

SPECIALTY

Orthopedic Surgery

CHIEF COMPLAINT

Fracture

COMMENTS TO SPECIALIST

50-year-old male, with a past medical history of hypertension, seizure disorder, childhood asthma, chronic back pain, and polysubstance dependence. Complains of right foot pain related to an altercation in a prior facility that he states, "was over a year ago" and difficulty ambulating.

The patient states he wore an ortho boot for a short time. Did not follow up with an orthopedic surgeon treating him.

MAIN QUESTION

Please review the visit note and X-ray and provide further treatment recommendations.



Response from eConsult Specialist
CHRISTOPHER SINGH, MD, ORTHOPEDIC SURGERY
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Arista|MD

SUMMARY

Treatment options available at the primary care level.

DETAILS

Summary

- ☑ Distal oblique 5th metatarsal fracture on X-ray
- ☑ No healing is seen on X-ray typically for 3-4 months
- ☑ Non-operative fracture
- ☑ Conservative treatment with post-op shoe or boot

Discussion

This is a 50-year-old male patient who presents with asymptomatic nonunion of the fractured metatarsal. The date of injury is unknown; the patient states "over a year ago."

If seen in my office I would counsel the patient to follow a conservative, non-surgical treatment plan using a carbon fiber insert in a regular "sneaker" type shoe or orthopedic hard-sole shoe. If this does not control his pain, consideration could be given to surgical intervention with open reduction and internal fixation (ORIF) and bone grafting.

Surgical referral depends on the patient's pain level and if other factors "shoe insert or hard-sole shoe, non-steroidal anti-inflammatory drugs (NSAIDs), or Tylenol" control his pain sufficiently.

Thank you for this consult.

Christopher Singh, MD

Christopher Singh, MD, Orthopedic Surgery

09/21/23 08:46 PST

Response Date Stamp