



Accessory navicular (extra foot bone)

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 (i.e. certain sports) that aggravate symptoms.
 - Custom-made insoles (orthotics-to fit inside shoes) – these take pressure off that area.
 - A below-knee walker boot or plaster cast is sometimes used for two weeks to rest the foot and let the associated inflammation settle right down.
- **Interventional treatment:** If the above treatments are unsuccessful then you may need an MRI scan to confirm that the assessor navicular is inflamed. If the MRI confirms this then there is an option to try an ultrasound guided injection of steroid into that area. This is performed by a consultant radiologist.
- **Surgery:** If after a period of several months, non-operative treatments have not helped, then surgery is considered. Please see the separate patient information leaflet on 'Accessory navicular surgery'.



Contact us

If you require any further advice please contact the Clinical Nurse Specialist on 0118 322 8747 or 0118 322 5111, bleep 232.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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