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Lower Extremity Stress Fracture Protocol

Stress fracture LE: 6-12 weeks before running

Advance only if pain free

2-4 weeks crutches

2 weeks bike

2 weeks elliptical/stairmaster

Go back one step for one week if pain occurs

Running

Week 1: ½ mile every other day

Week 2: ¾ mile every other day

Week 3: 1 mile every other day

Week 4: 1 ¼ mile every other day

Week 5: 1 ½ mile every other day

Week 6: 1 ¾ mile every other day

Week 7: 2 miles every other day