

## **“Diagnosis and Management of High-Risk Stress Fractures”**

Domain I - Injury and Illness Prevention and Wellness Promotion

Skill Level – Advanced

Stress fractures of the lower extremity are common in athletes and are categorized as low-risk or high-risk based on their location. High-risk stress fractures generally are known for their poor healing, which can lead to a complete fracture. This presentation will discuss an evidence-based approach to managing these fractures including non-operative and operative interventions. By knowing the common presentations and management of these high-risk fractures, athletic trainers can help intervene quickly for the appropriate treatment for the athlete and their return to play.

### **Learning Objectives**

1. Recognize risk factors for stress fractures and intervening early.
2. Recognize symptoms consistent with high-risk stress fracture.
3. Differentiate locations of high vs low risk stress fractures.
4. Apply treatment strategies from this presentation to your own athletes.
5. Understand common timelines and return to play for a stress fracture.