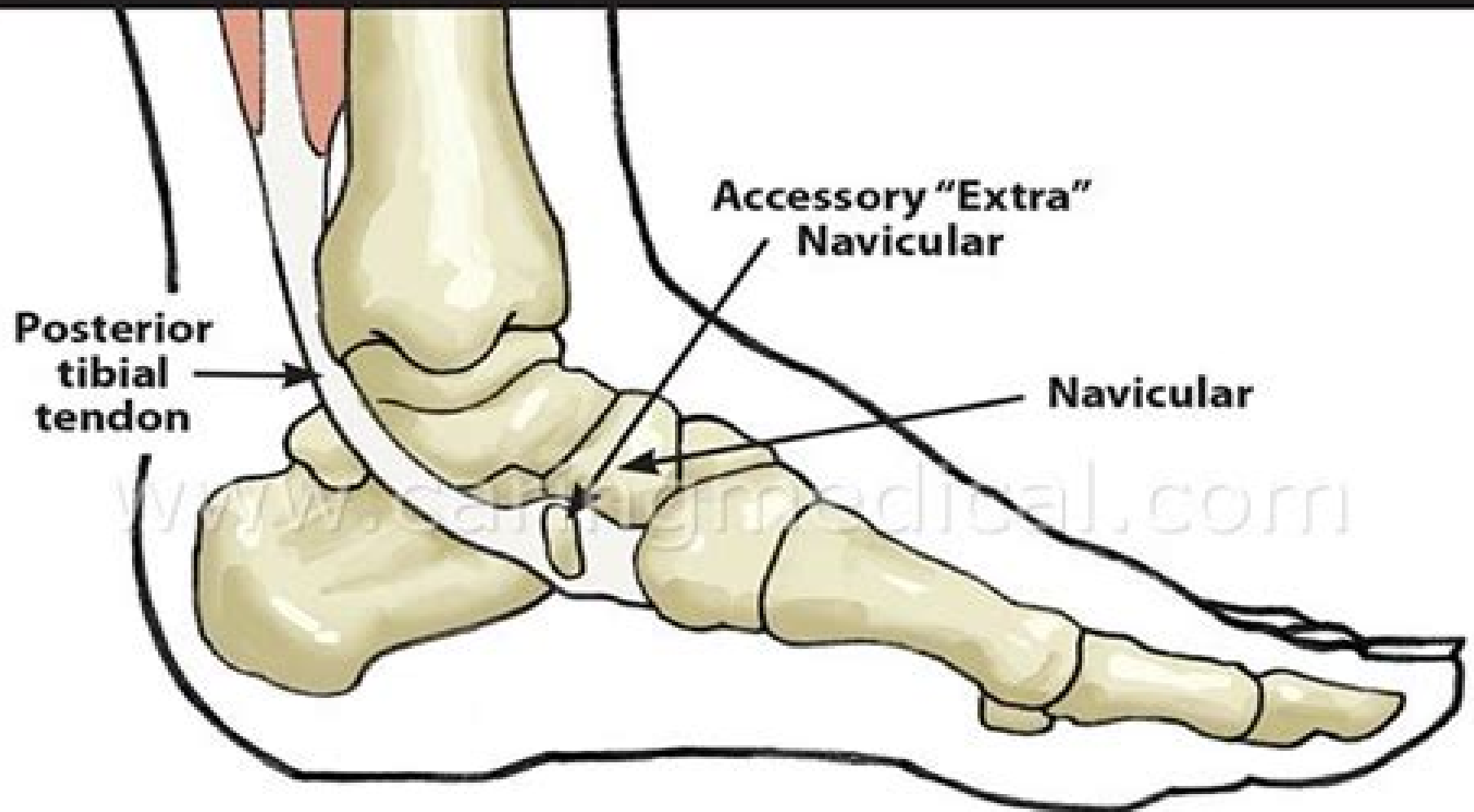


**Accessory “extra” navicular bone, medial view of foot.** About 5% of the population have an “extra” navicular bone that can irritate the posterior tibial tendon and cause accessory navicular syndrome. Prolotherapy is an effective treatment for this.



# Navicular Syndrome Explained

**Gary M. Baxter**



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