### American College of Radiology
### ACR Appropriateness Criteria®

**Stress (Fatigue/Insufficiency) Fracture, Including Sacrum, Excluding Other Vertebrae**

**Variant 1:** Suspected stress (fatigue) fracture, excluding vertebrae. First imaging study.

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Appropriateness Category</th>
<th>SOE</th>
<th>Adults RRL</th>
<th>Peds RRL</th>
<th>Rating</th>
<th>Median</th>
<th>Final Tabulations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Radiography area of interest</td>
<td>Usually appropriate</td>
<td>Varies</td>
<td>Varies</td>
<td>9</td>
<td>n/a</td>
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</tr>
<tr>
<td>CT area of interest without IV contrast</td>
<td>Usually not appropriate</td>
<td>Varies</td>
<td>Varies</td>
<td>1</td>
<td>n/a</td>
<td></td>
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</tr>
<tr>
<td>CT area of interest without and with IV contrast</td>
<td>Usually not appropriate</td>
<td>Varies</td>
<td>Varies</td>
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<tr>
<td>CT area of interest with IV contrast</td>
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<td>Varies</td>
<td>Varies</td>
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<td>n/a</td>
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<td>Bone scan whole body with SPECT or SPECT/CT area of interest</td>
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<td>❦❖❖ 1-10 mSv</td>
<td>❦❖❖ [ped]</td>
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<td>n/a</td>
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<td>O 0 mSv [ped]</td>
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**Variant 2:** Suspected stress (fatigue) fracture, hip. Negative radiographs. Next imaging study.
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<th>SOE</th>
<th>Adults RRL</th>
<th>Peds RRL</th>
<th>Rating</th>
<th>Median</th>
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**Variant 3:** Suspected stress (fatigue) fracture, excluding hip and vertebrae. Negative radiographs. Next imaging study.

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<th>Appropriateness Category</th>
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<th>Adults RRL</th>
<th>Peds RRL</th>
<th>Rating</th>
<th>Median</th>
<th>Final Tabulations</th>
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<td>Peds RRL</td>
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<td>Bone scan whole body with SPECT or SPECT/CT area of interest</td>
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### Variant 5: Confirmed stress (fatigue) fracture, excluding vertebrae. Follow-up imaging study for “return-to-play” evaluation.

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<th>Adults RRL</th>
<th>Peds RRL</th>
<th>Rating</th>
<th>Median</th>
<th>Final Tabulations</th>
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<th>Adults RRL</th>
<th>Peds RRL</th>
<th>Rating</th>
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<td>Varies</td>
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<td>MRI area of interest without and with IV contrast</td>
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<td>Bone scan whole body with SPECT or SPECT/CT area of interest</td>
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<td>☢☢☢ 1-10 mSv</td>
<td>☢☢☢ 0.03 mSv [ped]</td>
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<td>0 0 mSv [ped]</td>
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</table>
### Variant 6: Suspected stress (insufficiency) fracture, pelvis or hip. First imaging study.

<table>
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<th>Procedure</th>
<th>Appropriateness Category</th>
<th>SOE</th>
<th>Adults RRL</th>
<th>Peds RRL</th>
<th>Rating</th>
<th>Median</th>
<th>Final Tabulations</th>
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<tr>
<td>Radiography area of interest</td>
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<td>Varies</td>
<td>Varies</td>
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<tr>
<td>MRI area of interest without IV contrast</td>
<td>Usually not appropriate</td>
<td>O 0 mSv</td>
<td>O 0 mSv [ped]</td>
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<td>CT area of interest without IV contrast</td>
<td>Usually not appropriate</td>
<td>Varies</td>
<td>Varies</td>
<td>1</td>
<td>n/a</td>
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<tr>
<td>CT area of interest without and with IV contrast</td>
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<td>Varies</td>
<td>Varies</td>
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<td>CT area of interest with IV contrast</td>
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<td>MRI area of interest without and with IV contrast</td>
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<td>O 0 mSv [ped]</td>
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<td>Bone scan whole body with SPECT or SPECT/CT area of interest</td>
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<td>☢☢☢ 1-10 mSv [ped]</td>
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<td>O 0 mSv [ped]</td>
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### Variant 7: Suspected stress (insufficiency) fracture, pelvis or hip. Negative radiographs. Next imaging study.

