



PHYSIOLOGICAL FACTORS OF FEMALE RUNNERS WITH AND WITHOUT STRESS FRACTURE HISTORIES

A Pilot Study



RUNNING-RELATED STRESS FRACTURES ACCOUNT FOR 69% OF ALL STRESS FRACTURES AND WOMEN HAVE AT LEAST 2X GREATER RISK OF STRESS FRACTURE INJURY THAN MEN.

This study compared physiological and running-related factors between women with and without a history of running-related stress fracture:



MEDICAL, MENSTRUAL CYCLE, RUNNING, INJURY, AND NUTRITIONAL HISTORIES



BLOOD HISTOLOGY RELATED TO NUTRITIONAL, HORMONAL, & BONE-RELATED RISK FACTORS



BONE DENSITY, FAT, AND LEAN TISSUE

FEMALE RUNNERS WITH LOW HIP BONE MINERAL DENSITY, MENSTRUAL CHANGES DURING PEAK TRAINING, AND ELEVATED BONE TURNOVER MARKERS MAY BE AT AN INCREASED RISK OF STRESS FRACTURE.



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