

REHABILITATION GUIDELINES FOR TIBIAL STRESS FRACTURE

PHASE I (6-8 WEEKS)

DATES:

Appointments	<ul style="list-style-type: none"> Physical therapy 1-2 x per week
Rehabilitation Goals	<ul style="list-style-type: none"> Promote bone healing Maintain fitness, hip, and core strength Address any pelvic, hip or knee impairments, which contribute to gait/running dysfunction Correction of training errors and improper footwear
Precautions	<ul style="list-style-type: none"> NWB in CAM boot with crutches x 6 weeks
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> Hip and core strength and stability exercises Stretching lower extremity in NWB
Cardiovascular Exercises	<ul style="list-style-type: none"> Aqua jogging (NWB), swimming, cycling
Progression Criteria	<ul style="list-style-type: none"> Clear x-ray displaying bone healing

PHASE II (6-10 WEEKS)

DATES:

Appointments	<ul style="list-style-type: none"> Continue physical therapy 1-2 x/week
Rehabilitation Goals	<ul style="list-style-type: none"> Progressive loading of bone Transition from crutches to full weight bearing Normal gait mechanics Return to sport
Precautions	<ul style="list-style-type: none"> Exercises should be asymptomatic
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> Progress hip and core strength and stability Ankle and foot strength, proprioceptive, and agility PRN

TIBIAL STRESS FRACTURE

Cardiovascular Exercises	<ul style="list-style-type: none">• Resume training 50% intensity, increase 10% each week if continue to stay asymptomatic• Begin pool running and cycling to supplement fitness PRN
Progression Criteria	<ul style="list-style-type: none">• Gait should be asymptomatic during both ambulation and running with normal stride length, stance time, and mechanics noted

References: Brigham and Women's Protocols, Tim Tollefson

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