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## Stress Fracture Treatment

### PHASE 1: Goals 0-6 weeks:

- Protect fracture with use of cast/boot, allow fracture to heal
- Minimize effects of immobilization, inflammation & edema; elevate, ICE, rest
- Weight bearing: Non-weight bearing, you may use crutches, knee scooter for mobilization

#### Exercises

- Hip abduction
- Knee extension/hamstring curls
- Straight-Leg Raises

### PHASE 2: Week 6 - 12 Goals:

- Protect healing fracture
- Increase ankle range of motion
- Increase weight bearing

We will obtain an x-ray at the 6 week visit

- If the fracture appears to be healing we will start:
  - Weight bearing:
    - If you have no pain Dr. Pancio may advance your weight bearing
      - 25% weight bearing in CAM boot starting at 6 weeks
        - Advance by 25% per week with goal to be weight bearing a tolerated by 9 weeks in the CAM boot
  - Start to wean out of the CAM boot 10 weeks after treatment started
    - goal to be in regular footwear by the 12 week mark

#### Exercises:

- Begin stationary bike
- Ankle/foot range of motion
- Weight-bearing Gastroc-Soleus stretching
- Toe raises, Start proprioception/balance program

### **PHASE 3: Weeks 13+**

- Goals: increase function/strength/range of motion
- Gradually progress activity
- Gradually increase impact exercises as tolerated

#### **Exercises:**

- Continue flexibility and ROM exercises as appropriate
- Progressive hip, quad, hamstring and calf strengthening
- Mini-Wall Squats (0° - 60°)
- Lateral Lunges and Step-Ups
- Hip abduction/adduction
- Short-arc leg press
- Cardiovascular/endurance training via Stairmaster, elliptical, bike
- Advance proprioceptive activities and agility drills
- Gradual return to activity as tolerated