

# Rib Fracture

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## 1 Stress fracture

In relation to other stress injuries, rib stress fractures are uncommon<sup>1</sup>

1st rib fractures are the most common<sup>1</sup>

### 1.1 Epidemiology

Populations susceptible to 1st rib stress fx:<sup>1</sup>

- Pitchers<sup>1</sup>
- Basketball players<sup>1</sup>
- Weightlifters<sup>1</sup>
- Ballet dancers<sup>1</sup>

Ribs #4-9 stress fx are seen in competitive rowers<sup>1</sup>

Posteromedial rib stress fractures can be seen in golfers<sup>1</sup>

## 1.2 Subjective

- Insidious onset of pain without any specific trauma<sup>1</sup>
- High volume: Hx high volume of a specific exercise (i.e. running)<sup>1</sup>
- Change: Increase in training intensity/volume or training surface<sup>1</sup>
- Sx progress from training to ADLs<sup>1</sup>
- Eased w/ decreased activity<sup>1</sup>

## 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/>