

Rib Fracture

Nathaniel Yomogida, SPT Chloë Kerstein, SPT

Table of contents

1 Stress fracture	1
1.1 Epidemiology	1
1.2 Subjective	2
1.3 Complications	2

1 Stress fracture

In relation to other stress injuries, rib stress fractures are uncommon¹

1st rib fractures are the most common¹

1.1 Epidemiology

Populations susceptible to 1st rib stress fx:¹

- Pitchers¹
- Basketball players¹
- Weightlifters¹
- Ballet dancers¹

Ribs #4-9 stress fx are seen in competitive rowers¹

Posteromedial rib stress fractures can be seen in golfers¹

1.2 Subjective

- Insidious onset of pain without any specific trauma¹
- High volume: Hx high volume of a specific exercise (i.e. running)¹
- Change: Increase in training intensity/volume or training surface¹
- Sx progress from training to ADLs¹
- Eased w/ decreased activity¹

1.3 Complications

- Can lacerate pleura, lung or abdominal organs
 - Can result in hemothorax or pneumothorax
1. Kiel J, Kaiser K. Stress Reaction and Fractures. In: *StatPearls*. StatPearls Publishing; 2023. Accessed August 30, 2023. <http://www.ncbi.nlm.nih.gov/books/NBK507835/>