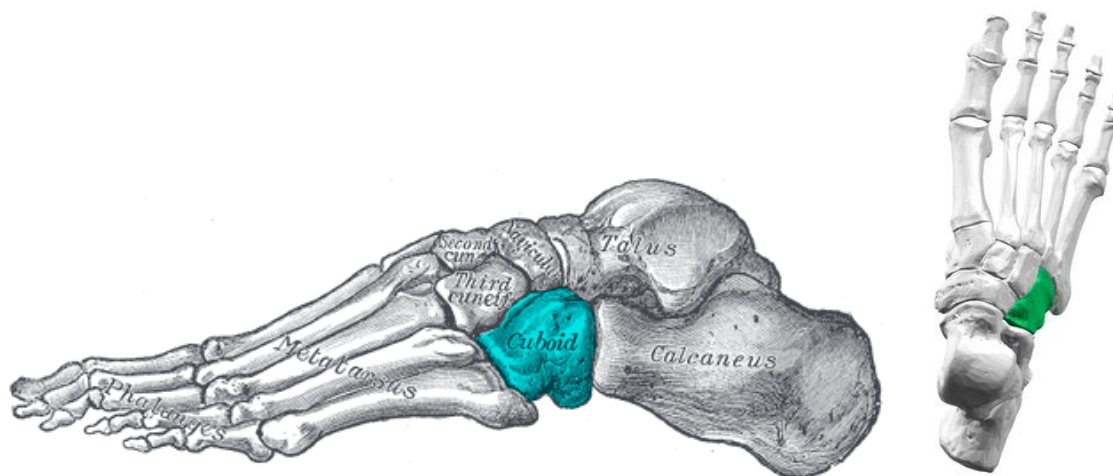




Cuboid Syndrome



What is the Cuboid?

The cuboid is a bone in the midfoot along the outer part of the foot. The cuboid bone lies between the heel bone (calcaneus) and the long bones of the forefoot (metatarsals) and functions as a pivot point for rearfoot and forefoot motion. Additionally, the cuboid bone serves a pulley for the peroneal longus tendon which assists in stabilizing the foot and ankle.

What is Cuboid Syndrome?

Cuboid syndrome (or cuboid subluxation) is a common cause of lateral foot pain in which there is a subtle disruption of the calcaneocuboid joint causing the cuboid to rotate and become shifted downward. This subtle shift in position of the cuboid bone can place stress excess stress on the cuboid bone itself as well as the surrounding ligaments and tendons.

Causes

Often cuboid syndrome is caused by either acute injury such as an inversion ankle sprain or as an overuse injury where repetitive strain is placed on the foot such as running or ballet dancing. Altered foot mechanics such as overpronated foot structure (flattened arches) can often contribute and predispose one to cuboid syndrome injury.

Several factors may increase the likelihood of cuboid syndrome, including excessive body weight, ill-fitting or poorly constructed orthoses or shoes, sudden increase in exercise, inadequate exercise recovery, and training on uneven surfaces.

Symptoms

The symptoms of cuboid syndrome include pain, discomfort, and/or weakness along the lateral (outer) part of the foot. Pain is generally present when weight bearing and relieved with rest. Pain is often worsened with side to side movement and when trying to raise up onto your toes.

Diagnosis

To diagnose cuboid syndrome, the foot and ankle surgeon will ask about symptoms and examine the foot, looking for areas of swelling. The doctor may press on the cuboid bone to assess the area for discomfort. Foot structure, muscle strength, joint motion, and the way the patient walks may also be evaluated.

X-rays may be ordered to rule out other diagnoses like fracture, but usually the subtle shift in position of the cuboid is not distinguishable on x-ray.

Treatment

Treatment for cuboid syndrome is typically always treated non-surgically and may consist of one or more of the following:

- **Manual Manipulation:** The cuboid bone will generally need to be manually realigned into its corrected position
- **Padding:** Once the cuboid has been repositioned, a cuboid pad may be added to inserts or shoes to help keep cuboid in corrected position and prevent recurrence.
- **Icing:** An ice pack may be applied to reduce pain and inflammation. Wrap the pack in a thin towel rather than placing ice directly on your skin.
- **Oral Medications:** Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, may help relieve pain and inflammation.
- **Injections:** One or more injections of a corticosteroid medication can reduce the swelling and inflammation of the joint, bringing some relief.
- **Orthotic Devices:** In some cases, custom orthotic devices may be provided to help support and realign the foot.