

MEDIAL TIBIAL STRESS SYNDROME AND TIBIAL DIAPHYSEAL STRESS FRACTURE

Mohd Nazri Nor¹, Muhammad Ariff Zakaria¹, Nurul Hidayah Abdullah¹

¹Segamat Hospital

Introduction: Medial tibial stress syndrome and tibial shaft stress fracture are a different medical condition. However, both conditions have similar clinical manifestations, which are characterized by ache and pain that increases or persists after strenuous activity. We report a case of 25-year-old male, a newly recruited police trainee who presented with pain over left shin within one month from the start of his police training.

Discussion: This patient was initially diagnosed with shin splint upon his first visit to us. However, upon his second follow-up after six weeks, we noticed on the radiograph there is callus formation at the proximal third of his left tibia.

Conclusion: Diagnosing stress fracture can be challenging. Stress fracture should be suspected when there is a drastic recent increase in activity. Stress fracture should be ruled out in order to diagnose a patient with shin splint. Plain radiography should be obtained initially although it might show negative findings and further imaging may be required after two to three weeks for greater accuracy of diagnosis. Other modalities like MRI may be useful if available.