

Accessory Navicular Bones

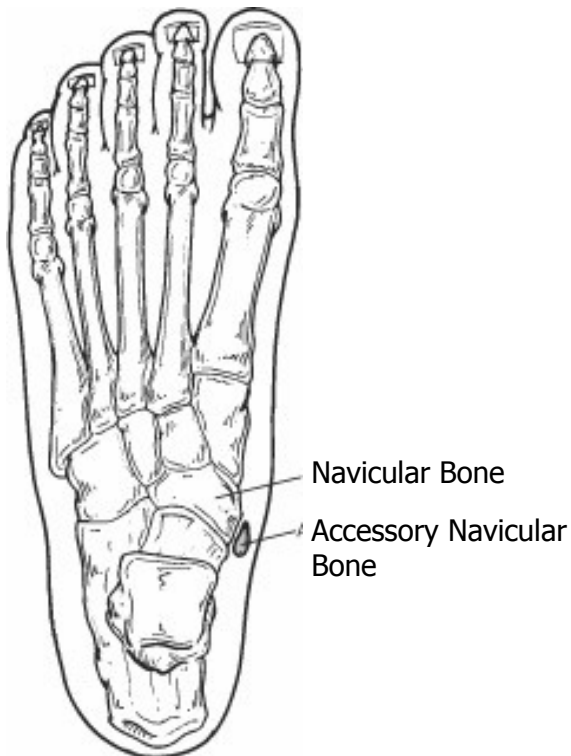
What is an Accessory Navicular?

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, occasionally cast application, or immobilization in a CAM boot. Stretching and physical therapy may also help.

Surgery is recommended when other treatment options fail.

Each child is different, and your physician will suggest the best treatment option for the child.

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.



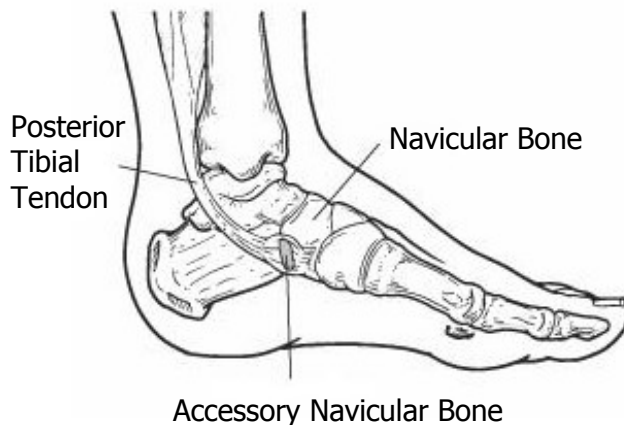
Accessory Navicular Bone



Children's Orthopaedic
and Scoliosis Surgery Associates, LLP

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.



Jeffrey B. Neustadt, M.D.
Gregory V. Hahn, M.D.
Drew E. Warnick, M.D.
Paul L. Benfanti, M.D.
Lee G. Phillips, M.D.
Daniel C. Bland, M.D.
T. Cooper Wilson, M.D.



625 6th Avenue South, Suite 450
St. Petersburg, FL 33701
Phone: (727) 898-2663 - Fax: (727) 568-6836

3440 W. Dr. MLK Jr. Blvd, Suite 200
Tampa, FL 33607
Phone: (813) 879-2663 - Fax: (813) 872-0286

5881 Rand Blvd - Sarasota, FL 34238

4443 Rowan Road - New Port Richey, FL 34653

3850 Tampa Road - Palm Harbor, FL 34684

885 South Parsons Avenue - Brandon, FL 33511

www.chortho.com

Updated 1/2018

Accessory Navicular

