**

## Where can you learn more?

Go to <https://myhealth.alberta.ca>

Enter L555 in the search box to learn more about "**Metatarsal Fracture: Rehab Exercises**".

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