

Stress fracture in the foot: rest and keeping fit

Stress fracture in the foot



How to use this sheet. A stress fracture is a crack from too much repeated load, and it heals when the load comes off. Wear the rigid-soled shoe or boot we advised whenever you are on your feet, use crutches if we gave you them, and walk only as much as daily life needs. If we have put you in a plaster, or told you to keep all weight off the foot, do only the lying exercises (2 to 5) until we tell you. Keep fit with exercise that does not pound the foot: the exercises here, arm and upper-body exercise done sitting down, and swimming if you can swim. **Avoid:** running, jumping, skipping, long walks, standing on tiptoe, and having the foot pressed or massaged, by a bone-setter or anyone else. Go back to running only after walking has been pain-free for some time and we agree, and build up slowly. Eat enough, with calcium foods such as milk and curd, and get some sunlight: 10 to 15 minutes daily, between 10 am and 2 pm.

1

Static cycling



Set the seat high, so the knee is almost straight at the bottom. Wear the rigid shoe, put the middle of the foot on the pedal, not the ball of the foot, and pedal gently with little resistance. Start only once you are comfortable. Listen to it read aloud, in English, Hindi or Marathi — or ask for help.

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sheet 48
Most days

Nallasopara West 87665 22099 · 12–2 pm, 7.30–9.30 pm
Vihar East 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Closed on Sunday. Urgent injury such as a fracture or dislocation? Please call first.

2

Straight leg raise



Lie down, one knee bent. Keep the other knee straight and lift the leg 20 cm.

10 times

3 times a day

✓ **Should feel**

The thigh working

✗ **Should not feel**

The knee bending or back pain



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or मराठी — or ask for

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3

Side-lying hip lift



Lie on the UNAFFECTED side. Lift the top leg straight up.

15 times

Daily

✓ **Should feel**

The side of the hip working

✗ **Should not feel**

Back pain



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4

Clamshell



Lie on your side, knees bent. Lift the top knee, keeping the feet together and the hips still.

15 times

Daily each side

✓ **Should feel**

The side of the buttock working

✗ **Should not feel**

The hips rolling back



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5

Core brace



Lie on your back, knees bent. Tighten the tummy gently as if bracing for a poke. Keep breathing.

Hold 10 seconds

10 times

✓ **Should feel**

A firm, gentle tension

✗ **Should not feel**

Holding your breath



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Move the ankle slowly in circles both ways.

10 each way

4 times a day

✓ **Should feel**

The ankle loosening

✗ **Should not feel**

Sharp pain

Stop and telephone us if

- Pain at night or at rest, or a lump in the foot
- The pain started without any increase in walking, running or training
- This is not your first stress fracture
- Quick weight loss, or missed periods
- You have had cancer in the past
- The pain is getting worse, or you can no longer put weight on the foot



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