

# OS TRIGONUM SYNDROME



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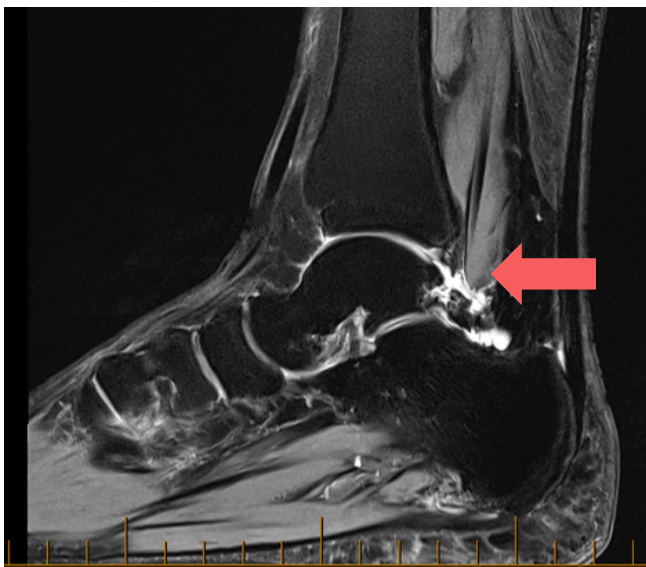
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## WHAT IS OS TRIGONUM SYNDROME?

Os trigonum syndrome is a painful condition caused by an accessory bone at the back of the ankle called an os trigonum. This can cause irritation to nearby structures or the ankle joint. This bone is present in 5-15% of the population, probably from birth, and some people from birth and usually does not cause problems. In some instances—especially during activities involving loaded repeated ankle movements—it can lead to inflammation, swelling, and pain. The condition is sometimes called “posterior ankle impingement.”



**MRI of Os Trigonum Syndrome**

## RISK FACTORS FOR OS TRIGONUM SYNDROME

5-15% of people have an os trigonum. Some factors that may increase the risk of developing symptoms include:

- Athletes
- Ballet dancers
- A history of ankle sprains and trauma
- Activities that involve repetitive toe pointing

## SYMPTOMS OF OS TRIGONUM SYNDROME

- Deep pain at the back of the ankle, especially when pointing the toes or pushing off
- Swelling and tenderness at the back of the ankle
- Stiffness and reduced flexibility, especially when pointing the toes down
- Clicking or catching at the back or the inside of the ankle

## DIAGNOSIS

Diagnosis is usually made on taking a history, examining the foot and imaging which includes:

- Pain at the back of the ankle during toe pointing is a key sign
- Palpation of the painful area
- Xrays will often show the os trigonum
- MRI scans provide detailed images of the soft tissues detecting inflammation or tendon irritation
- CT scan is useful to look at the bony detail
- An ultrasound or CT guided local anaesthetic may be injected into the area; if the pain improves temporarily, os trigonum syndrome is the likely cause of pain

# OS TRIGONUM SYNDROME



## TREATMENT

### **Non-Surgical Treatment (first line treatment):**

- Rest from aggravating activities
- Ice and anti-inflammatory medications can reduce pain and swelling
- Physiotherapy to improve flexibility and strengthen the surrounding muscles
- Corticosteroid and local anaesthetic injection under ultrasound guidance - this can also help with the diagnosis

### **Surgical Treatment:**

In cases of which do not respond well to non operative measures or relapse, surgical excision is the gold standard to improve symptoms (**see Os Trigonum Excision Surgery**)

## USEFUL WEBSITES

### **Orthobullets**

<https://www.orthobullets.com/foot-and-ankle/7049/lower-extremity-os>