



Metatarsal Stress Fractures



Stress fractures refer to a tiny “crack” in a bone caused by repetitive stress or force, often from overuse. Approximately 10% of all stress fractures are localised to the metatarsal bones of the foot. Football, basketball, gymnastics, ballet and running are often associated with metatarsal stress fractures.

Symptoms include Insidious onset of pain, frequently worsened with activity with no recollection of trauma or trauma which is 1-2 week(s) prior symptoms.

Although x-rays are often utilised in the diagnosis of stress fractures, clinical examinations alone are usually reliable in making the diagnosis.

Footwear modification, activity modification, carbon plates and/or specialised boots are all examples of the immediate treatment available. In the long-term, we can also provide biomechanical assessments to determine if an underlying biomechanical dysfunction is predisposing to the stress fracture and prevent reoccurrence.

Call 9388 9999