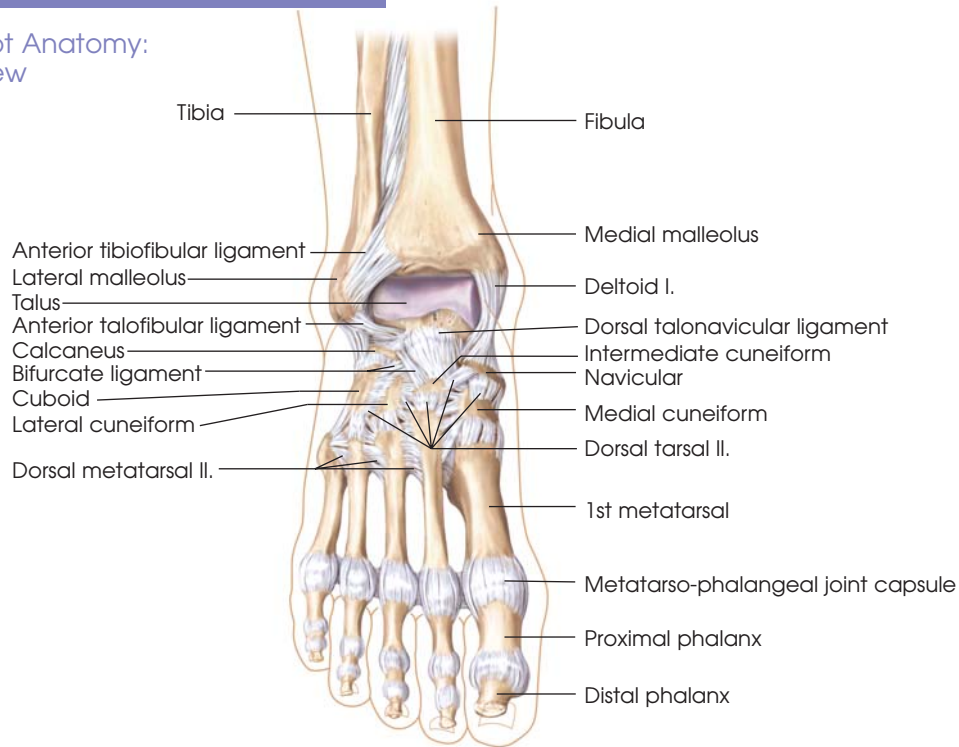
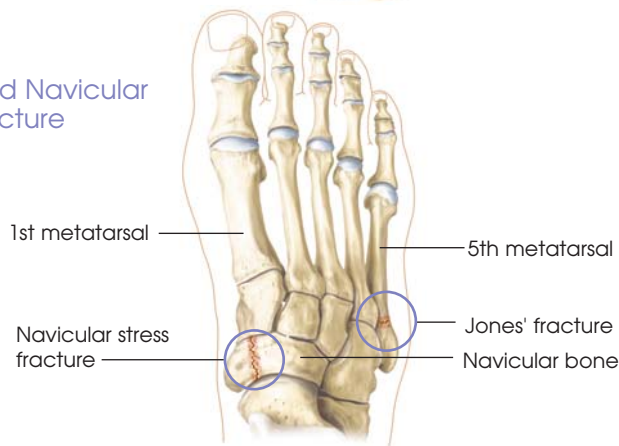


# Jones Fractures and Navicular Stress Fractures

Normal Foot Anatomy:  
Anterior View



Jones and Navicular  
Stress Fracture



**Jones Fracture** is a fracture of the fifth metatarsal bone of the foot. Symptoms include pain and swelling in the middle and/or outside of the foot and difficulty walking. This fracture is not caused by a direct impact but may be associated with severe ankle sprains.

**Navicular Stress Fracture** is an injury to the midfoot below the ankle. It is common in athletes who move suddenly and change directions such as basketball and soccer players. Pain typically occurs in the midfoot and hurts most during or just after activity. Diagnosis is sometimes delayed as it may not be obvious on radiographs.

*Please be aware that these fractures have poor blood circulation and can take longer to heal than other types of fractures.*

## Common Treatment Options

- Wear a boot or cast to keep the foot immobile.
- Use crutches and techniques to keep weight off the foot.
- Do not use non-steroidal medication (ibuprofen or naproxen) as they tend to delay healing.
- Bone stimulation may be used to speed up healing.
- Do not smoke as it tends to delay healing.
- Surgical repair may be needed if the fracture does not heal over time or if the break is very serious (acute).

