

Phalanx Fracture (Foot)

A phalanx is any one of the bones in the foot. When the bone is fractured, it has been broken completely or cracked. Phalanx fractures can occur whenever the toe is pulled, jammed, hit, twisted or crushed. It is also entirely possible for a cyst or tumor to cause the bones in the foot to weaken, which will make it easy to break when injured.

Phalanx fractures can either be traumatic, usually after twisting the foot or ankle, or dropping a heavy object on the foot. Or it can be a repetitive stress causing a stress fracture, especially common in long distance runners.

Common symptoms associated with this condition include:

- Swelling
- Tenderness and pain
- Loss of function
- Popping or snapping when injured
- Bruising or skin discoloration
- Deformity

Phalanx Fracture (Foot) Anatomy

Fractures occur from overusing the foot. Whenever the muscles are overly tired, they aren't able to lessen the shock from any repeated impacts. If this happens, the muscles will end up transferring the stress onto the bones, which in turn, creates fractures and small cracks.

One of the most common sites for fractures is in the second and the third metatarsals of the foot. These fractures are also common in the heel, the bone on the top part of the midfoot and the outer bone in the lower leg.

How to Treat a Phalanx Fracture (Foot):

1. Anti-Inflammatory Medication

Taking an anti-inflammatory medication can help to relieve swelling and pain in the affected bone. Short term use is likely to be beneficial but be cautious with longer term use.

2. Taping

Depending on the severity of the break, you might be able to heal the bone by taping the broken toe to the surrounding toe to allow it time to heal without being able to move everywhere.

3. Surgery

If the break is too serious, you might have to undergo surgery to repair the broken bone and allow it the time it needs to properly heal. Getting everything put back in place where it should be is the first step in the healing process.

4. Proper Footwear

Wear a shoe that has a rigid, flat bottom to help support the toe. Doing so will help to prevent the toes from being able to bend whenever walking. By keeping them in a straight position, they can begin to heal back to their proper position.

5. Cast

Depending on the situation, you might have to have a cast or splint put onto the foot to help keep the toe in position and promote the healing process. It all depends on where the break is and how severe it is whether casting will be the best option for you.

Tips:

- Apply ice to the affected area for 5-10 minutes at a time three to five times per day to help alleviate some of the swelling.



© rehabmypatient.com

- Elevate the foot whenever resting to help promote healing.
- Exercise will help to keep the joints mobile and prevent stiffness from occurring in the injured site.
- Proper footwear is crucial to begin the healing process and giving your foot the space it needs to prevent further injury from occurring.