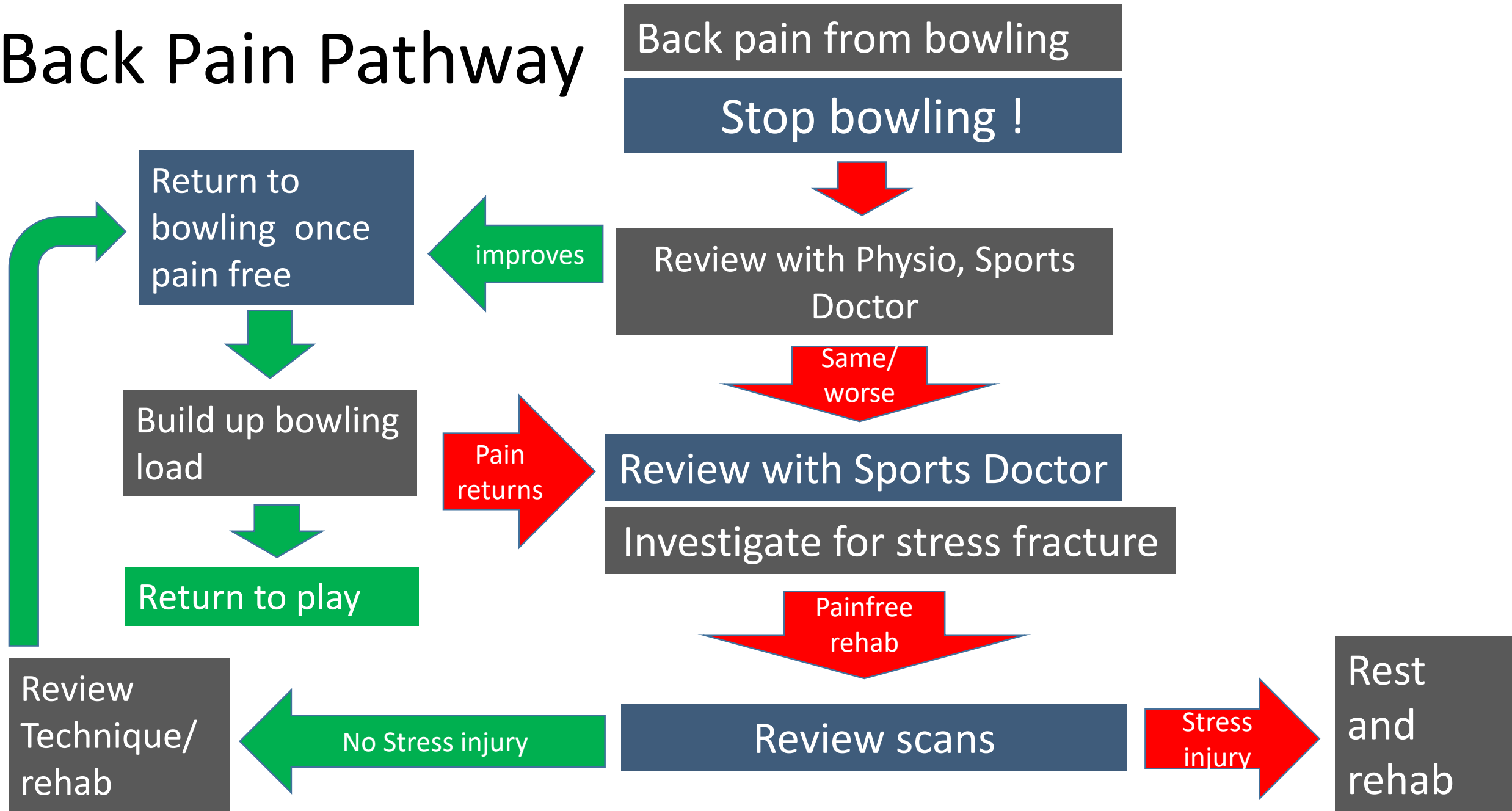


Back Pain Pathway

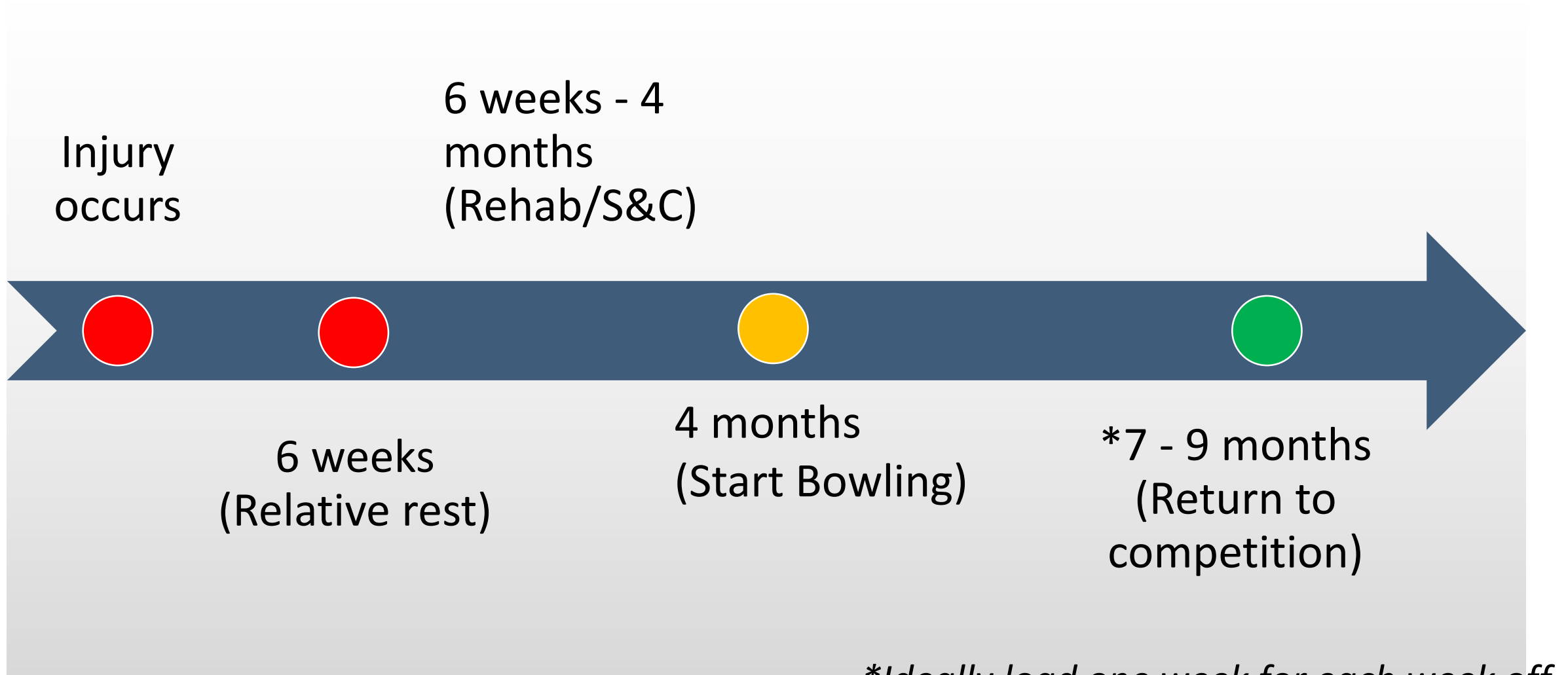




Stress fracture rehab

- No bowling for at least 4 months.
- No running/swimming or painful activities for at least 6 weeks.
- Physiotherapy led rehabilitation programme - always painfree.
- Review of contributing factors including technique.
- Return to bowling over minimum 8-10 weeks after 4 month rest. The longer the better.
- Consideration of surgery if persistent pain and complete fracture is present.

Timeline – Stress fracture



**Ideally load one week for each week off*