

CENTRAL METATARSAL FRACTURES

In situ Management

<10 degrees of angulation in the sagittal plane

<4 mm of displacement of the shaft

Treatment

-Surgical shoe allowing WB as tolerated



Closed/Open Reduction indicated

> 10 degrees of angulation in the sagittal plane

> 4 mm of displacement/translation of the metatarsal shaft

Treatment

-closed/open reduction with WB as tolerated in a surgical shoe

*surgical fixation is often NOT indicated in isolated fracture

*multiple metatarsal fracture injuries are inherently unstable and usually require ORIF with pin/plate fixation