



Sievers Sports Medicine

Patient Information Sheet

Condition: Stress fractures

Treatments:

- I. Relative rest: Rest enough for pain to progressively decrease. Mild soreness may occur with activity. Avoid anything that causes sharp pains or prolonged soreness; these are signs of too much stress put on the fracture; decrease your activity for optimum healing.
- II. Weight bearing: Some patients will need to be non-weight bearing.
- III. Immobilization: All patients will need to keep injured area immobilized either in a cast, splint, brace or boot.
- IV. Range of motion and flexibility: Low stress range of motion and flexibility exercises are encouraged to avoid stiffness. It is important to make sure that none of these exercises cause pain.
- V. Gentle strengthening: Once full range of motion has been achieved, you may begin very gentle strengthening, usually starting with isometrics then advancing to Thera-Band or towel exercises as tolerated.
- VI. Cross training: Biking or swimming can be used to maintain or regain cardiovascular fitness. You may continue weightlifting and sports specific activities for the uninjured parts of your body with your doctors and coaches permission.
- VII. Nutrition: An adequate sleep and balanced diet, including particularly adequate calcium, protein, carbohydrates, vitamins and minerals will accelerate healing. NO smoking! Smoking will greatly decrease the rate of healing.

Return to activity:

- I. As injury improves, gradually return to activity; start at a low level and increase by 10% quantity and intensity per week. You may be asked to complete a Functional Progression before your full release.
- II. Athlete needs to be full speed, able to cut, plant, jump, etc. without pain, swelling or limping before returning to full play.