

Foot surgery for tarsal coalition

Children's Hospital

Produced: June 2019

Information for Parents

Review: June 2022

Leaflet number: 417 Version: 1

What are the tarsal bones?

The tarsal bones are the bones that are in the middle and the back of the foot, they all form joints that are important to make the foot work properly. The tarsal bones are called the calcaneus, talus, navicular and cuboid.

What is tarsal coalition?

Tarsal coalition is when the growth of bone or cartilage (tough, flexible tissue that covers the surface of joints) is abnormal. It is estimated that around 3-5% of people have tarsal coalition and about 50% of these have it in both feet.

Causes

Tarsal coalition can be a genetic error in the development of a baby during pregnancy. It can be triggered by trauma to the area, infection or arthritis (rare in children).

Symptoms

Even though most children who have tarsal coalition are born with them they don't usually notice any painful symptoms until between the ages of 8-16. This is because as children grow up their bones change from being mostly bone to mostly cartilage, during this time the hardening tarsal coalition becomes more rigid and painful.

Children and young people with tarsal coalition may have:

- Pain usually on the outside and top of the foot
- Flat feet/foot (not all children with flat feet have tarsal coalition)
- Stiffness and muscle spasms in the affected foot

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Treatment

Around 75% of children with tarsal coalition never need treatment. Out of the 25% of children who do require treatment, up to one half don't need surgery.

Treatment decisions are based on things like age; medical history and how much the condition and symptoms are affecting the child.

The main goal for treatment is to reduce pain and muscle spasms by reducing the range of movement in the affected joint/joints.

Non-Surgical treatments include:

- Casts or walking boots
- Orthotics (special custom made shoe inserts)
- Steroid injections
- Anti-inflammatory medications
- Stretching and physiotherapy

Surgical Treatment

If the pain does not get better after non-surgical treatment your doctor may suggest surgery. The type of surgery depends on the type of tarsal coalition, where on the foot it is and whether arthritis is involved.

After surgery your child will likely stay overnight for monitoring and pain management. They will go home with a cast and will need to limit their activities for about a month, they may be given crutches or a walker to use during this time. They will then be given a walking boot and begin strengthening exercises to help restore muscle strength. They will be able to restart full activities including sports after 3-6 months.

Paediatric Orthopaedic Consultants

- Mr Furlong
- Mr Abraham
- Mr Qureshi
- Miss Peek

Contact Details

Julie Keeley (Secretary) 8am-4pm 0116 258 5756
Jo Shaw (Specialist Nurse) 07950888466

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk