



FAMILY FOOT AND ANKLE CLINIC

SPECIALISTS AND SURGEONS

At Family Foot & Ankle Clinic, we are committed to providing you with the highest quality of care and ensuring you have all the information you need to make informed decisions about your health.

If you have any questions or concerns, please don't hesitate to reach out to us. You can contact our office directly at 763-421-7300. Additionally, you can visit our website at <https://familyfootmn.com/> for more resources and information about our services.

Thank you for choosing us for your healthcare needs!

Stress Fracture in the Foot

Stress fractures are tiny hairline breaks that can occur in the bones of the foot. They can be caused by overtraining or overuse, improper training habits or surfaces, improper shoes, flatfoot or other foot deformities and osteoporosis. These tiny breaks in the bones of the feet can lead to a complete break if left untreated.

Pain, swelling, redness and bruising can be signs of a stress fracture. The fracture can occur almost anywhere in the foot. X-rays and other studies are used to diagnose the stress fracture. A foot and ankle surgeon should be seen as early as possible to start treatment and possibly shorten the recovery time. Possible treatments include rest and possible immobilization of the foot. In some cases, surgery may be required to stabilize the stress fracture or to repair a stress fracture that has progressed to a fracture.

Nutrition Recommendations for Bone Healing

Proper nutrition is important to help your body heal. Below are some recommendations.

- High Protein Diet – helps bones heal
- Vitamin D3 – 2000-5000 IU Daily – helps bones heal
- Calcium – 1200 mg Daily – helps bones heal
- Vitamin C – 500 mg daily for 2 months – helps bones heal and helps prevent long term nerve pain complications
- Zing – 15 mg per day – helps wounds heal
- Increased Calories – the healing process requires increased fuel. Plan for 15-20 calories per pound (using your current body weight)

<https://www.foothealthfacts.org/conditions/stress-fracture-in-the-foot>