

HELPING RUNNERS AVOID STRESS FRACTURES

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Stress fractures are the bane of runners because these overuse injuries require them to take four to six weeks off. The good news is that Iowa State University researchers have found that, by shortening their strides by ten percent, runners can reduce the damage to their tibias (inner shin bones), which is where many of their stress fractures appear. So, runners interested in reducing their risk of tibial stress fractures are urged to do what they can to shorten their strides without making it uncomfortable for them to run. Additionally, researchers from the University of Minnesota report that runners with strong calf muscles are less prone to shin problems. This makes a good argument for runners to perform calf-strengthening exercises.

The best treatment for a stress fracture is almost always resting the injured leg. Avoiding the overuse activity may be sufficient treatment. However, if there is a concern of displacement of the stress fracture, then weight-bearing should be avoided (i.e., use crutches), and a cast may be worn. If you or a family member needs physical therapy for a running injury, consider ISR Physical Therapy. Our services include post surgical rehab, sports injury care, and back and neck care.



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