

Nonstress fracture

Thin

- Osteoporosis
 - *Estrogen def
 - *Steroids
 - *Vit D def
 - *Elevated PTH/T3,T4
 - *Low BMI
 - *Tobacco
 - *Low testosterone
 - *Celiac disease

Abnormal structure

- Chronic bisphosphonates
- Osteomalacia (eg rickets)
- Paget disease
- Acute charcot
- Osteosclerosis
- Scurvy

Replaced

- Cancer
- Infection

Terminology

- Stress fracture: repetitive stress leading to fracture of healthy bone.
- Nonstress fracture: spontaneous or minimal impact leading to fracture of weakened bone.
- Term "pathological fracture" generally reserved for cancer leading to weakened bone.

Consider following work-up

- Metabolic profile: Ca++, vitamin D, and PTH
- Skeletal survey for bone lesions (see schema)
- DEXA scan

