

# Brennen Lucas, M.D.

*Advanced Orthopaedic Associates*

2778 N. Webb Rd.  
Wichita, KS 67226

316-631-1600  
Fax: (316) 631-1674  
1 (800) 362-0591



## MEDIAL TIBIAL STRESS SYNDROME REHABILITATION PROTOCOL

### TYPE I - PAIN ONLY AFTER ACTIVITY

25% workload reduction

- Ice massage or ice wrap after activity
- Symptom-free stretching program gastroc soleus, anterior & posterior tibialis, peroneals
- Strengthening program gastroc soleus, anterior & posterior tibialis, peroneals
- Check for pronation problems

### TYPE II - PAIN DURING ACTIVITY, NOT RESTRICTING PERFORMANCE

- 50% workload reduction
- Ice massage or ice wrap after activity
- Stretching program as in Type I
- Strengthening program as in Type I
- NSAIDs (loading dose, given 10 days to 2 weeks)

### TYPE III - PAIN DURING ACTIVITY RESTRICTING PERFORMANCE

- **Relative** rest
- Alternate activities - non-impact, symptom-free activities, (cycling, swimming, Nordic Track)
- Stretching and strengthening program
- Ice massage or ice wrap
- NSAIDs

### TYPE IV - PAIN, CHRONIC, UNREMITTING

- Exhaustion of all conservative therapy modalities
- Immobilization - cast boot