



# Advance Physio Clinic

## Advance Physio Clinic

2 Trevino Way  
Cranbourne North  
Victoria 3977  
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### Clinic Services:

- Neck and low back pain, neck, thoracic and lumbar disc bulges
- Sciatica
- Headaches/Migraines
- Clinical Pilates
- Rehabilitation after surgery, stroke and vehicle accidents
- Work injuries
- Sporting injuries

### Clinic Hours:

Monday to Friday: 9am-7pm  
Saturday: 9am - 12pm

## Foot Stress Fracture

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As physiotherapists we find that the difference between a fracture and a stress fracture is as follows: a fracture occurs when bone resistance is inferior to the load that it receives; but a stress fracture appears even if the force applied is inferior to the resistance. In our experience a stress fracture is the result of repetitive injury focused on a particular segment of bone, and is not associated with a history of acute trauma, but may occur as a result of overuse: for example the long stride of athletes; or during activities such as dancing, jumping and running. Poor balance, flexibility and inappropriate footwear can also be contributing factors. Stress fractures have been described throughout all the skeletal system. But, due to the different biomechanics of the foot, it is logical that they should be especially frequent in this part of the body. We have found that it is possible for a stress fracture to appear in normal bone, but they can also be produced when there is a reduction of the bones resistance or other dysfunction. This type of stress fracture is known as a pathological fracture.

The most important role that a physiotherapist can play is in the prevention of a foot stress fracture. This is achieved through noting the early signs of fracture which include; long lasting pain after an activity which is generally repetitive in nature, e.g running, and obvious swelling of the area and pain to the palpation.

In most cases avoiding a stress fracture of the foot is as simple as conducting an assessment of the biomechanics of the patient. This assists the physiotherapist to identify overloading or overpronation/ oversupernation of the area, as these are the main contributors to injury and their identification is the key to prevention.

Once the stress fracture has been identified the physiotherapist will take number of steps in order to co-ordinate a treatment plan for the patient. Typically this will involve assessment and recommendation of footwear and stretches/exercises and undertaking gait analysis (gait scan) to determine if supportive orthotics can assist in recovery, if necessary these will be provided by the physician.

Treatment will also involve a reduction in the discomfort cause by swelling and pain. This is achieved by using one or more of the following methods; electrotherapy, taping, reduction of load, rest and the use of an anti-inflammatory. Once the symptoms have settled, the physiotherapist will provide an assessment for correct footwear/ orthotics and correct techniques for the future.