

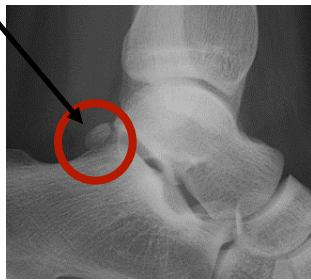


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## Os Trigonum Syndrome

Many individuals have an extra bone behind the ankle. Most of these individuals will never know it, as it usually does not cause problems. However, in athletes, especially dancers, this area will become painful, and often hinders performance.

Pain



### What can be done?

Initial treatment is rest, immobilization, and occasionally a cortisone injection. If symptoms continue or return despite these treatments, surgery may be warranted.

### Surgical Management

- Surgery is performed as an outpatient, so you go home the same day using a boot or splint. Most times weight bearing will be allowed shortly after the first post-operative appointment.
- Surgery can be performed through either open or endoscopic approaches. Both have been shown to have good outcomes. As an Orthopedic surgeon with sports medicine training, my preference is an endoscopic approach as recovery time is quicker, pain is usually less, and the scars are more cosmetically appealing.



Endoscopic



Open