Radiologic Abnormalities for MTSS and Stress Fractures of Tibia (shin)

**Normal xray**
MTSS on xray would look normal as well

**Stress fracture seen on xray**
Periosteal reaction (healing bone injury)

**MRI of MTSS**
(notice inflammation (white color) is surrounding the bone but not inside the bone!)

**MRI of Stress Fracture**
(notice inflammation (white color) is inside of the bone, not just the “edge” of the bone)

This is one “staging” system used with an MRI to help decide “diagnosis and treatment” for stress injury. All except “Grade 0” should have a period of time of NO IMPACT.

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

No boot, consider treatment for MTSS (shin splints)