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”
   - 1 Was lost to follow-up
   - 4 Quit study due to lack of progress
   - 25 Were included in intention-to-treat analysis

24 Were assigned to: “Running program and exercises”
   - 0 Was lost to follow-up
   - 5 Quit study due to lack of progress
   - 24 Were included in intention-to-treat analysis

25 Were assigned to: “Running program and sports compression stocking”
   - 1 Was lost to follow-up
   - 5 Quit study due to lack of progress
   - 25 Were included in intention-to-treat analysis