Navicular Fracture, Foot (Simple)

A break (*fracture*) in bone of the tarsal navicular means that one of the upper bones of the foot is broken. The term tarsal refers to this being in the foot and not the carpal navicular that is the bone in the wrist. This is one of the bones in your foot that is located on the inner side of your mid foot. When fractures are small and not out of place, they may be treated conservatively. This means that only a cast is needed for treatment. At first there may be no walking allowed but following a period of time, your caregiver may allow you to have a walking cast.

Tarsal Navicular Bone

DIAGNOSIS

The *diagnosis* (learning what is wrong) of a fractured navicular is made by x-ray. These may be required before **and** after the injury is put into a splint or cast. X-rays are taken when followed up, to make sure the bone pieces have not moved to a bad position.

HOME CARE INSTRUCTIONS

- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- If you have a splint held on with an elastic wrap and your foot or toes become numb or cold and blue, loosen the wrap and reapply more loosely. See your caregiver if there is no relief.
- You may use ice for 20 minutes, 4 times per day, for the first 2-3 days.
- Use injured foot (*extremity*) as directed.
- See your caregiver as directed. It is very important to keep all follow-up referrals and appointments in order to avoid any long-term problems with your ankle and foot including chronic pain, inability to move the ankle or foot normally, and permanent disability.

SEEK IMMEDIATE MEDICAL CARE IF:

- There is swelling or increasing pain in foot.
- You begin to lose feeling in your foot or toes, or develop swelling of the foot or toes.
- You get a cold or blue foot or toes on the injured side.
- You develop pain not relieved by medications.

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