



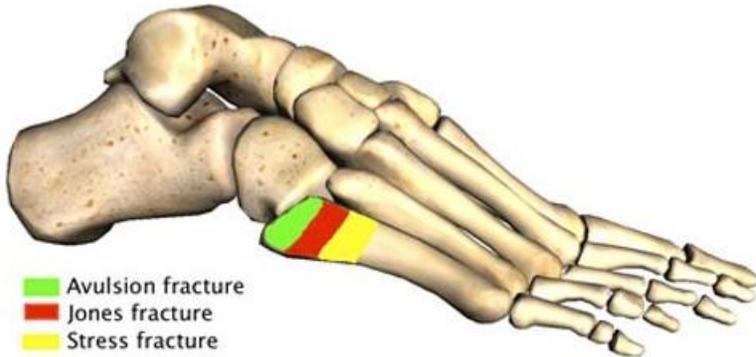
Musculoskeletal System - Disorders

Jones Fracture

What is It?

A Jones Fracture (named after the orthopedic doctor Sir Robert Jones) is a break in the fifth metatarsal (bone of the little toe).

It's a fracture in the area between the head of the bone to the shaft called the metaphyseal-diaphyseal junction.



Causes

A Jones fracture can be caused by repeated stress of the bone or by an acute or sudden injury.

Symptoms

A Jones fracture will likely present as pain at the base of the little toe (midfoot) along with:

- Painful walking
- Swelling
- Bruising



Bony tenderness and pain when pushing in this location usually indicates the need for an x-ray due to possible fracture

Treatment

Depending on the severity of the injury there are a couple different treatment options:

- Immobilization with a air-boot device
- Surgical intervention
- RICE – Rest, Ice, Compression, Elevation



This is a post-operative x-ray of a repair done for a serious complication of the 5th metatarsal fracture called 'nonunion' where the fracture has moved too much impairing healing

Why the 5th?

The 5th metatarsal is the most commonly fractured metatarsal in the foot. Along with its location on the outside of the foot it has a bulge at it's base which is unique and part of why it's more injury prone.

Outlook

Typically this fracture heals in 6-8 weeks with conservative treatment including supported weight-bearing, RICE, and anti-inflammatory medication like ibuprofen (Advil).

Full use will likely be possible after 12-16 weeks with some physiotherapy.

Due to the area having less blood flow than other parts of the body there will likely be some follow-up with an orthopedic (bone) specialist to ensure no complications arise.

In medical documentation a fracture is often Abbreviated as '#'. So for example a doctor might write the diagnosis as "Jones #" meaning "Jones Fracture"