1. Record Nr. UNINA9910463486603321 Autore Noves Frank R Titolo Stress Fractures, Bone Bruises, and Shin Splints [[electronic resource]]: Everything You Need to Know to Make the Right Treatment Decision Publish Green, 2014 Pubbl/distr/stampa 1-62652-597-8 **ISBN** Edizione [1st ed.] Descrizione fisica 1 online resource (121 p.) Altri autori (Persone) Barber-WestinSue Disciplina 617.1/5 617.1027 Soggetti Fractures, Stress -- physiopathology Muscles -- Physiology Stress fractures (Orthopedics) Electronic books. Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Note generali Description based upon print version of record. ""Cover Page""; ""About the Authors""; ""Introduction""; ""All About Nota di contenuto Bones""; ""Stress Fractures""; ""What is a Stress Fracture?""; ""How Stress Fractures Happen""; ""Where Stress Fracture Occur""; ""Risk Factors""; ""Medical Evaluation and Diagnosis""; ""Patient Examples""; ""Treatment""; ""Potential Problems, Reoccurrence Issues, and Longterm Damage""; ""Vital Minerals for Bone Health: Vitamin D and Calcium""; "The Female Athlete Triad""; ""Prevention""; ""Insufficiency Fractures (Occult Fractures)""; ""Avascular Necrosis (Osteonecrosis)""; ""Bone Bruises""; ""What is a Bone Bruise?"" ""How Bone Bruises Happen"""Where Bone Bruises Occur""; ""Risk Factors""; ""Medical Evaluation and Diagnosis""; ""Treatment""; ""Potential Problems, Reoccurrence, and Long-Term Damage"": ""Shin Splints""; ""What are Shin Splints?""; ""How Medial Tibial Stress Syndrome Happens""; ""Risk Factors""; ""Medical Evaluation and Diagnosis""; ""Treatment""; ""Potential Problems, Reoccurrence Issues""; ""Prevention"": ""Home Exercises for Strengthening and Flexibility of the Lower Extremity""; ""Health, Fitness Club Exercise Machines""; ""Pool Training""; ""Acronyms and References""

There are many different types of injuries that can happen to bones in

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the human body. A fracture represents a complete break in which the pieces of bone completely separate. This injury may occur as a result of direct trauma to the bone, or from other factors such as advanced age or a metabolic bone disease such as osteoporosis. However, there are other bone injuries that can be just as problematic (or even more so), such as stress fractures, insufficiency fractures, bone bruises, and shin splints. Although these types of bone injuries do not represent a complete break of a bone, they can cau