

Accessory navicular (extra foot bone)

Introduction

The aim of this leaflet is to answer some of the questions that you or your child may have about accessory navicular and its treatment. You will also have an opportunity to discuss any further concerns with us, in clinic.

What is accessory navicular?

An accessory navicular is an extra bone (ossicle) which is found next to the navicular bone (one of the bones on the inside of the foot). It is the most common accessory bone in the foot occurring in between 4-14% of the population.



What is the cause?

This condition tends to run in families so may have a genetic basis.

What are the symptoms?

It tends to cause problems in adolescence and is often related to having flat feet. The extra bone can become painful as it causes a painful bump that can rub on the inside of shoes.



How is it diagnosed?

It is usually easy to feel the bump and the diagnosis is confirmed with an X-ray – see yellow circle shown.

What is the natural progression?

In the vast majority of cases most people who have these extra bones are asymptomatic. In those patients who do have symptoms, they seem to come and go as they tend to be activity related.

What are the treatment options?

Non-operative treatment: These are always tried first and often relieve symptoms.

- Avoiding those particular activities (sports) that aggravate symptoms
- Custom-made insoles (orthotics) – to take pressure off that area.
- A below-knee plaster cast is sometimes used for two weeks to rest the foot and let the associated inflammation settle right down.

If after a period of several months and non-operative treatments have not helped then surgery is considered.

What does surgery involve?

The operation is usually straightforward and involves removing the additional bone, through an incision over the bump on the inside of the foot. It has a success rate of about 90% in taking the symptoms away, with little risk involved.

Contact us

If you require any further advice please contact:

Nina Doherty, Clinical Nurse Specialist 0118 322 8746 or 0118 322 5111, bleep 232

More information

Visit the Trust website at www.royalberkshire.nhs.uk

Friends & Family Test: While you are in hospital please spare a few moments to answer one question 'Would you recommend our service to family and friends if they required similar care or treatment?' by filling in the card given.

This document can be made available in other languages and formats upon request.

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Review due: May 2020