

# MUELLER-WEISS DISEASE: THE CHALLENGES IN TREATING AN UNCOMMON CAUSE OF CHRONIC MIDFOOT PAIN

Savarirajo JC, Sharveen G, Sabrina AG, Hadizie D

*Orthopaedic Department, Hospital Universiti Sains Malaysia, Kota Bharu, Kelantan*

## INTRODUCTION:

Mueller-Weiss disease, or spontaneous osteonecrosis of the navicular in adults<sup>1</sup> is a rare cause of chronic midfoot pain. Disease progression leads to bone deformity, dorsal protrusion and fragmentation. With a lack of consensus on its pathophysiology and treatment, compounded with recurring symptoms, makes this a challenge to treat.

## REPORT:

A 50-year-old gentleman presented with longstanding bilateral midfoot pain which was worse on the left side. Patient has already had multiple procedures done, including bone excision and bone graft insertion. The pain was initially insidious in onset but has persisted despite treatment. Examination revealed dorsomedial midfoot tenderness, with no signs of inflammation or infection. Radiological findings showed bilateral medial navicular protrusion. The patient was treated with left talonavicular and subtalar arthrodesis following which there was slight improvement in symptoms.

## DISCUSSIONS:

Multiple modalities have been proposed including arthrodesis with tricortical iliac crest or femoral head grafts, tension band wiring and percutaneous decompression. Clinical outcome was assessed using the American Orthopaedic Foot and Ankle Society clinical rating scale, which provides acceptable validity regarding foot and ankle conditions<sup>2</sup>.

## CONCLUSION:

Mueller-Weiss Disease is difficult to treat in terms of its complexity and outcomes. To ensure a successful outcome, a systematic approach is required to create a pain manageable or pain free, well aligned and plantigrade foot<sup>3</sup>.



**Figure 1: Pre-operative radiograph**



**Figure 2: Post-operative radiographs**

## REFERENCES:

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