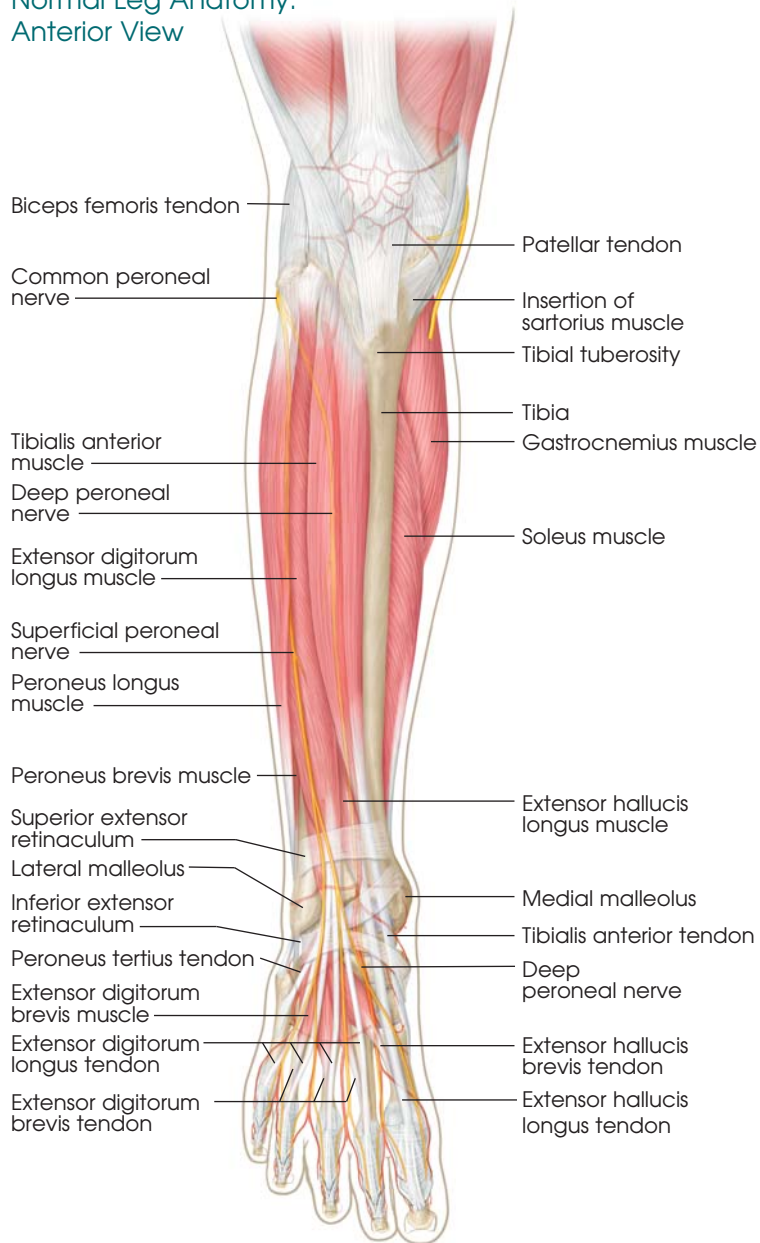
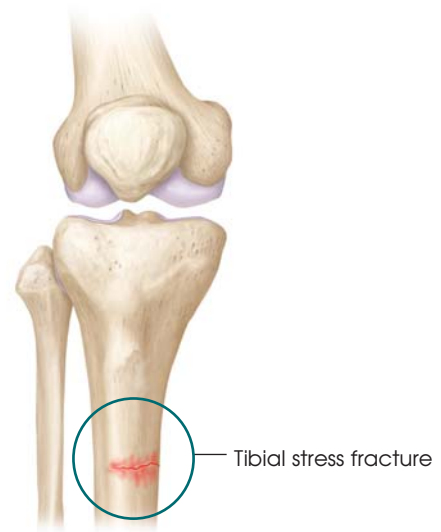


# Stress Fracture of the Leg

Normal Leg Anatomy:  
Anterior View



Stress Fracture of the Leg



**Stress Fracture of the Leg** is a hairline crack that can occur in either one of the two bones of lower leg, but they are more common in the tibia (shin bone) than in the fibula. Stress fractures are caused by overuse or prolonged use of the leg in impact activities such as running. Symptoms of leg stress fractures include pain, tenderness and swelling.

## Common Treatment Options

- Rest is the most important treatment.
- Apply ice packs to the knee for 20-30 minutes every 3-4 hours for the first 2-3 days until the pain goes away.
- Avoid anti-inflammatory medications such as ibuprofen or naproxen which can slow bone healing.
- Avoid smoking which can delay bone healing.
- Modify activities to low impact exercise such as swimming or cycling.
- Wearing a leg brace may allow you to return to activities sooner.
- Your doctor may order an X-ray which will help determine when activity can be resumed.

