

STRESS FRACTURES

Two types of Stress Fractures

Fatigue: Due to repetitive, prolonged stress on normal bone

Insufficiency: Fractures resulting from normal stress on "abnormal bone"

Common Sites for Fatigue Fractures

Tibial Shaft (45%)	Calcaneous
Mid Fibula	Pubic Ramus
Metatarsals (20%)	Patella

Self-Treatment

REST!

Anti-inflammatories (Advil, Aleve, Motrin)

Ice (put a cloth between your skin and the ice pack)

Compression (ACE wrap, but not too tight)

Let PAIN BE YOUR GUIDE!

Give yourself about a week, if not better, COME SEE ME!

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