

ISELIN'S DISEASE: A RARE DIAGNOSIS CONSIDERATION FOR A CHILD WITH BILATERAL LATERAL FOOT PAIN

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Introduction: This case report discusses a presentation of bilateral lateral foot bony prominence and pain found in a 9 years old girl. Iselin's disease is a traction apophysitis of the tuberosity of the fifth metatarsal. This rare condition presents as pain over lateral midfoot which can be aggravated by physical exertion. It is a diagnosis dilemma with multiple differential diagnosis such as Jones fracture, Pseudo-Jones fracture, stress fracture, or os vesalianum pedis. Iselin's disease can be diagnosed by radiograph where apophysis is found laterally and parallel to the longitudinal axis of the fifth metatarsal bone without intraarticular involvement. It is usually treated conservatively with rest and NSAIDs but operative excision has also been recommended.

Discussion: In this patient, the pain reduced after treatment with rest and NSAIDs but recur with strenuous exertion.

Conclusion: When approaching patients with complaint of pain over lateral foot, possibility of Iselin's disease should be considered especially in paediatric age group and atraumatic cases.