

## COMMON RUNNING INJURIES – STRESS FRACTURES

### **SYMPTOMS**

Stress fracture injuries cause persistent pain, most commonly in the shin, but at times in the foot, hip, thigh or pelvis.

### **COMMON CAUSES**

Causes of stress fractures are similar to the ones that apply to shin splint injuries.

### **TREATMENT**

Stress fractures are more severe than shin splints and require serious management. Some runners may be immobilized in a walking boot or be required to use crutches to allow the stress fracture to heal. Sometimes surgery is required if the stress fracture is severe enough or is in an area of high risk.

### **PREVENTION**

Training must focus on non-weight-bearing activities like swimming or cycling or non-impact cardio machines. The best approaches to preventing stress fractures are proper training, proper shoe replacement, and not running on excessively hard surfaces. A physician should evaluate if you suspect you have a stress fracture during your training.