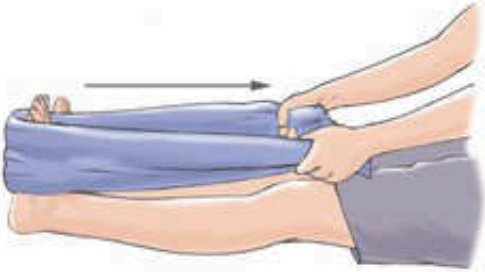


Fifth Metatarsal Fracture Rehabilitation Exercises



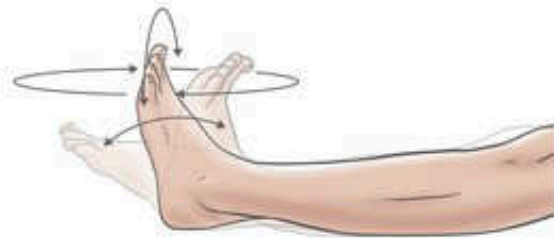
Towel stretch



Standing calf stretch



Standing soleus stretch



Ankle active range of motion



Resisted ankle dorsiflexion



Resisted ankle eversion

Fifth Metatarsal Fracture Rehabilitation Exercises



Heel raise



Standing toe raise



Towel pickup



Balance and reach exercise A



Balance and reach exercise B



Single leg balance