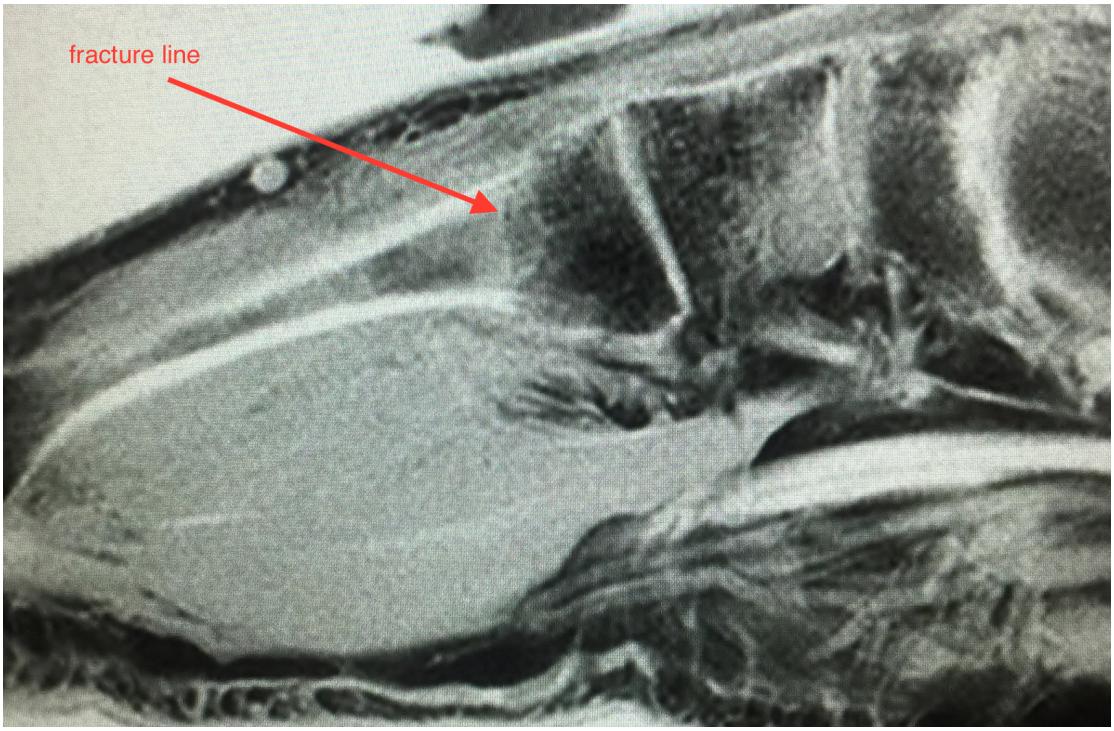
Stress Fractures of the foot/ankle

Stress fractures occur commonly in the foot/ankle compared with other bones elsewhere in the body.

It can be due to a combination of **overuse** (excessive training) and **poor foot alignment** which may be simply genetic. There is usually **no traumatic event**

It is **painful,** often interrupts intensive training for an upcoming event and there is **no "quick fix", often lasting for months.**

Common areas in the foot include
Base of 5th metatarsal (the bump on the outer border of, the foot about half way along)
2nd, 3rd and 4th metatarsals, (see picture below)
navicular bone.



If the fracture cannot be demonstrated on **xray or bone scan** you may be required to have an **MRI scan** to look for "pre" fractures or **"stress response"**

Treatment involves rest and some sort of support such as a boot or a cast. You may need to remain non weight bearing on crutches for a lengthy period.

There are occasions where **surgery** is indicated, particularly if the fracture seems unlikely to heal after a long period of rest. Surgery would involve fixing the fracture with plates or screws and adding **bone graft (**often from your heel bone) to stimulate the healing process.