

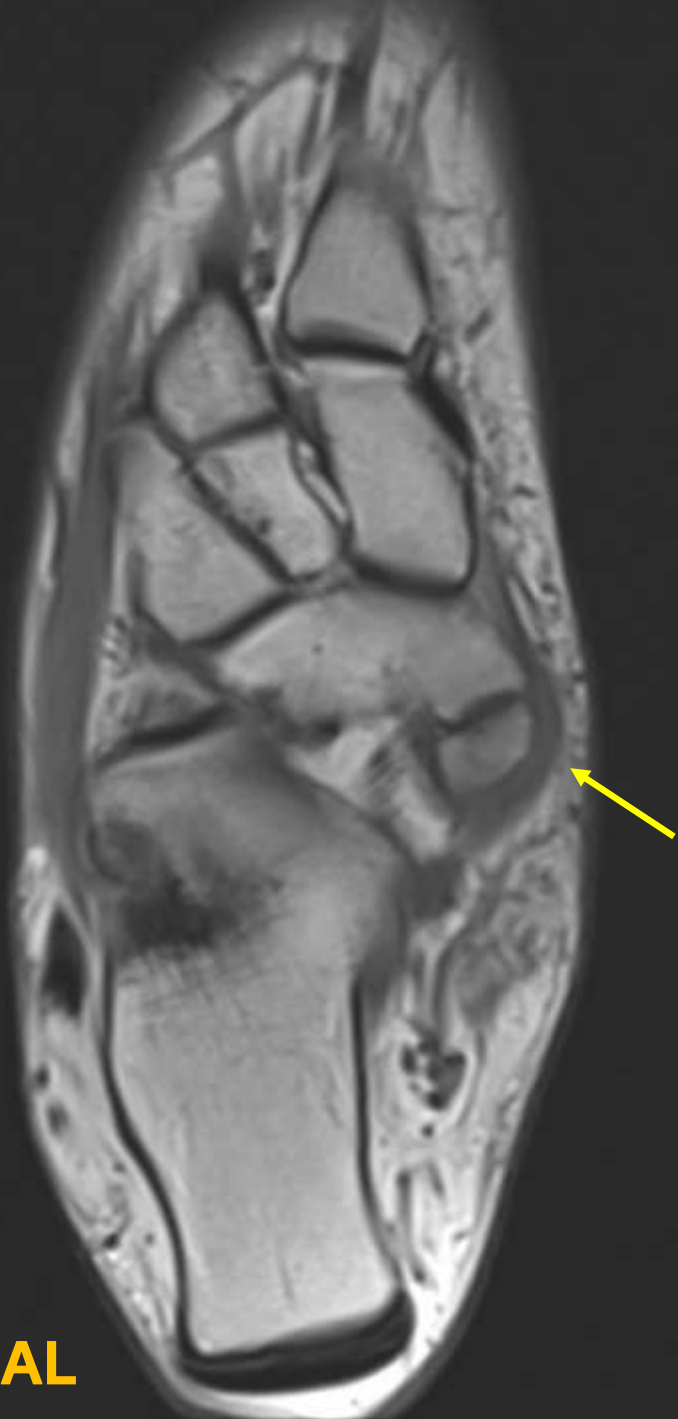
Case Courtesy: Dr. Uma Maheshwara Reddy V, Professor, NMCH
Consultant Radiologist, Clarity scans, Nellore

