A fracture is a break in the continuity of the bone. These usually occur as a result of an injury to your foot. You can also get a stress fracture which is a more minor crack in the bone which is a result of overuse of the bone or secondary to a bone weakened by osteoporosis.

Fractures can occur to any bone in your foot from a toe bone to your heel bone (calcaneus). It is a myth that there is nothing that can be done for a fracture of a toe bone. It is important to get these fractures evaluated so that they may heal properly. Your podiatric physician will make recommendations for the treatment of a fractured toe. Fractures to other bones in the foot require x-rays and most often require some form of a cast to immobilize the area.

Any injury to your foot should not be treated lightly. You should immediately rest and elevate the foot and put ice on the injured area. X-rays will need to be taken to evaluate for a fracture. Your Podiatrist will advise you on the most appropriate course of treatment for your injury.