Complications and Management of Jones Fractures

**Orthopaedic management**

*Non-surgical*
- Cast
- Boot immobilization

*Surgical*
- Intramedullary screw fixation
- Plantar lateral plate fixation

**Complications of Jones fractures**
- Refracture
- Non-union
- Delayed union

**Prevention and treatment of complications**

- Revision surgery
  - Intramedullary screw
  - Plating
  - +/- Bone grafting

- Biological augmentation
  - BMAC*
  - Platelet-rich plasma
  - Bone stimulator
  - Oral vitamin D

- Multi-disciplinary approach
  - Athletic trainers
  - Physical therapists
  - Orthopaedic surgeons
  - Orthotists

- Confirmatory CT scan
  - To affirm radiologic union before allowing return to sports

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*BMAC = Bone Marrow Aspirate Concentrate

Jones fractures can develop subsequent complications despite good operative fixation, necessitating supplementation of surgical management with biological augmentation and a multi-disciplinary approach to ensure better patient outcomes.