

# A COMMON LUMP AT THE UNCOMMON SITE: A RARE INTRAMUSCULAR LIPOMA INVOLVING TWO MUSCLES OF THE FOOT

Syuhada AM, Yap YS, Teo YM, Abdul Aziz HY  
*Department Of Orthopaedics, Hospital Seberang Jaya, Pulau Penang*

## INTRODUCTION:

Lipomas are the commonest benign soft tissue tumour that are mostly located subcutaneously, but their presence at uncommon sites of the deep-seated intramuscular foot make this case interesting. Intramuscular lipoma are extremely rare and account less than 1% of all lipoma. (1) We describe here an unusual case of an intramuscular lipoma of the foot involving two muscles of extensor digitorum longus and extensor hallucis longus.

## CASE REPORT:

A 67 year-old female presented with a painless swelling over the dorsum aspect of the right foot. It was progressively increasing in size in two years duration. On examination, 2 x 2 cm ill-defined swelling with normal overlying skin. The swelling was firm, non-mobile and non-tender. Radiographs obtained did not exhibit any visible abnormalities. MRI revealed a well-capsulated lesion splaying the extensor digitorum longus and extensor hallucis longus tendon. No evidence of aggressive features. Patient was taken for excisional biopsy. Wide excision of the mass along with margins was performed. The muscle fibers were retracted, and the lesion was excised. Histopathology evaluations showed a lesion composed of an adipose tissue made up of inoculated adipocytes with a few blood vessels and muscle tissues. No atypical stromal cell was seen. These findings are most consistent with an intramuscular lipoma.

**Figure 1**



**Figure 2**



**Figure 1: Lipoma dissected**

**Figure 2: Excised lipoma**

## DISCUSSIONS:

To our best knowledge, there are only two reported incidence of the lipoma in the musculature of the foot. (1) This might be due to relative paucity of soft tissue at the region. The frequency is probably underestimated. (2) Although a presumptive diagnosis is typically made clinically, but due to rare reported cases, it require MRI as a gold standard investigation. Despite their infiltrative nature and their tendency to recur locally, reported intramuscular lipomas are benign and so far no definite evidence recorded for the malignant potential. (3)

## CONCLUSION:

Due to the unfamiliarity with the sites and the subtype of lipoma, a careful clinical, imaging and histopathology examination allow for appropriate diagnosis and surgical excision of intramuscular lipoma

## REFERENCES:

- 1.Fletcher CD, Martin-Bates E. Intramuscular and inter muscular lipoma: neglected diagnosis. *Histopathology*.1998;12:275
- 2.Mercuri M, Casadei R:Tumour in the foot.*Foot Ankle Surg*.2002;8:175-190
- 3.Matsumoto K, Hukuda S, Ishizawa M. Liposarcoma associated with multiple in-tramuscular lipoma.A case report. *Clin Orthop Relat Res* 2000;373:202-7.