

Cuboid Syndrome

Treatment Guidelines Handout

What is cuboid syndrome?

Cuboid syndrome occurs when the cuboid bone in the outer foot is displaced, causing pain and difficulty walking. It often happens after an ankle sprain or due to overuse.

Treatment guidelines

- The initial step in treating cuboid syndrome is rest, specifically by minimizing or avoiding activities that involve weight-bearing on the affected foot.
- Home remedies include RICE therapy, which stands for rest, ice, compression, and elevation.
- Should the pain persist or intensify, it is advisable to consult a doctor or physical therapist. A qualified professional can perform specific foot manipulations to alleviate cuboid syndrome, such as:
 - **The cuboid whip:**
This technique involves applying a quick and forceful thrust to the cuboid bone to reposition it.
 - **The cuboid squeeze:**
This technique involves squeezing the cuboid bone between the thumb and fingers to realign it.

Additional treatment options for cuboid syndrome may include:

- **Foot taping:**
Taping the foot in a specific way can help stabilize the cuboid bone and relieve pain.
- **Orthotic inserts:**
Custom or over-the-counter orthotics can provide support and cushioning for the foot, reducing strain on the affected area.
- **Stretching exercises:**
Gentle stretching of the foot and ankle can help improve flexibility and reduce tension in the surrounding muscles.

Surgery is rarely recommended for this condition, and only when other treatment options have not brought relief.

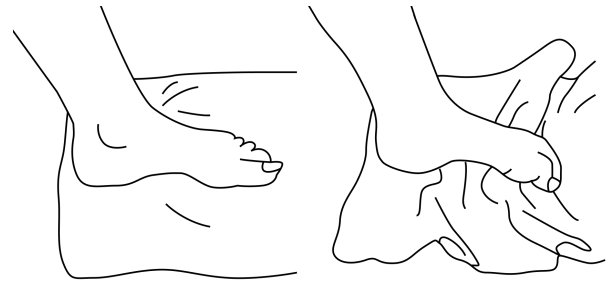
Home exercises

Here are some home exercises for cuboid syndrome. Everybody's condition is unique, so consult with your doctor if you have any doubts or concerns before trying these exercises. It's also important to listen to your body and stop if you experience pain or discomfort.



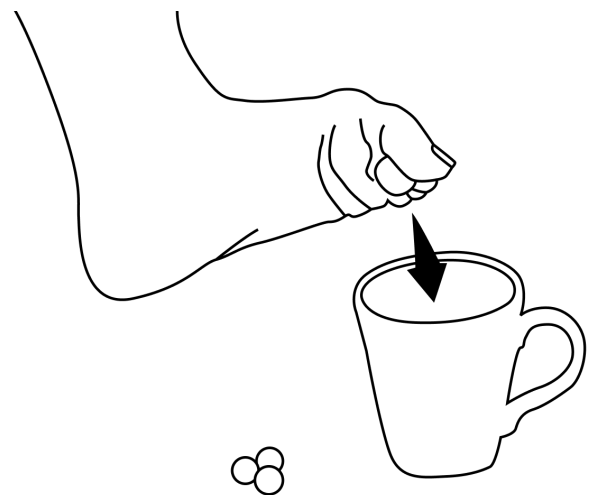
Ankle alphabet

Instructions: Trace the alphabet with your foot, making the letters as large as possible. Repeat 2-3 times.



Towel scrunches

Instructions: While sitting, place a small towel under your foot. Use your toes to scrunch the towel, pulling it toward you. Hold 5 seconds. Repeat 10 times.



Marble pickups

Instructions: Put 10-20 marbles on the floor. Use your toes to pick up one marble at a time and place it in a bowl. Repeat with the other foot.

What to avoid

- Aggravating activities until pain subsides
- Walking barefoot or in unsupportive shoes
- Uneven surfaces and high-impact sports initially

When to follow up

Please schedule a follow-up visit in 1-2 weeks to re-assess your progress. Contact us sooner if your symptoms worsen or do not improve.

Additional information

Clinic contact details:

References

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Myhealth.Alberta.ca. (n.d.). Marble pickups. Retrieved June 7, 2024, from <https://myhealth.alberta.ca/Health/Pages/conditions.aspx?hwid=zm2604>

Saint Luke's Health System. (n.d.). Ankle alphabet (flexibility). <https://www.saintlukeskc.org/health-library/ankle-alphabet-flexibility>