



Suspected Stress Fracture

This brochure tells you about Suspected Stress Fracture, including what Imaging tests you may need to have.

What is a Stress Fracture?

Stress fractures are tiny cracks in your bones, caused by overuse of muscles in the body. When muscles are overused they become tired and cannot take the shock from repeated impacts like running and jumping. The stress from this then causes the tiny cracks in the bones.

Diagnosis

If your doctor thinks you may have a stress fracture, he/she will request plain x-rays of the painful area. If the x-rays are positive your doctor will start treatment. If the x-rays are negative, your doctor may request a nuclear medicine bone scan, MRI scan, CT scan or repeat plain x-rays after about 1 month. This will help the doctor to decide what is causing your pain and what type of treatment you need.

Results:

A radiology doctor will look at your scans and write a report for your doctor.

Further Information

For more detailed information, please see [Inside Radiology](#), a resource produced especially for consumers by the [Royal Australian and New Zealand College of Radiologists](#).

If you would like to look at other relevant brochures, please see

- [Plain x-ray](#)
- [MRI Scan](#)
- [Nuclear Medicine Bone Scan](#)
- [CT Scan](#)

Or log into the Diagnostic Imaging Pathways website - www.imagingpathways.health.wa.gov.au/includes/consumer

Or if you have questions or require any other information please contact your Doctor.

Consumer Participation

This information has been reviewed by representatives from the following groups:

- Aboriginal people
- People with disabilities
- Seniors
- CALD (Culturally and Linguistically Diverse)
- The Health Consumers' Council.

Feedback

The Division of Imaging Services, Royal Perth Hospital is committed to providing a friendly and professional service. If you would like to provide feedback on this information sheet, please send to:

Quality Coordinator
Imaging Services
Royal Perth Hospital
GPO Box X2213
Perth WA 6000

Website

For more information go to www.imagingpathways.health.wa.gov.au

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