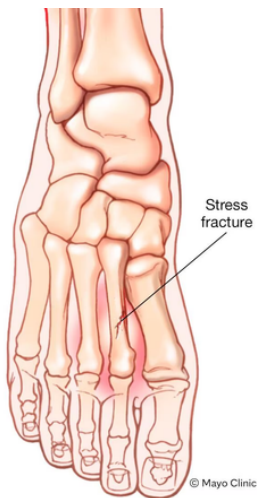


Stress Fractures

Pain due to cracks in the bone

Stress fractures are caused by repeated stress to the bone, such as walking, running, jumping or due to weak bones from diseases such as osteoporosis.

Most common symptoms are pain at the fractured bone and soft tissue swelling.



Treatment focuses on managing stress on the bone and supporting the foot while the body heals.

Custom bracing and orthotics can help with support and offloading.