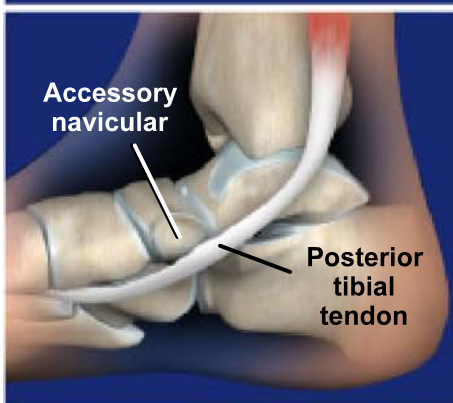
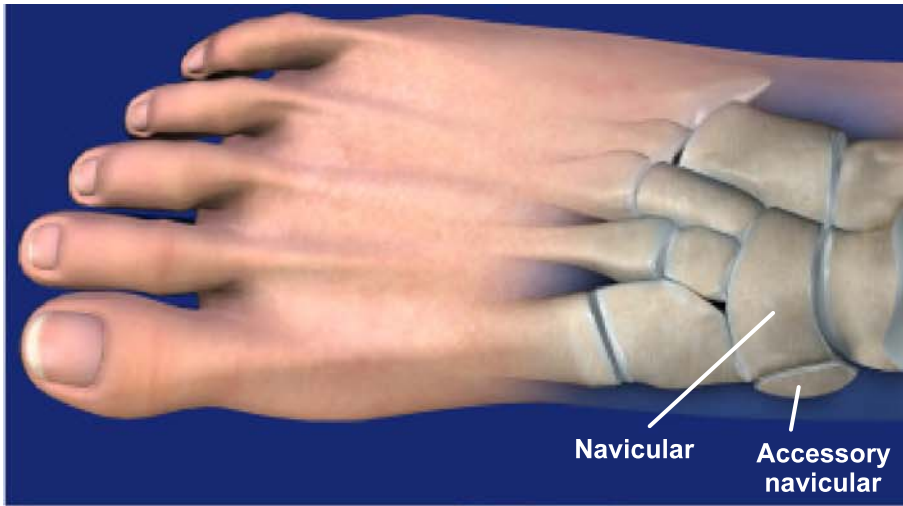


## KIDNER PROCEDURE



### Overview

This surgical procedure is designed to relieve pain in the foot by removing an inflamed or damaged accessory navicular, an extra bone in the foot that is found in certain people.

### Preparation

The patient is positioned so that the top and inner side of the foot is clearly visible to the physician. Anesthetic is administered, and the area is cleaned and sterilized.

### Accessing the Bones

An incision is made just above the instep of the foot, over the accessory navicular. The area is examined and the surgeon determines if the posterior tibial tendon is attached to the accessory navicular.

### Removing the Extra Bone

If the posterior tibial tendon is attached to the accessory navicular, it is detached. The fibrous tissue connecting the accessory navicular to the navicular is cut and the extra bone is removed. The posterior tibial tendon is anchored to the navicular.

### End of Procedure

The incision is closed with sutures or surgical staples and the foot is bandaged and placed in a splint. Crutches may be needed for several days after the surgery. Most patients can return to normal activity within six weeks.