

## Stress Fractures in the Athlete

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### Disclosure Information

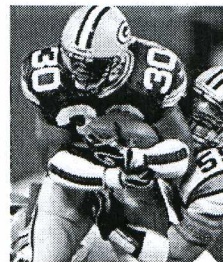
- I will not discuss off label use and/or investigational use in today's presentation.
- I have the following financial relationships to disclose:
  - Research Grants/Funds: Wright Medical, DJO
  - Consultant: Wright Medical, DJO
  - Royalties: Wright Medical, DJO
  - Stockholder: Wright Medical

### Stress Fractures

- Etiology, in general...
  - Anatomy
    - Areas of poor blood supply (central navicular, neck of middle MT, proximal 5<sup>th</sup> MT)
    - Pes cavus, long 2<sup>nd</sup> MT
  - Mechanical
    - Leg length discrepancy, terrain, footwear, alterations in training or activity

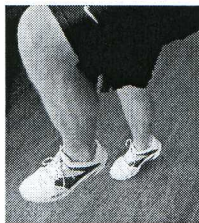
### Stress Fractures

- Diagnosis
  - A wide spectrum of presentation
  - Discomfort with activity
  - Discomfort with pressure changes = airplane



### Stress Fractures

- Diagnosis
  - Tender over area of concern
    - Bone percussion
  - One-legged hopping



### Stress Fractures

- Diagnosis
  - Imaging supports suspicion
    - Xrays
    - Bone scan
    - MRI
    - CT