<table>
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<th>Procedure</th>
<th>Appropriateness Category</th>
<th>SOE</th>
<th>Adults RRL</th>
<th>Peds RRL</th>
<th>Rating</th>
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<th>Final Tabulations</th>
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<tbody>
<tr>
<td>MRI area of interest without IV contrast</td>
<td>Usually appropriate</td>
<td>O 0 mSv</td>
<td>O 0 mSv [ped]</td>
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<td>SOE</td>
<td>Adults RRL</td>
<td>Peds RRL</td>
<td>Rating</td>
<td>Median</td>
<td>Final Tabulations</td>
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<tr>
<td>CT area of interest without IV contrast</td>
<td>Usually appropriate</td>
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</tr>
<tr>
<td>Bone scan whole body with SPECT or SPECT/CT area of interest</td>
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<td>Varies</td>
<td>Varies</td>
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<td>CT area of interest with IV contrast</td>
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<td>Varies</td>
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<tr>
<td>MRI area of interest without and with IV contrast</td>
<td>Usually not appropriate</td>
<td>O 0 mSv</td>
<td>O 0 mSv [ped]</td>
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<tr>
<td>US area of interest</td>
<td>Usually not appropriate</td>
<td>O 0 mSv</td>
<td>O 0 mSv [ped]</td>
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</table>

Variant 8: Suspected stress (insufficiency) fracture of lower extremity, excluding pelvis and hip. First imaging study.

<table>
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<th>Appropriateness Category</th>
<th>SOE</th>
<th>Adults RRL</th>
<th>Peds RRL</th>
<th>Rating</th>
<th>Median</th>
<th>Final Tabulations</th>
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<tbody>
<tr>
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<td>Usually not appropriate</td>
<td>O 0 mSv</td>
<td>O 0 mSv [ped]</td>
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<td>O 0 mSv</td>
<td>O 0 mSv [ped]</td>
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<td>MRI lower extremity area of interest (not pelvis or hip) without and with IV contrast</td>
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<td>O 0 mSv [ped]</td>
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</table>

**Variant 9:** Suspected stress (insufficiency) fracture of lower extremity, excluding pelvis and hip. Negative radiographs. Next imaging study.
CT lower extremity area of interest (not pelvis or hip) with IV contrast | Usually not appropriate | Varies | Varies | 1 | n/a | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0

Variant 10: Follow-up imaging study for characterizing nonspecific focal uptake on Tc-99m MDP bone scintigraphy, suspected to be a stress fracture.

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Appropriateness Category</th>
<th>SOE</th>
<th>Adults RRL</th>
<th>Peds RRL</th>
<th>Rating</th>
<th>Median</th>
<th>Final Tabulations</th>
</tr>
</thead>
</table>
| Radiography area of interest                          | Usually appropriate      | Varies | Varies | 9 | n/a | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0
| MRI area of interest without IV contrast              | Usually appropriate      | 0 0 mSv | 0 0 mSv [ped] | 8 | n/a | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0
| MRI area of interest without and with IV contrast     | May be appropriate       | 0 0 mSv | 0 0 mSv [ped] | 5 | n/a | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0
| CT area of interest without IV contrast               | May be appropriate       | Varies | Varies | 5 | n/a | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0
| CT area of interest with IV contrast                  | Usually not appropriate  | Varies | Varies | 2 | n/a | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0
| CT area of interest without and with IV contrast      | Usually not appropriate  | Varies | Varies | 1 | n/a | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0
| US area of interest                                   | Usually not appropriate  | 0 0 mSv | 0 0 mSv [ped] | 1 | n/a | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0

Variant 11: Suspect stress (fatigue or insufficiency) fracture, pelvis or hip or sacrum. Pregnant patient.

