KILOMETERKLUB

YOUR FOOT STRESS FRACTURE GUIDE FROM LIESEL

What I want you to do first at home

If this were my runner in week one, I would keep the plan simple: calm the irritation, remove the biggest trigger, and start rebuilding capacity instead of waiting passively for a miracle.

- Stop impact and seek assessment
- Use footwear protection and offloading as advised
- Address strength, nutrition, and training causes
- Return through objective milestones, not wishful thinking
- Do not test it every few days just because it feels a little calmer.
- Prioritise sleep, energy intake and recovery as seriously as the rehab plan.

What I would do in clinic

In clinic, I would first make sure the diagnosis fits the pattern and that we are not missing a more serious problem. Then I would identify the biggest load driver, test the weak links, calm the angry tissue down enough to let you move, and build a plan you can actually follow in real life. I would also use your running history, current schedule, shoes, terrain and gym habits to find the pattern that keeps this injury alive.

Strength & rehab prescription

The exercise plan should feel purposeful, not random. I usually break rehab into phases so the runner knows what matters now and what can wait.

- Early phase: pain-free cycling/swimming, hip/core/calf strength without impact
- Mid phase: walking progression when cleared, single-leg strength, foot control
- Late phase: graded impact and run-walk progression

Cross-training that usually works

Usually worth trying: Swimming, Pool running, Cycling if pain-free, Strength training without impact.

Usually better to avoid early on: Running through foot pain, Jumping or barefoot loading, Trying to ‘test it’ every few days.

Your best option is the one that lets you keep fitness without making tomorrow worse.

Road back to running

Returning to running is not the same thing as returning to full training. I want the tissue to tolerate easy impact first, then volume, then the spicy stuff.

1. Protect the bone and reduce daily pain
2. Rebuild strength and walking tolerance
3. Pass impact criteria
4. Return with conservative run-walk progression
5. Do not rush from pain-free walking to normal mileage. Bones need time to trust impact again.

When I want you to get help

A suspected metatarsal stress fracture deserves early medical assessment and, when indicated, imaging. Red flags I would take seriously include: Point tenderness on bone; Pain with normal walking; Night pain or progressively worsening symptoms.

If you are still not coming right, book a consultation with me through our website at

www.kilometerklub.com/get-help