



## NAVICULAR STRESS FRACTURES REHABILITATION PROTOCOL

### Weight Bearing

- Week 1-6: Formal non-weight bearing with crutches in fiberglass cast.
- Week 7-8: Weight bearing for normal daily activities. Swimming and water running are permitted.
- Week 9: If no tenderness at navicular, jog on grass 5 minutes every other day for 1 week.
  - If no pain, increase to 10 minutes every other day for 1 week.
  - If no pain, faster running at 50-80 meter intervals can be started every other day for 1 week.
- Walking recovery can be performed on non-training days.
- Speed is gradually increased from  $\frac{1}{2}$  to  $\frac{3}{4}$  maximum speed over an additional 2 weeks.
- Week 15: The athlete is reassessed and if no tenderness is present, the athlete is permitted to continue to gradually return to full training activities.