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Appropriateness Category</th>
<th>SOE</th>
<th>Adults RRL</th>
<th>Peds RRL</th>
<th>Rating</th>
<th>Median</th>
<th>Final Tabulations</th>
</tr>
</thead>
</table>
| MRI area of interest without IV contrast              | Usually appropriate      | 0 0 mSv | 0 0 mSv [ped] | 9 | n/a | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0
### Variant 12: Suspect stress (fatigue or insufficiency) fracture of the long bones. Pregnant patient.

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Appropriateness Category</th>
<th>SOE</th>
<th>Adults RRL</th>
<th>Peds RRL</th>
<th>Rating</th>
<th>Median</th>
<th>Final Tabulations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Radiography area of interest</td>
<td>Usually appropriate</td>
<td>Varies</td>
<td>Varies</td>
<td>9</td>
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<td>0 0 0 0 0 0 0 0 0</td>
</tr>
<tr>
<td>MRI area of interest without IV contrast</td>
<td>Usually appropriate</td>
<td>O 0 mSv</td>
<td>O 0 mSv [ped]</td>
<td>8</td>
<td>n/a</td>
<td>0</td>
<td>0 0 0 0 0 0 0 0 0</td>
</tr>
<tr>
<td>CT area of interest without IV contrast</td>
<td>Usually not appropriate</td>
<td>Varies</td>
<td>Varies</td>
<td>1</td>
<td>n/a</td>
<td>0</td>
<td>0 0 0 0 0 0 0 0 0</td>
</tr>
<tr>
<td>CT area of interest without and with IV contrast</td>
<td>Usually not appropriate</td>
<td>Varies</td>
<td>Varies</td>
<td>1</td>
<td>n/a</td>
<td>0</td>
<td>0 0 0 0 0 0 0 0 0</td>
</tr>
<tr>
<td>CT area of interest with IV contrast</td>
<td>Usually not appropriate</td>
<td>Varies</td>
<td>Varies</td>
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<td>n/a</td>
<td>0</td>
<td>0 0 0 0 0 0 0 0 0</td>
</tr>
<tr>
<td>MRI area of interest without and with IV contrast</td>
<td>Usually not appropriate</td>
<td>0 0 mSv</td>
<td>0 0 mSv [ped]</td>
<td>1</td>
<td>n/a</td>
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<td>0</td>
</tr>
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<td>---</td>
</tr>
<tr>
<td>US area of interest</td>
<td>Usually not appropriate</td>
<td>0 0 mSv</td>
<td>0 0 mSv [ped]</td>
<td>1</td>
<td>n/a</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>
Appendix Key
A more complete discussion of the items presented below can be found by accessing the supporting documents at the designated hyperlinks.

Appropriateness Category: The panel’s recommendation for a procedure based on the assessment of the risks and benefits of performing the procedure for the specified clinical scenario.

SOE: Strength of Evidence. The assessment of the amount and quality of evidence found in the peer reviewed medical literature for an appropriateness recommendation.

- References: The citation number and PMID for the reference(s) associated with the recommendation.
- Study Quality: The assessment of the quality of an individual reference based on the number of study quality elements described in the reference.

RRL: Relative Radiation Level. A population based assessment of the amount of radiation a typical patient may be exposed to during the specified procedure.

Rating: The final rating (1-9 scale) for the procedure as determined by the panel during rating rounds.

Median: The median rating (1-9 scale) for the procedure as determined by the panel during rating rounds.

Final tabulations: A histogram showing the number of panel members who rated the procedure as noted in the column heading (ie, 1, 2, 3, etc.).

Additional supporting documents about the AC methodology and processes can be found at www.acr.org/ac.