

REHABILITATION GUIDELINES FOR TIBIAL STRESS FRACTURE

PHASE I (6-8 WEEKS)

DATES:

Appointments	Physical therapy 1-2 x per week
Rehabilitation Goals	- 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	NWB or TTWB in CAM boot with crutches x 6 weeks
Suggested Therapeutic Exercises	- Hip and core strength and stability exercises - Stretching lower extremity in NWB
Cardiovascular Exercises	Aqua jogging (NWB), swimming, cycling
Progression Criteria	Clear x-ray displaying bone healing

PHASE II (6-10 WEEKS)

DATES:

Appointments	Continue physical therapy 1-2 x/week
Rehabilitation Goals	- Progressive loading of bone - Transition from crutches to full weight bearing - Normal gait mechanics - Return to sport
Precautions	Exercises should be asymptomatic
Suggested Therapeutic Exercises	- Progress hip and core strength and stability - Ankle and foot strength, proprioceptive, and agility PRN

TIBIAL STRESS FRACTURE

Cardiovascular Exercises	• Resume training 50% intensity, increase 10% each week if continue to stay asymptomatic • Begin pool running and cycling to supplement fitness PRN
Progression Criteria	• 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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