Navicular Stress Fractures
Rehabilitation Protocol

Weight Bearing

- **Week 1-6:** Formal non-weight bearing with crutches in fiberglass cast.
- **Week 7-8:** Weight bearing for normal daily activities. Swimming and water running are permitted.
- **Week 9:** If no tenderness at navicular, jog on grass 5 minutes every other day for 1 week.
- If no pain, increase to 10 minutes every other day for 1 week.
- If no pain, faster running at 50-80 meter intervals can be started every other day for 1 week.
- Walking recovery can be performed on non-training days.
- Speed is gradually increased from ½ to ¾ maximum speed over an additional 2 weeks.
- **Week 15:** The athlete is reassessed and if no tenderness is present, the athlete is permitted to continue to gradually return to full training activities.