

cuboid syndrome

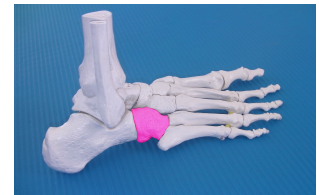
tips for best management

cuboid syndrome

patients occasionally present with lateral ankle pain that is more distal over the cuboid. The ballet dancer is often affected with repetitive movement onto their toes, if they have less than ideal ankle stability.⁽²⁾ Otherwise someone may present with cuboid syndrome after an ankle inversion/plantarflexion injury when their pain is more distal at the midfoot.⁽¹⁾

1. what is cuboid syndrome?

- a subluxation or dislocation of the cuboid infero-medially
- this results in a disruption of the structural congruity of the calcaneo-cuboid joint ⁽²⁾
- the peroneus longus tendon is often implicated as it has an eversion pull on the cuboid ⁽³⁾



2. diagnosis

cuboid syndrome can be diagnosed with:

- palpation tenderness and/or a sulcus sign at the dorsal cuboid ⁽³⁾
- resisted isometric muscle testing against ankle eversion from a plantarflexed position may reproduce pain or weakness (compared to opposite side)
- imaging can rule out other differential diagnosis, but is not useful to diagnose cuboid syndrome ⁽²⁾



3. treatment

- manipulation or mobilisation of the cuboid for immediate pain relief ⁽¹⁾
- taping, padding or a calcaneal valgus wedge can help to settle symptoms ⁽³⁾
- assessment of the whole body & retraining optimal biomechanical efficiency is important to treat the cause of the injury & prevent recurrence



we have a good supply of walking boots with excellent stability & comfort for immediate fracture management or conditions requiring immobilisation.

we also treat the whole body & pride ourselves on staying updated with current evidence based practice

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references:

1. Jennings J & Davies GJ. *Treatment of Cuboid Syndrome Secondary to Lateral Ankle Sprains: a case series. Journal of Orthopaedic and Sports Physical Therapy* 2005; 35(7):409-415.
2. Patterson SM. *Cuboid Syndrome: a Review of the Literature. Journal of Sports Science and Medicine*, 2006; 5:597-606.
3. Durall CJ. *Examination and Treatment of Cuboid Syndrome: a literature review. Sports Health*. 2011; 3(6):514-519.