

Tibial Stress Fractures / Medial Tibial Stress Syndrome

Saint Louis University – SSM Health Physical Therapy Orthopedic Residency
in Collaboration with SLUCare Physician Group

These guidelines, treatments, and milestones have been established to assist in guiding rehabilitation based on the most current available evidence. They are not intended to be substitute for sound clinical judgement with consideration of the individual contextual features of the patient and the demands of various functions/sports.

Overview:

Treatment for MTSS is contingent upon both severity of stress injury, relative risk, and stage of injury at diagnosis.

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Shock Absorbing Insoles/Vacuum Molded Orthotics: Limited evidence suggests employing shock absorbing insoles to reduce rate of tibial loading and reduce incidence of developing stress fracture.¹⁶ Men may respond more favorably to orthotic insert.¹⁷

Pneumatic Leg Brace (PLB): Mixed evidence recommeTw ()Tj0.005 Tcs

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Soreness Rules Adapted from Fees et al. 1998	
Criterion	Action
1. Soreness during warm-up that continues	2 days off, drop down 1 step
2. Soreness during warm-up that goes away	Stay at step that led to soreness

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