

Fracture of the proximal (head of) fibula

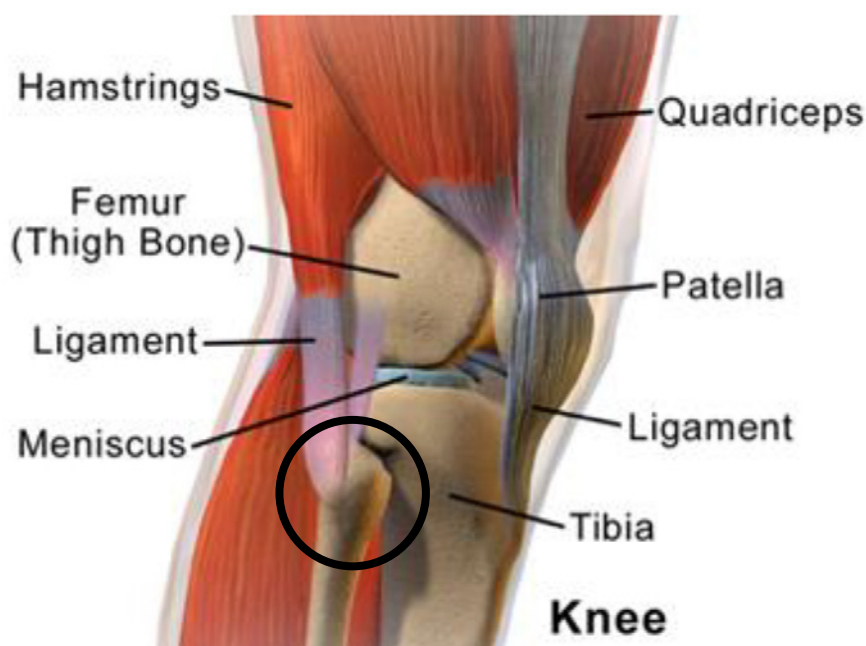
Fracture care team [Patient information](#)

This is a follow-up to your recent phone call with the fracture care team. Your case has been reviewed by an orthopaedic consultant (bone specialist) and fracture care physiotherapist.

**You have a fracture to your proximal (head) fibula.
This is the top of the slim bone on the outside of your lower leg.**

- Healing:** This injury will take 6-12 weeks to heal.
- Pain and swelling:** Your knee may be swollen. Resting and raising the leg will help. Take pain killers as prescribed.
- Using your leg:** You may walk on your leg as comfort allows with or without crutches.
- Follow up:** We do not normally follow up these injuries in clinic. However, if you are concerned we would be happy to review you in fracture clinic. You may be referred to a physiotherapist following discussion on the phone. The therapy department will contact you to make an appointment if needed.

Area of your injury



Please follow the management plan below

What to expect:

Weeks since injury	Rehabilitation plan
0-4	<ul style="list-style-type: none">✓ You are allowed to put weight through the leg, with or without crutches, as comfortable.✓ Keep your foot and ankle moving.✓ Keep your knee moving.✓ Wear supportive shoes and avoid uneven ground.✓ Do the exercises described below.
4-6	<ul style="list-style-type: none">✓ You may increase your walking distance but avoid any contact sports or running until six weeks after the injury.
6-12	If you are still having significant pain and stiffness, then please contact us for further advice.

Advice for a new injury:

Cold packs:

A cold pack (ice pack or frozen peas wrapped in a damp towel) can provide short term pain relief and to reduce swelling. Apply this to the sore area for up to 15 minutes. Do this every few hours. Make sure the ice is never in direct contact with the skin.

Rest and elevation:

Try to rest the knee for the first 24-72 hours. This will let the early stage of healing begin. Raise your knee above the level of your hips to reduce swelling. You can use pillows or a stool to keep your foot up.

Early movement and exercise:

Early movement of the ankle and foot is important to promote blood circulation. This reduces the risk of getting a DVT (blood clot). Follow the exercises below without causing too much pain. This will stop your knee from becoming too stiff. These exercises will help the healing process.

Early weight bearing (putting weight through your injured leg) helps healing. Try to walk as normally as possible as this will help with your recovery.

Return to driving

You may return to driving when you are safe and able to fully control the vehicle, including being able to effectively perform an emergency stop. It may take a few weeks before you feel safe, and varies from person to person.

