

Broken pinky toe, how long until I can...



[uwhusky](#) 18 posts since

Apr 10, 2007

I broke my pinky toe last night. Today, I laced up my shoes and thought I'd try a run, thinking my pinky toe is probably useless to me when I run. Just lacing up my shoes hurt pretty bad and trying to run on it caused me too much pain to continue.

I'm thinking I'll just see how things go day to day but am hoping I can run again in about a week. Anyone have any experience or thoughts on this?

I posted this same thread on the General Running Discussion forum before I cam across this sub-forum. My apologies for the double post.



[spicegeek](#) 2,408 posts since

Jan 14, 2007 1. **Re: Broken pinky toe, how long until I can run again?** Jul 4, 2009 8:37 PM

how do you know it's broken ?

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I'd ask your doctor but I'd expect a month before you can begin to run



[uwhusky](#) 18 posts since

Apr 10, 2007 2. **Re: Broken pinky toe, how long until I can run again?** Jul 5, 2009 9:16 AM

in response to: [spicegeek](#)

I know it's broken because it was sticking out at an odd angle immediately afterwards. It's also black and blue on the toe itself and around the toe on the foot. I've taped it to the next toe but it's still painful. If it's broken or not, clearly it's too painful to run on right now.

I'm not going to bother with the doctor. I'll just wait it out and hope to be running again soon.



[disneych](#) 1 posts since

Jun 7, 2009 3. **Re: Broken pinky toe, how long until I can run again?** Jul 5, 2009 11:07 AM

UWHUSKY,

I also broke my pinky toe about 2 1/2 weeks ago. It was sticking out at an angle. I had to go get it x-ray'd at ER. I felt stupid because it was just a pinky toe. Well, good thing I did. It was broken in 2 places at an odd angle. The orthopedic guy had to reset it...NOT FUN.

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Now, that said, it doesn't change what/how a broken toe is managed. I have a boot/shoe that I must wear for a at least 3 weeks and 'buddy-tape' the two last toes together for about 6 weeks. I, like you, tried to run in a 5k the day after...didn't happen.

I would recommend going to have it x-ray'd just to ensure that the break isn't weird. You may never have it heal correctly. The break from running is killing me and of course, the reason for being on this board is to see if I can get some idea on when I can return. I have been spinning and riding the moutain bike, but nothing beats my running.

I would advise going to a podiatrist or orthopedic doc to get it on the road to recovery. The goal isn't to run tomorrow. The goal is to run forever!


Good luck

Broken pinky toe, how long until I can...



[Lin](#). 22 posts since

Jun 7, 2009 **4. Re: Broken pinky toe, how long until I can run again?** Jul 6, 2009 7:40 AM

 in response to: [disneych](#)

I broke my right pinky toe about a year ago, but the break wasn't as severe. My doctor instructed me to tape my toe to the adjacent toe and let it heal. I didn't think it would affect my workouts, but it took a month to fully heal. (I'm sure it would have healed faster if I didn't try to get back to running/weight training sooner than I should have.)



[uwhusky](#) 18 posts since

Apr 10, 2007 **5. Re: Broken pinky toe, how long until I can run again?** Jul 6, 2009 9:11 AM


 in response to: [Lin](#).

I find that taping the pinky to the toe next to it hurts worse than if I just leave my pinky alone. I'm mostly wearing flip flops and it doesn't really hurt to walk on it, untaped. But if I tape, then it hurts more. Luckily it's summer time. 😊



[spicegeek](#) 2,408 posts since

Jan 14, 2007 **6. Re: Broken pinky toe, how long until I can run again?** Jul 6, 2009 10:53 AM


 in response to: [uwhusky](#)

I would encourage you to see your doctor - your toe may need resetting - it may heal in such a way as you are in pain constantly or it could become infected



[uwhusky](#) 18 posts since

Apr 10, 2007 **7. Re: Broken pinky toe, how long until I can run again?** Jul 21, 2009 8:57 PM

 in response to: [spicegeek](#)

Broken pinky toe, how long until I can...

For those interested, I've got an update on my broken toe.

Originally broke it on July 3rd. Tried to run on July 4th but couldn't do it. Waited and made myself run on the treadmill on July 12th and to my surprise, was relatively strong on the treadmill and whatever discomfort I felt at the beginning of the run went away in about 5 minutes (who knows, maybe it loosened up a little or something). I've done about 4 runs since then and overall things seem to be healing well.

The toe is still not 100% but I'd imagine it's about 75% or 80%. I'll wait for 100% before I venture out on trails but for the most part things appear to be going well.