

## Accessory Navicular Bone

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**Definition-**The navicular bone is on the medial (inside) portion of the midfoot. Sometimes an additional bone forms adjacent to the navicular bone during development. This extra bone is termed an accessory navicular. Often the condition occurs bilateral (occurring in both feet).

**Clinical Symptoms-** Accessory navicular bones may be discovered incidentally when a patient has an x-ray taken of his or her foot for an unrelated problem. Otherwise, patients may complain of pain or swelling on the medial side of the foot. The pain is usually worse with activity. Parents may complain of a “sprain” that just doesn’t get better. Accessory navicular bones often become symptomatic in early adolescence during periods of heavy growth and increased sports participation.

**Physical Exam-** Patients may have an obvious bump on the medial side of the foot. This bump may be painful. Certain motions may also cause pain or show weakness (foot inversion against resistance). This relates to inflammation of the posterior tibialis tendon, which attaches to the navicular bone.

**Diagnostic Tests-** Standard x-rays of the foot are usually all that is necessary to diagnose an accessory navicular bone.

**Treatment-**Conservative measures such as limiting activity, modifying shoe wear, icing the area, and pain medicine (ibuprofen) may be all that is necessary to alleviate the pain. Sometimes a short period of immobilization in a walking cast is required. If conservative is failed, surgical removal of the bone may be indicated. Resolution of the pain is often achieved, however the bump may remain prominent despite the surgery.



**Dr. Locke’s clinical care team**

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