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Stress Fracture Treatment

PHASE 1: Goals 0-8 weeks:

- Protect fracture- allow fracture to heal
- Minimize effects of immobilization, inflammation & edema
- Weight bearing: Non-weight bearing, you may use crutches/walker for mobilization

Exercises

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

PHASE 2: Week 8 - 12 Goals:

- Protect healing fracture
- Increase ankle range of motion
- Increase weight bearing
 - Weight bearing:
 - If you have no pain Dr. Pancio may advance your weight bearing
 - 25% weight bearing starting at 8 weeks
 - Advance by 25% per week with goal to be weight bearing a tolerated by 12-13 weeks

Exercises:

- Begin stationary bike
- Lower Extremity 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

*If your pain worsens during the healing process you should become non weight bearing and contact Dr. Pancio's office.