

Title:

Metatarsal Fracture & Football

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Summary:

One of the most common injuries in the history of sports is the metatarsal fracture. This kind

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Article Body:

Metatarsal Fracture Explained

One of the most common injuries in the history of sports is the metatarsal fracture. This kind

Metatarsal bones are long and slender bones found in between the Tarsal bone and the Phalanges

Metatarsal fractures are caused by direct trauma, overuse and excessive rotation. Bone injuries

Four anatomic segments divide the fifth metatarsal. These are the base, the junction, the shaft

Fracture of the fifth metatarsal is the most common metatarsal injuries. This results from the

Metatarsal fractures can be caused by overuse. It is common in new army recruits and athletes.

How Do We Know Its Metatarsal Fracture?

A severe foot pain and difficulty to walk usually entails metatarsal fracture. Swelling may al

How Do We Treat Metatarsal Fracture?

The patient should be headed directly to the emergency room for treatment if metatarsal fractu

The terminal treatment for this injury varies on the type and condition of the fracture. Align

A removable plastic cast is used for stress fractures of the 2nd metatarsal and rotational fra

How Do We Prevent Metatarsal Fracture?

Very little can be done to prevent this kind of injury especially when force is applied to the

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