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Case report

### Stress Fracture of the First Rib in a High School Weight Lifter

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#### ABSTRACT

A 17-year-old boy, who played a weight lifting in high school, sustained stress fracture of the first rib without any causes. We successfully treated first rib stress fracture with limitation of using the upper extremity and with using low-intensity pulsed ultrasound.

**Key words:** Stress fracture, low-intensity pulsed ultrasound, first rib, weight lifting.

#### Key Points

- Stress fracture of the first rib in a weight lifter was successfully treated with limitation of sports activity and with LIPUS treatment.

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