



Jones Fracture



Overview

This is a break of a bone in the foot called the "fifth metatarsal." It's on your foot's outer side, behind the little toe. With a Jones fracture, this bone breaks on the end furthest from the toe. The fifth metatarsal doesn't have a good blood supply there, so healing can be difficult.

Causes

A Jones fracture can be caused by overuse. This fracture can happen because of repetitive stress, or because of a twisting injury of the foot.

Symptoms

A Jones fracture causes pain and tenderness in the middle and outer side your foot. It may be hard for you to put weight on your foot. If the bone has moved out of position, you may see a bulge in your skin.

Treatment

In some cases, a Jones fracture can be treated with a cast to keep it from moving while your foot heals. But because this type of fracture often fails to heal properly, you may need surgery. Your healthcare provider can create a plan that's right for you.