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## **Rehabilitation Protocol: 5th Metatarsal ORIF**

### **0-2 weeks:**

- Non weight bearing in a post operative splint.

### **2 -6 weeks:**

- Protected weight bearing in CAM boot and assistive device.
- Foot and ankle stretching and TheraBand exercises to regain full ROM and strength.
- Exercises: Bike, core exercises, balance activities when indicated.

### **6 -12 weeks:**

- Progress to weight bearing as tolerated and wean off boot.
- Increase the intensity of strength, balance, coordination, and functional training for gradual return to activities and sports.