

81 Patients were assessed for eligibility

7 Excluded

3 Length of pain along tibia  
less than five centimeters  
2 Tibial fracture in past  
1 High clinical suspicion  
of compartment syndrome  
1 Pain along the fibula

74 Underwent randomization

25 Were assigned to: "Running  
program"

24 Were assigned to: "Running  
program and exercises"

25 Were assigned to: "Running  
program and sports compression  
stocking"

1 Was lost to follow-up

0 Was lost to follow-up

1 Was lost to follow-up

4 Quit study due to lack of progress

5 Quit study due to lack of progress

5 Quit study due to lack of progress

25 Were included in intention-to-  
treat analysis

24 Were included in intention-to-  
treat analysis

25 Were included in intention-to-  
treat analysis