

Fracture or Injury	Immobilisation	Length of immobilisation	Weight bearing	Repeat Imaging required	Follow-up	Return to driving	Returning to work
Lesser toe #	Stiff soled shoe; Buddy strapping prn	3 weeks	WBAT	Not required	Not required	Auto/manual: as pain allows	Sedentary: As soon as pain allows Manual labourer: 3-4 weeks
Great toe #	Stiff soled shoe with wide toe box	4 weeks	WBAT	Not required	Not required	Auto/manual: as pain allows	As guided by pain
Base of 5th Metatarsal # (Zone 1-3)	Camboot	6 weeks	WBAT	Not required	6.5 week telehealth	Auto/Manual: GP clearance. If right LL not injured - can drive auto as long as boot out of way of pedals	Modified duties (as in CAM boot): 6 weeks than as guided by pain
Avulsion # foot & ankle	Camboot prn max 3 weeks	3 weeks	WBAT	Not required	Not required	Auto/Manual: GP clearance. If right LL not injured - can drive auto as long as boot out of way of pedals	As guided by pain
Acute Foot & Ankle soft tissue injury - Date of injury within the last 4 weeks	Nil	n/a	WBAT	Not required	Not required	Auto/manual: ?as pain allows	As guided by pain
Weber A #	Camboot	6 weeks	WBAT	Not required	6.5 week telehealth	Auto/Manual: GP clearance. If right LL not injured - can drive auto as long as boot out of way of pedals	Modified duties (as in CAM boot): 6 weeks than as guided by pain
Acute Wrist soft tissue injury - Date of injury within the last 4 weeks	Wrist splint for comfort 1-2 weeks	for comfort only	as pain allows	Not required	Not required	Not to drive whilst in POP/splint. Consider GP clearance once pain/ROM allows	Modified duties whilst in POP/splint. RTW as guided by pain/function
Acute Elbow soft tissue injury - Date of injury within the last 4 weeks	Sling for comfort	for comfort only	as pain allows	Not required	Not required	Not to drive whilst in sling. Consider GP clearance once pain/ROM allows	As pain allows
Proximal radius # (Masons 1)	Sling for comfort	2 weeks	No lifting 6 weeks	Variable	variable	Not to drive whilst in sling. GP clearance once pain/ROM allows	Modified duties (as NWB/no lifting): 6 weeks than as guided by pain
Acute shoulder soft tissue injury - Date of injury within the last 4 weeks	Sling for comfort	for comfort only	as pain allows	Not required	Not required	Not to drive whilst in sling. Consider GP clearance once pain/ROM allows	As pain allows
GHJ dislocation (Primary/Conservative)	Broad arm sling	2 weeks	NWB 2 weeks	Not required	6 week telehealth	Not to drive whilst in sling. GP clearance once pain/ROM allows	Modified duties (as in sling): 2 weeks than as guided by symptoms
ACJ disruption (Rockwood grade 1 and 2)	Broad arm sling	sling for comfort	WBAT	Not required	Grade 1: DC to GP Grade 2: offer 6/52 telehealth r/v	Not to drive whilst in sling. GP clearance once pain/ROM allows	Modified duties whilst in sling, than as guided by pain/function