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ORTHOPAEDIC SECTION
AMERICAN PHYSICAL THERAPY ASSOCIATION



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Stress Fractures of the Foot and Ankle in Dancers – CITATION SUMMARY

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The etiology of stress fractures is multifactorial. It is difficult to study in dancers as they have different variables of training regimens, menstrual abnormalities, and disordered eating. Early detection is critical. The first step is identifying common risk factors. For treatment to be successful, it is essential to address underlying causes such as dynamic biomechanical faults. This will help reduce the incidence of further injury. The following articles collected were designed to give the clinician a diverse overview of the pathophysiology, evaluation, diagnosis, and treatment of stress fractures as it relates to dancers.