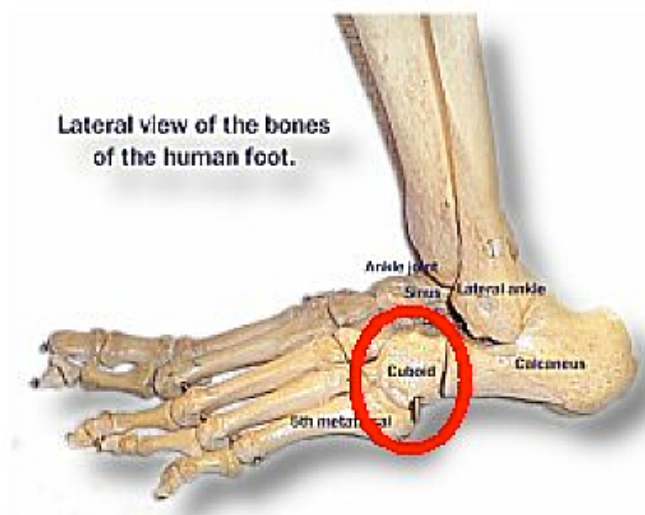


Fact Sheet

Cuboid Syndrome

What is Cuboid Syndrome?

Cuboid syndrome is a common cause of lateral foot pain. It is more common in athletes, particularly in ballet dancers & runners. The condition develops when the cuboid bone subluxes i.e. partially dislocates. This may happen suddenly due to an injury such as an ankle sprain, or develop gradually overtime from repetitive tension.



Symptoms

- Pain surrounding the outside of the foot
- Pain is worse with weight-bearing
- Tender to touch with possible redness & swelling

Diagnosis

Diagnosing a subluxed cuboid can be difficult and it is often misdiagnosed. Imaging such as x-rays, MRIs and CT scans often fail to show a cuboid subluxation but they can be useful for ruling out other causes of pain. A thorough physical assessment from your Podiatrist will help to aid in the diagnosis of Cuboid Syndrome.



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Treatment

Manipulation

The most successful treatment for a subluxed cuboid is to have the bone relocated back into its proper position. The podiatrist will perform a manipulation, which is a high velocity (quick) small amplitude thrust to the bone to relocate it. This should only ever be carried out by a trained health professional. Symptoms will usually settle immediately.

Ice Therapy

Ice can help to reduce pain and inflammation from cuboid syndrome. Place an ice pack over the outside of the foot for ten minutes at a time.

Taping

Taping of the foot and ankle is often used to support and stabilize the bones in the foot and hold the cuboid in place while the surrounding soft tissues heal. Taping should allow you to walk without pain.

Orthotics

If over-pronation of your foot (i.e. flat feet) is thought to have been a contributing factor to developing cuboid syndrome, your podiatrist may consider orthotic therapy to help improve your overall biomechanics.



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ALWAYS CONSULT A TRAINED PROFESSIONAL

The information in this resource is general in nature and is only intended to provide a summary of the subject matter covered. It is not a substitute for medical advice and you should always consult a trained professional practising in the area of medicine in relation to any injury or condition. You use or rely on information in this resource at your own risk and no party involved in the production of this resource accepts any responsibility for the information contained within it or your use of that information.