

## Treatment Of Os Trigonum In A Dancer: A Case Study

### Category: Foot Pain – Dance

CE Moreau, DC, CCSP, D Velasquez, DC, Soft Tissue Center at DISC Sport and Spine, Marina Del Rey, CA

**HISTORY:** A 42-year-old male aerobics dance instructor presented with insidious, intermittent right posterior ankle pain of 1.5 years duration. The dance aerobics class did not involve typical classical ballet type moves, but did involve modern dance move positions requiring near maximal plantar flexion of the ankle. The class was performed barefoot on a hard wooden floor. **PHYSICAL EXAMINATION:** Deep palpation over the posterior ankle was moderately tender. The patient demonstrated a position of pushing the toes into the floor with the right ankle maximally plantar flexed as the position where he could reproduce the posterior ankle pain. The patient saw an orthopedic surgeon and a massage therapist prior to reporting to this facility.

**WORKING DIAGNOSES:** posterior tibialis tendonopathy, posterior tibial neuropathy.

**TESTS:** MRI revealed an os trigonum with bone edema at its medial aspect. **FINAL DIAGNOSIS:** Os trigonum. **TREATMENT:** The patient was instructed to wear protective footwear when participating in the dance class. This limited his ankle movement in plantar flexion. Three months after the initial consultation, the patient was asymptomatic. This case suggests the symptoms of os trigonum may respond well to conservative care.

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