

# Accessory Navicular Bones

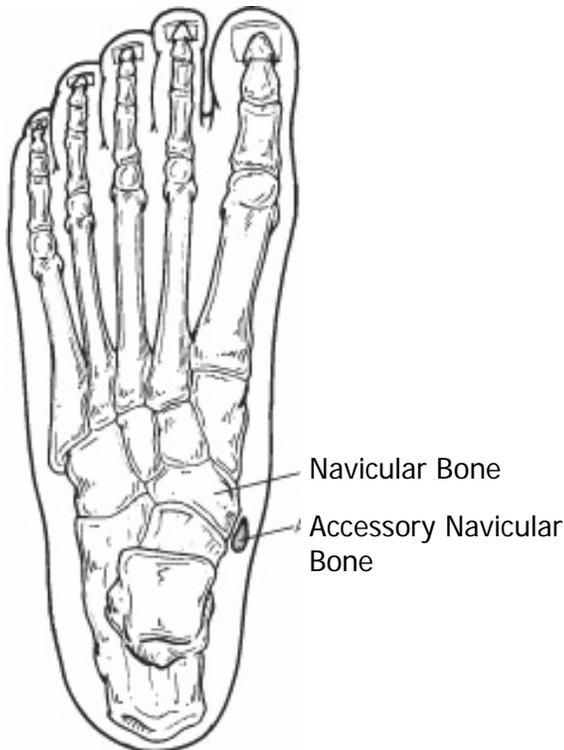
## What is an Accessory Navicular?

An accessory navicular bone is a congenital abnormality. It is not part of normal bone structure and therefore not present in most people.

An extra bone develops in the posterior tendon at the insertion onto the tarsal navicular bone.

## Where Does an Accessory Navicular Bone Occur?

The accessory navicular bone occurs alongside the navicular bone and is typically attached to the normal bone through a cartilage structure similar to a growth plate. (see diagram below).



## Signs and Symptoms

- A visible bony prominence of the medial mid-foot
- Redness and swelling over the bony prominence
- Pain in the mid-foot and arch, usually occurring during or after periods of activity and with shoe wear



## Treatment Options

Treatment for an accessory navicular includes anti-inflammatory medication (as directed by the doctor), resting the affected foot, and occasionally cast application. Stretching and physical therapy may also help.

Surgery is recommended when other treatment options fail.

## Medication

Taking anti-inflammatory medicine or NSAIDS (non-steroidal anti-inflammatory drugs) such as Motrin, Advil, Naproxen or Aleve as directed by your doctor can be effective. This medication should be taken for 10 to 14 days to allow the medicine to reach therapeutic levels in the body.

## Cast Application

- A short leg cast (below the knee) is usually worn for 3 to 6 weeks.
- After the cast is removed, some patients are prescribed arch supports or custom insoles which fit into their shoes.
- Stretching exercises are prescribed after cast removal.



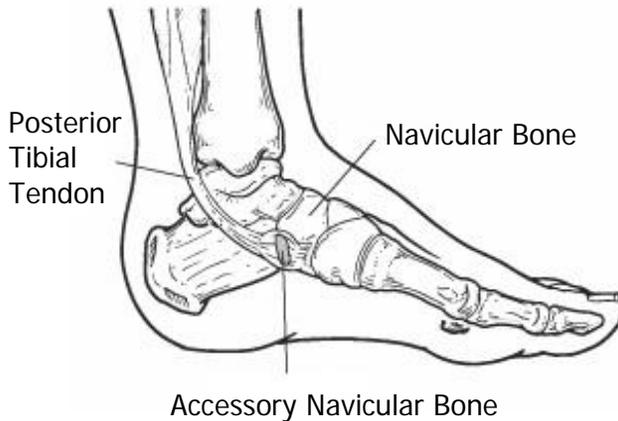
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Children's Orthopaedic  
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## Surgery

- If non-surgical treatment fails to relieve the symptoms of accessory navicular syndrome, surgery may be indicated.
- Surgery involves removing the accessory navicular bone, reshaping the edge of the remaining navicular, and repairing the posterior tibial tendon to improve its function.
- This extra bone is not needed for normal foot function.



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