



PERFORMING ARTS

SPECIAL INTEREST GROUP



ORTHOPAEDIC SECTION

AMERICAN PHYSICAL THERAPY ASSOCIATION



American Physical Therapy Association
The Science of Healing. The Art of Caring.

Landel R.

Treatment of Cuboid Syndrome: Manual Reduction via Grade 5 Mobilization.

2005;17(3):37-38

ARTICLE SUMMARY

Cuboid syndrome is caused by subluxation of the cuboid bone, usually in the plantar direction. Patients will present with lateral midfoot pain (insidious or traumatic onset) and possible history of an ankle inversion sprain. It is also possible that the peroneus longus tendon can sublux the cuboid in the plantar direction if it is tight or strongly contracted. In this instance a manual mobilization of the cuboid is indicated. Although other studies have described this technique and indications for its use, this article explains the indications, contraindications, and follow-up interventions for a grade 5 mobilization of the cuboid.

[Return to Menu](#)