

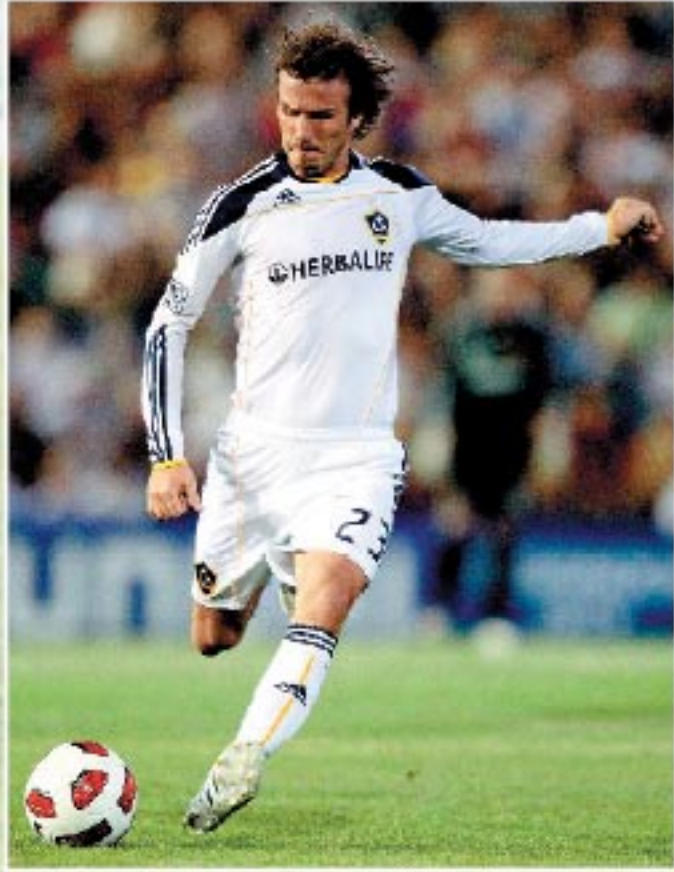
HEROIC DEEDS AFOOT

FIFTH METATARSAL BONE



Many top rugby and soccer players have broken or fractured a metatarsal bone in their foot, leading to the expression the 'metatarsal curse'. David Beckham (below) was a high-profile victim in 2002. He recovered within seven weeks, in time to lead England to defeat in the World Cup.

Mills Mullaina, Wayne Rooney, Steven Gerrard, Ashley Cole, Ledley King, Michael Owen and Lionel Messi are among other prominent sportsmen who have been laid low during their careers by metatarsal damage.



THE SURGERY

- Richie McCaw's surgery should take about 15 minutes to complete.
- A surgeon will make a small incision in the foot, and a screw will be inserted down into the middle of the bone.
- The screw will help reinforce the bone against the stress of movement in the foot.
- A protective boot will be worn for up to two weeks, with a full recovery expected in about six weeks.
- An ultrasound 'bone stimulator' may be left in McCaw's foot to speed recovery.

nzherald.co.nz
 Richie McCaw on his foot injury.
<http://t.co/FiYVHJB>