

Medial Tibial Stress Fracture

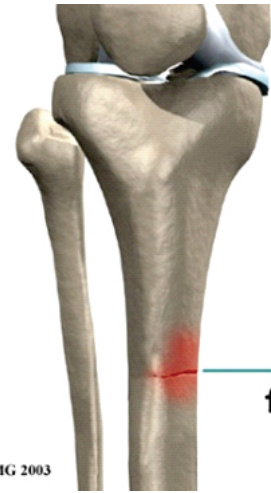
What is it?

Medial Tibial Stress Fracture is characterised by a small micro-fracture in the outer cortex of the shin bone (Tibia). Although stress fractures can occur anywhere along the Tibia, they are most commonly seen along the medial (inner) border. Symptoms of a stress fracture are similar but not identical to those of shin splints.

The most common symptoms are:

- ➔ shin pain that never warms up (opposite to shin splints)
- ➔ night pain (not present in shin splints)
- ➔ focal point of pain (as opposed to a diffuse area of the Tibia).

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**Tibial
stress
fracture**

The Stress fractures most commonly affect the lower 1/3 of the medial border of the Tibia.

MEDIAL TIBIAL STRESS FRACTURE

How is it diagnosed?

A thorough clinical musculoskeletal examination will generally be sufficient for the diagnosis of a Medial Tibial Stress Fracture. You will however be referred for an x-ray +/- bone scan to determine the severity of the fracture.

Possible Treatments:

- ➔ Rest and ice
- ➔ Footwear advice
- ➔ Gait retraining
- ➔ Load/Exercise Modification
- ➔ Custom orthotics
- ➔ +/- Crutches
- ➔ Moon Boot

