COMMON TUMOUR IN AN UNCOMMON LOCATION

Jebasingam Issace SJ, Chuan YJ, Premchandran N
Department Of Orthopaedics, Hospital Tengku Ampuan Afzan, Kuantan, Pahang

INTRODUCTION:

Osteochondroma are present approximately 10–15% of all bone tumors. Usually represent as cartilage capped tumor around the proximal tibia and distal femur. They grow during childhood through adolescence but usually stops when the epiphyseal plates fuse. In adults, growth of an osteochondroma may suggest malignant transformation to chondrosarcoma. Calcaneum is an unusual region for an osteochondroma.

CASE REPORT:

A 21year old male presented with a swelling over plantar aspect of right foot for two years. It was slowly growing. Since the last three months patient had pain over the heel. On examination, a bony hard swelling of 2x2cm was found over the right heel was non-tender and immobile. There was a calcaneal-valgus deformity of the heel during ambulation. Radiological examination revealed a sclerotic lesion arising from medial process of the calcaneum (Figure1). During operation, the lesion was a floating oval mass between the periosteum and subcutaneous fat with no stalk. The calcaneum was normal. A 2x2cm bony mass was excised (Figure2a) and sent for histopathological examination which revealed a circumscribed lobulated nodular lesion covered with fibrous capsule suggestive of osteochondroma (Figure2b).

Figure 1: Axial & Lateral view radiograph of right calcaneum demonstrating the sclerotic osseous mass

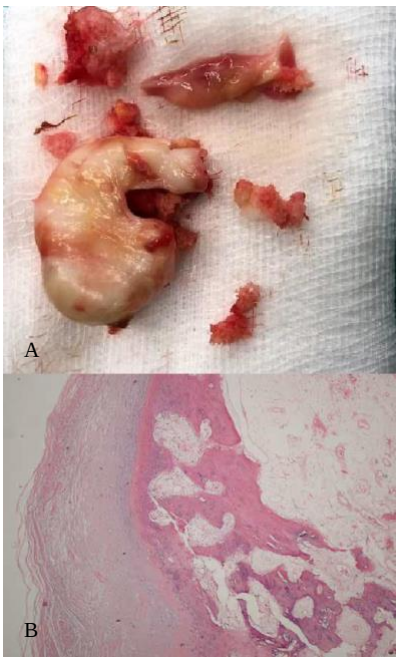

Figure 2: (A)gross specimen with a capsule connected to the soft tissue, (B)HE-stained specimen, showed circumscribed lobulated nodular lesion covered with a fibrouscapsule.

CONCLUSION:

Extra skeletal osteochondromas, are slow growing solitary nodules of hyaline cartilage seen rarely and presents with central calcification that does not reach the cortex of bone and are benign. There is 1-2% risk of malignant transformation. If symptomatic or shows signs of malignant transformation, surgical excision is the treatment of choice.

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