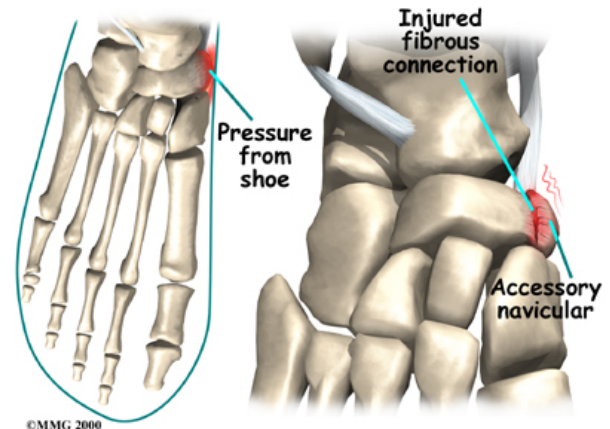


Children's Bone and Spine Surgery

Accessory Navicular

What is an Accessory Navicular?

- The accessory navicular is an extra bone or piece of cartilage located on the inner side of the foot just above the arch. It is incorporated within the posterior tibial tendon, which attaches in this area. In addition, this variant is more common in females.

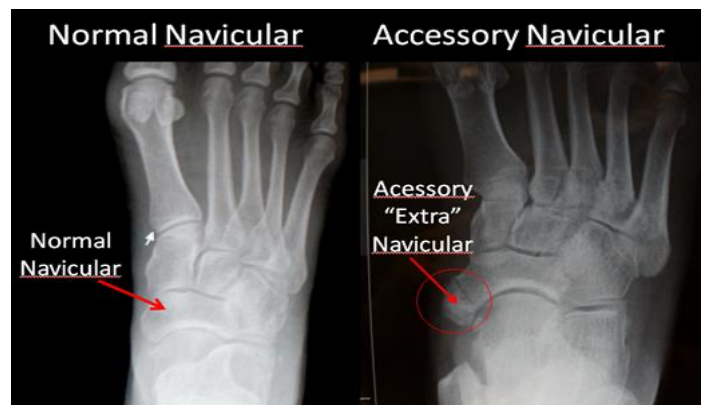


Signs and Symptoms:

- The majority of patients with an accessory navicular are symptom free.
- Common signs and symptoms include:
 - Pain on the inner aspect of the foot along the medial arch
 - Often an increase with pain with activity or overuse

Imaging:

- Radiographs are recommended for diagnosis
 - A bony enlargement can be seen on films
- MRI
 - Further evaluation for additional pathologies or injuries



Treatment:

- Conservative
 - Foot orthotics
 - Shoe modifications
 - Cast or walking boot application to assist with pain alleviation
 - Topical or oral pain medication
- Surgical intervention
 - Excision of accessory navicular

- Surgical intervention is recommended when all conservative treatments have been exhausted and the results are unsuccessful.

