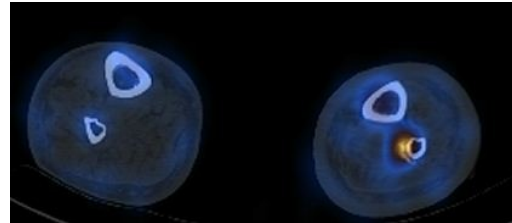


## NOT YOUR USUAL PAIN IN THE LEG!

Stress fractures and shin splints are a common sports related injuries. They are small fractures caused by repetitive force such as overuse (jumping up and down or running long distances). They are typically located in the weight bearing bones of the lower limbs and feet.



Track and field athletes are particularly susceptible to stress fractures but anyone can experience them.

These injuries present with focal pain at the site that is reproduced by the associated activity (such as running or jumping).

Diagnosis of stress fractures includes plain x-rays (only identifies 28% of early fractures), MRI and bone scan SPECT/CT.

Plain x-rays are a simple first step to evaluate injuries. However, if the radiographs are normal, it is common to proceed to a bone scan SPECT/CT or MRI as these modalities have higher sensitivity and specificity.

WHMI (Western Health Medical Imaging) employs superior SPECT and diagnostic CT imaging at Footscray and Sunshine campuses.



SPECT/CT technology is a major evolutionary step in Nuclear Medicine. Our scanners at Footscray and Sunshine are two state-of-the-art cameras which offer fast, thorough, low dose examinations with increased resolution and anatomic localisation for your patient. In practical terms, there is increased patient comfort, superior image quality and the highest accuracy.

Treatment involves protection from the aggravating stress (such as non weight bearing, avoiding the action or immobilisation) as it may proceed to a complete fracture.

As part of our ongoing commitment to our referrers WHMI has the ability to deliver all Medical Imaging reports electronically to your practice management system.

Healthlink is a convenient, efficient and secure method of obtaining your patient Medical Imaging reports.

If your practice is not yet taking advantage of this method, please contact Leesa Myers on 0404 595 111 for further information.

**WHMI facilities are licensed under the Medicare agreement and will provide Bulk Billing (no-out of pocket cost) to all patients with a referral that complies with Medicare Requirements. All referrals are accepted and same day service is assured.**

