

**An example of the work up for MTSS versus Stress fracture:**

Always consider using a sport's doctor familiar with the athlete's sport, level, and age group!

Medial shin pain in an athlete that does impact  
(Runner, gymnast, soccer, volleyball, etc.)

Eval: Pain is in a strip (3 inches or longer) down medial shin **(A) on the picture below**

Eval: Pain is point tender (can be covered by a "Silver Dollar" sized coin) down medial shin **(B) on the picture below**

Modify activity- decrease impact/pounding  
Stretch/ice/good running technique /PT  
Consider taping/topical cream/massage

**Xray-If normal:** decide on MRI - or trial of MTSS treatment

**Xray- If abnormal:** typically boot for 6 weeks and NO practice/impact

**If improving-** progress back to full impact (watch technique)

**If not improving** after 2-3 weeks then re-evaluate with doctor (consider stress fracture)

**If MRI normal:** consider treating for MTSS

**If MRI is abnormal** (fracture or edema inside bone) then typically boot for 6 weeks and no impact/pounding

After 6 weeks of booting and no impact  
Start PT and progress back to sport (usually 3-4 weeks)



**(A) Strip of pain** more likely MTSS (shin splints)  
**(B) Point tender spot** more risky for stress fracture