

SYMPTOMATIC OS TIBIAL EXTERNUM

You have been diagnosed as having a symptomatic os tibial externum. The os tibial externum is an accessory bone located on the inside of the foot near the ankle. It is attached to the navicular bone with cartilage and the tibialis posterior tendon inserts partially into the os tibial externum. The os tibial externum becomes symptomatic when the cartilaginous union it has with the navicular is disrupted. This occurs when the tibialis posterior tendon pulls the os tibial externum from the navicular. At the time of injury, this is not particularly painful and it therefore goes undiagnosed and untreated for a long period of time.

Treatment for a symptomatic os tibial externum may consist of immobilization with a cast or brace. This immobilization is an attempt to allow the os tibial externum to scar back to the navicular. If casting is unsuccessful at alleviating the discomfort, other methods of treatment may consist of orthotic therapy or cortisone injections to ease the pain and inflammation.

The symptomatic os tibial externum may often not respond to the conservative methods mentioned above because of the delay in time of treating it from the original injury. If these methods are unsuccessful, the symptomatic os tibial externum needs to be surgically removed.