Athletes and Dancers demonstrate superior outcomes after the Kidner procedure for an accessory navicular

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INTRODUCTION:
An accessory navicular is an extra bony growth that may seen near the navicular bone of the foot. Young active patients with an accessory navicular commonly experience pain during physical activity leading to physical limitations. Among athletes, dancers are most likely to have an injury of the foot and ankle region. Dancers, specifically those who dance predominantly on their toes often experience forces on the foot and ankle up to 12 times their body weight.
METHODS:
This was a retrospective comparative study evaluating the outcomes of the Kidner procedure in athletes (dancers and other sports) and non-athletes. Our study included eighty-two consecutive patients (93 feet) who were operatively managed with the Kidner procedure for a symptomatic accessory navicular between the years 20212 to 2023. Patients who underwent any other procedure in addition to the Kidner procedure were excluded from the study. IBM SPSS version 27.0 (IBM Corp., Armonk, New York) was utilized was statistical analyses (Independent samples T-test, ANOVA, Chi-square or Fisher's exact test).
RESULTS:
Athletes and dancers had a greater postoperative FAAM ADL score compared to non-athletes/general population. Comparison of dancers to other athletes revealed that at preoperative presentation, dancers were less able to complete essential tasks relevant to their respective sport (Preoperative FAAM Sports; 28.12+/-23.59 vs 55.45+/-25.11, p=0.01). However after the Kidner procedure, dancers and athletes had similar postoperative outcomes.
DISCUSSION AND CONCLUSION:
Prior data has shown that the athletic population is more likely to require surgical management for an accessory navicular. In this current study, we found that dancers were more likely to present with worse preoperative FAAM sports scale compared to other athletes. However, dancers and other athletes are more likely to have a great function for activities of daily living in the postoperative period compared to non-athletes/general population.