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## **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