

Accessory Tarsal Navicular



General Information

Accessory tarsal navicular has to do with the small accessory bone located in the middle of the foot. It's near the navicular bone, the bone that goes across the foot near the instep. The term 'tarsal' refers to the group of bones within the foot that contains the navicular bone.

The bone develops a bit of a bump, and causes the foot to swell in that area.

This condition is present in approximately 2 – 12% of the general population. But, it is fairly common during adolescence. During that time period, up to 14% of children may be affected by it.

In about 50% of cases, the accessory navicular will fuse to the navicular bone.

Causes of Accessory Tarsal Navicular?

Causes of accessory navicular are unknown. In some cases, the condition may be related to the development of "flatfoot". In some cases, though, repeated foot and ankle sprains can lead to the condition.

Symptoms of Accessory Tarsal Navicular?

Symptoms of accessory tarsal navicular may include:

- Pain, tenderness, or irritation on or around the top of the instep
- Pain may increase with activity or tight shoes
- Twisting or deviation of the foot from normal position
- "Flatfoot" may be an indication of an accessory navicular bone
- Abnormal range or distortion of movement in the foot tendons



Treatment

Your child's doctor will examine the foot to determine what causes the pain and swelling. In many cases, an x-ray won't be needed. And, with restricted activities and a softer shoe for a while, the condition often goes away.

In some instances, when the bump does not lessen with fewer activities, a soft device placed in the shoe may relieve some pressure and pain. Often the condition goes away once the child stops growing.

For people who are disabled because of the condition, surgery may be considered. In those cases, the bony growth is removed.

Other treatments may include:

- Use of non-steroidal anti-inflammatories (NSAIDs) such as ibuprofen to relieve the pain

- Placing a doughnut-shaped piece of moleskin around the affected area to relieve pain and tenderness
- Immobilizing the area with a cast for six weeks