

Kohler disease is a rare bone disorder of the foot in children that may be the result of stress-related compression at a critical time during the period of growth. It is characterized by limping caused by pain and swelling in the foot. It most often occurs in children between the ages 3-7, and affects males five times more often than females. Usually, just one foot is affected so children typically walk on the side portion of the foot. A diagnosis of Kohler disease is suspected based on the presence of the signs of symptoms in the child. The clinical diagnosis of Kohler disease is reinforced by X-rays that show flattening, sclerosis, and fragmentation of the navicular bone, which can be compared to the unaffected side to make the diagnosis. However, these abnormalities of the navicular bone are bilateral in approximately 25% of patients and may be seen in children who do not have Kohler disease.