

## FOOT & ANKLE FRACTURE / TRAUMA CARE

Understanding Your Injury & Recovery Path

Premier Orthopaedic Associates | [poasnj.com](http://poasnj.com)

📞 Call or Text: 856.690.1616

### 👉 What is a Foot or Ankle Fracture?

A break in one or more bones from trauma, twisting, or impact. Severity varies from hairline cracks to complete breaks with displacement.

### 🔧 How is it Treated?

- Splint, cast, or boot for stable fractures
- Surgery (plates, screws, rods) for unstable or misaligned breaks
- Physical therapy after bone healing

### ✅ Who Needs Surgery?

- Displaced fractures
- Joint involvement
- Open fractures
- Failure to heal with conservative care

### 🎯 Recovery Goals

- Bone healing
- Pain control
- Restore function and strength

### ⚠️ Risks to Monitor

- Poor bone healing
- Infection (post-surgery)
- Arthritis from joint damage

### 🕒 Recovery Timeline (Typical)

- **Weeks 0–6:** Immobilization, non-weight bearing
- **Weeks 6–12:** Weight bearing, start PT
- **3–6+ Months:** Gradual return to normal activity

### 💬 Ask Your Surgeon About:

- X-ray results

- Best treatment plan for your lifestyle