

Kohler's Disease Treatment Guidelines Handout

Overview of Kohler's Disease

What is Kohler's disease?

Kohler's disease, also known as avascular necrosis of the tarsal navicular bone, is a rare condition affecting children. It involves temporary disruption of blood supply to the navicular bone in the foot, leading to bone tissue death and potential deformity.

Key points

- Primarily affects children aged 3 to 7 years.
 - More common in boys than girls.
 - Symptoms include foot pain, swelling, and limping, especially after physical activity.
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Treatment options

Kohler disease typically resolves over time with or without treatment. Symptoms can last for a few days or persist for up to two years, but symptoms usually resolve within six months. Here are some options to reduce pain and discomfort:

Conservative management

1. Rest and activity modification:

- Limit weight-bearing activities to reduce stress on the affected foot.
- Use supportive footwear or orthotic devices.

2. Pain management:

- Nonsteroidal anti-inflammatory drugs (NSAIDs) for pain relief and reduction of inflammation.
- Avoidance of activities that exacerbate pain.

Medical interventions

1. Short leg cast or boot:

- Immobilization reduces stress on the navicular bone and promotes healing.
- Regular monitoring and adjustment as necessary.

2. Surgical options:

- Rarely indicated but may include procedures to stabilize or realign the affected bone.
 - Reserved for severe cases where conservative measures are ineffective.
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