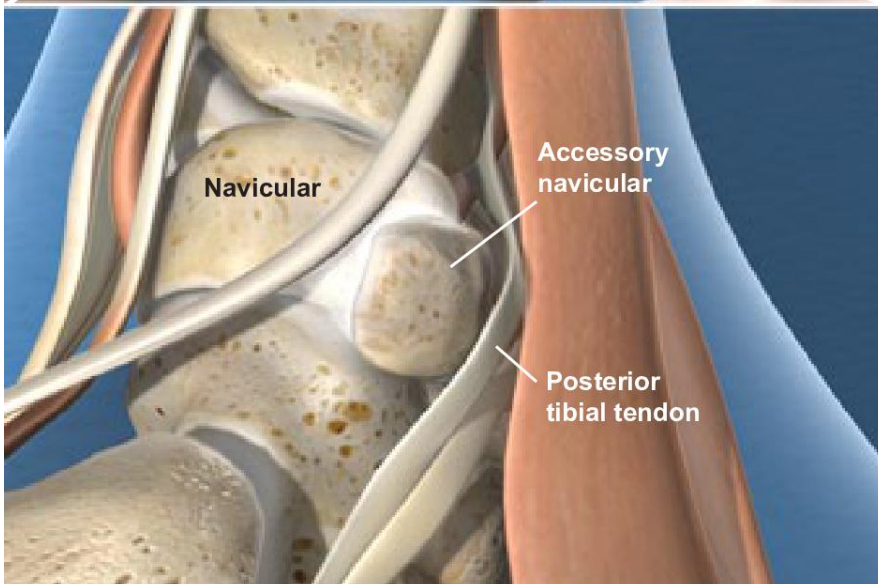
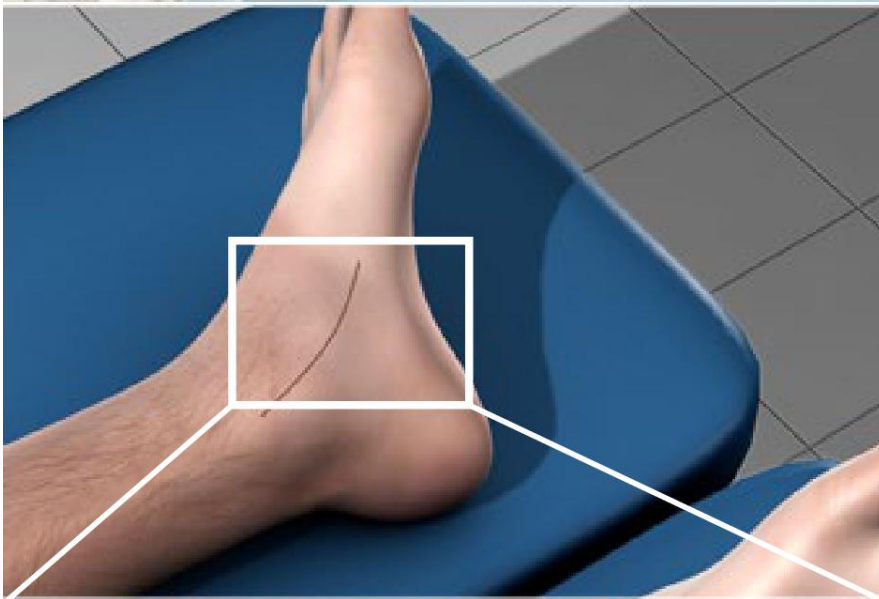
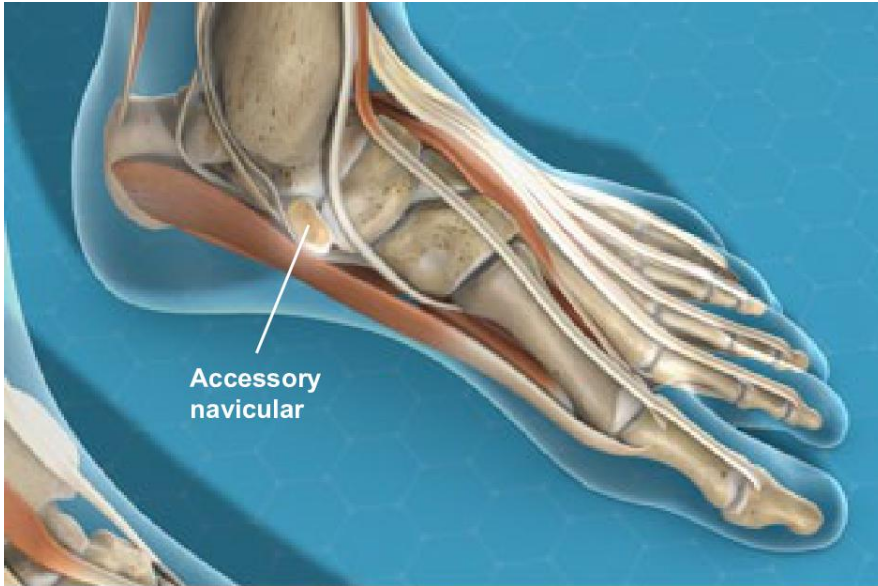




Kidner Procedure



Overview

During this outpatient procedure, the physician removes a problematic accessory navicular bone. The accessory navicular is an abnormal, unnecessary bone found in a small percentage of people. It is located on the inner side of the foot.

Accessing the Accessory Navicular

In preparation for the procedure, the patient is anesthetized and positioned. The surgeon creates an incision just above the foot's instep. The surgeon examines the anatomy of the patient's foot.

Removing the Extra Bone

If the patient's posterior tibial tendon is attached to the accessory navicular, the surgeon carefully detaches this tendon. Then, the surgeon separates the accessory navicular from the navicular bone. The two bones may be connected by fibrous tissue. If so, this tissue must be cut to release the accessory navicular. This extra bone is removed from the foot.

Reattaching the Tendon

If the surgeon previously detached the posterior tibial tendon, the surgeon reattaches it to the navicular bone.

End of Procedure

When the procedure is complete, the surgeon closes the incision with sutures or surgical staples. The foot is bandaged and placed in a splint. Crutches may be needed for several days after the surgery. Most patients will be able to resume normal activities within 10-12 weeks.