

Jones (Dancer's) Fracture



The Jones (Dancer's) fracture is the most common fracture of the foot. The radiographic appearance is distinct with a transverse radiolucent fracture line seen at the base of the 5th metatarsal. There is rarely any significant misalignment. The fracture occurs indirectly as a complication of inversion sprains of the ankle (especially with plantar flexion) due to failure of the peroneus brevis tendon to adequately elongate resulting in an avulsion fracture at the tendon insertion. These fractures are usually stable and are treated by wearing a hard boot for 4-6 weeks. Supportive care to address the swelling is helpful. Once the boot is off, additional active care is usually needed to address the ligament damage which took place as part of the original injury.