Smoking advice:

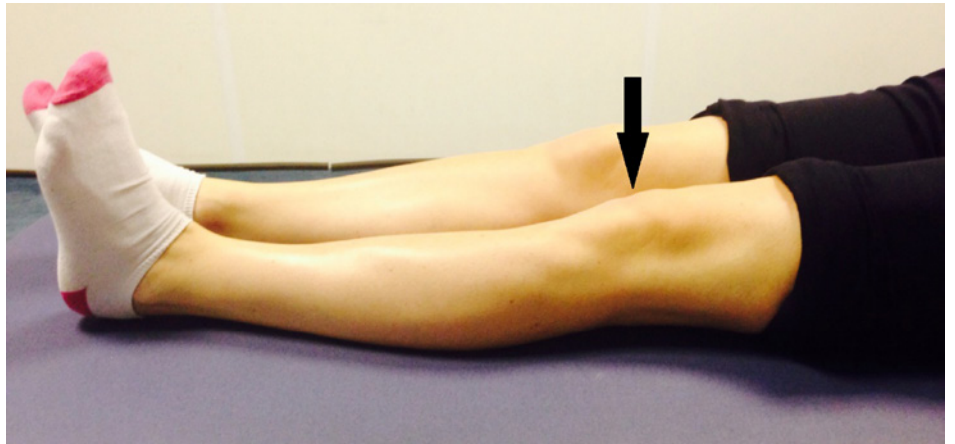
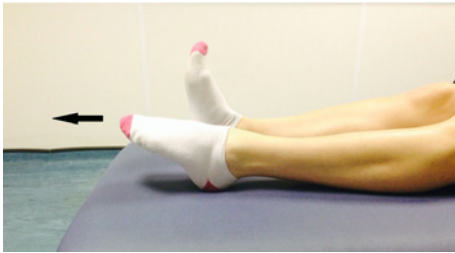
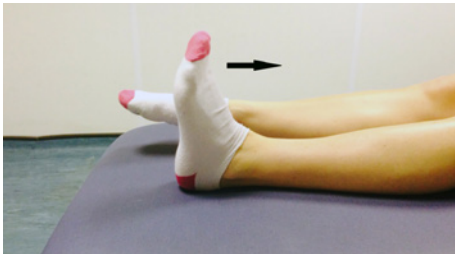
Medical evidence suggests that smoking prolongs fracture healing time. In extreme cases it can stop healing altogether. It is important that you think about this information in relation to your recent injury. Stopping smoking during the healing phase of your fracture will give the best recovery.

For advice on stopping smoking and local support, go to: www.livewelldorset.co.uk/stop-smoking or discuss this with your GP.

Exercises

These exercises can be started immediately.

Initial exercises to do 3-4 times per day.



1. Point your foot up and down. Repeat 10 times.
2. Sit with the leg straight and supported on a flat surface. Gently tense your thigh muscle and try to straighten your knee further. Hold for 10 seconds. Repeat 7-10 times.

3. Active straight leg raise

Lying on your back with your leg straight and the other leg bent. Exercise your straight leg by pulling the toes up and lifting the leg 20 cm off the bed.

Keep your knee straight throughout.

Hold for about five secs and then slowly relax.

Repeat 10 - 15 times.



4. Inner range quads

Lying on your back bend your good knee and place a cushion or towel under your affected knee.

Exercise your straight leg by pulling your foot and toes up, tightening your thigh muscle and straightening the knee (keep knee in contact with cushion).

Your foot should lift off the bed/floor.

Hold for about five secs and then slowly relax.

Repeat 10 - 15 times.



5. Heel slides

Lying on your back on your bed, the bed sheets act as a sliding surface.

Bend and straighten your hip and knee by sliding your foot up and down the bed sheets.

You can also use your hands if needed to help gently bend the knee.

Repeat times 10 - 15 times.



Contact details

Please contact **0300 019 2802**

(Answer machine monitored Mon-Fri, 10am-5pm)

Or e-mail: **uhd.fracturecare@nhs.net**

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Poole Hospital, Longfleet Road, Poole, Dorset, BH15 2JB

Author: **Paula Reynolds** Date: **April 2026** Version: **One** Review date: **April 2029** Ref: **011/25**

t: 01202 665511 w: www.uhd.nhs.uk  @UHTrust  @uhd_nhs

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