

Tibial Stress Fracture - Non-Operative Treatment

Type 1: Pain only after activity

- 25% workload reduction
- Ice massage or ice wrap after activity
- Symptom-free stretching and strengthening program (gastrocnemius, anterior and posterior tibialis, peroneals)
- Check for pronation problems

Type 2: Pain during activity, not restricting performance

- 50% workload reduction
- Ice massage or ice wrap after activity
- Stretching and strengthening as above
- NSAID's (loading dose, give 10-14 days)

Type 3: Pain during activity, restricting performance

- Relative rest
- Alternate activities (non-impact, symptom-free activities, cycling, swimming, Nordic Track)
- Stretching and strengthening as above
- Ice massage or ice wrap
- NSAID's

Type 4: Pain, chronic, unremitting

- Exhaustion of all conservative modalities
- Immobilization (cast boot)
- Bone stimulator
- Surgery

Return to Activity

- When patient can tolerate alternate activities and rehabilitation for 4-8 weeks
- First, alternate running with non-weight bearing exercise for 2-3 weeks
- Gradually increase mileage and intensity. Rule of too's
 - Don't run too much, too soon or too fast and make sure your shoes are not too old