

Refracture of Proximal 5th Metatarsal Stress Fracture in Athlete Treated Operatively

Kyung-Tai Lee, M.D., Ki-Won Young, M.D., J-Young Kim, M.D.

Department Orthopedic Surgery, Eulji General hospital, Eulji university

Introduction

To evaluate the incidence, contributing factor and clinical results of refracture of proximal 5 th metatarsal stress fracture treated opeatively in athletes

Material and Methods

This study included 8 patients who had been treated for refracture of proximal 5 th proximal stress fracture with operation. Their charts and radilologic findings were evaluated retrospectively.

Result

The overall incidence of refracture was 13%. Main contributing factors were time of returning to sports activity and associated deformities such as cavus or flat foot. Seven cases were managed with non-operative treatment and added percutaneous pin fixation under local anesthesia in one case. Bony union was seen at average 8.5 weeks in 7 cases except 1 non-unioun and all of 8 patients returned to their game with full activity at average 16 weeks.

Conclusion

The incidence of refracture of proximal 5 th metatarsal 5 th metatarsal fracture treated operatively in athletes was relatively high. Time of return to sports activity must be decide very carefully on individualsituation and further imaging study may be felpful for bony union evaluation. The non-operative treatment may have a good result if bone graft was done initially.

Key word: Athlete, Proximal 5th metatarsal fracture, Refracture, Bony union.