MI-COD

MSS INDIA- Case Of the Day



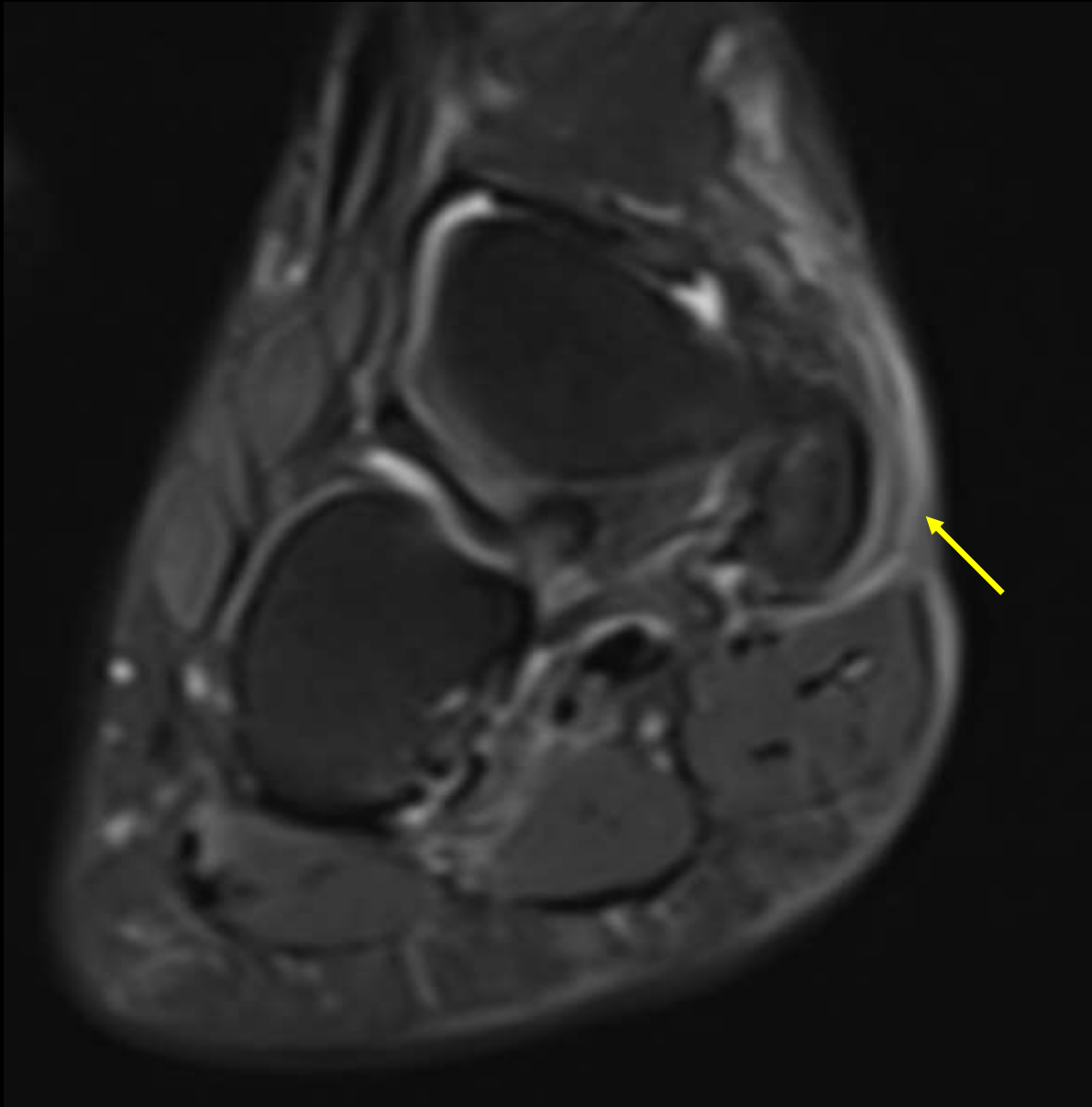




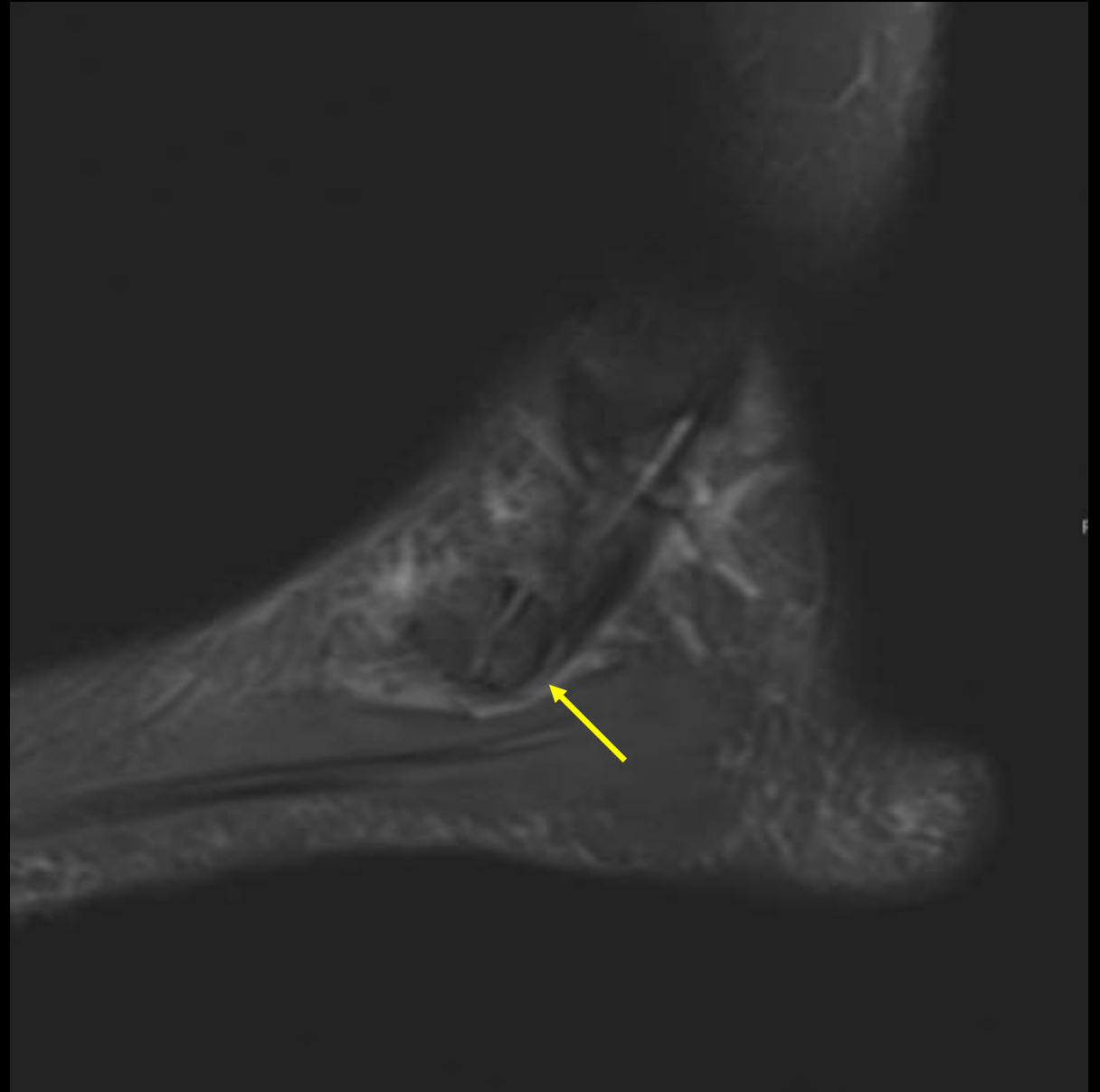
PD AXIAL



PDFS AXIAL



PDFS CORONAL



PDFS SAGITTAL

1. What are the findings ?

2. What is pathophysiology for this condition, what are aggravating factors ?

3. What is the final diagnosis ?

**OS NAVICULARE SYNDROME
(ACCESSORY NAVICULAR SYNDROME)**

ANSWERS

- ❖ X-ray shows accessory navicular in both foot (Geist Os Naviculare type II) with swelling over the medial aspect of right ankle.
- ❖ MRI Right foot with ankle shows PD hypointense/ PDFS hyperintense areas involving the bone marrow of both the **accessory ossicle and navicular bone** with adjacent soft tissue swelling and edematous changes (PD hypointense/ PDFS hyperintense areas).

ANSWERS

Pathophysiology:

- Os Naviculare syndrome involves having an extra bone near the navicular bone in the foot, called the accessory navicular bone (M/c with Geist Type II).
- This extra bone can cause pain and discomfort due to its presence and its interaction with surrounding structures (M/c due to Pseudojoint between the ossicle and the navicular bone).

Aggravating Factors:

- Overuse or repetitive stress from activities like walking, running, or standing for long periods can worsen symptoms.
- Tight or poorly fitting shoes can squeeze the foot and aggravate the area around the accessory navicular bone.
- Direct trauma to the foot can cause inflammation and pain.
- Having flat feet (Pes planus) may increase the likelihood of experiencing os naviculare syndrome.
- Muscle imbalances in the foot and ankle can contribute to abnormal foot mechanics and exacerbate symptoms.



Thank you

