Chondromyxoid Fibroma of Calcaneum: A Rare Case in Indian Population

Amit Lakhani*, Deepak Kumar, Saurabh Jain, Reyaz Ahmad
Department of Orthopaedics, MMMC and Hospital, Solan, HP, INDIA.

ABSTRACT
Chondromyxoid fibroma is a cartilaginous tumor of metaphysis of long bones. It’s occurrence in calcaneum is very rare. Here we report a case of 16 year old female, presented with swelling and pain in left foot. On X ray an eccentric radiolucent lesion was seen. FNAC suggested cartilagionous tumor. Lesion was curreted and filled with bone graft. On histology chondromyxoid fibroma diagnosis was confirmed.

KEYWORDS: Cartilaginous, Eccentric, FNAC, Radiolucent.

INTRODUCTION
Chondromyxoid fibroma is a rare lesion of cartilaginous origin, representing less than 0.5% of all bone tumors according to the Mayo Clinic series. Its occurrence in calcaneum is very rare and only in five studies of calcaneum involvement have been reported in literature. We report here a case of chondromyxoid fibroma of calcaneum.

CASE REPORT
A 16 year old female presented in OPD with chief complaint of swelling in left foot with heel pain while walking. Swelling onset was gradual. The patient denied history of trauma, fever or any previous surgery. On examination a firm swelling on lateral aspect of foot with distinct margin and normal overlying skin [Fig 1]. It was tender and 3x4cm in size. Range of motion was normal at overlying ankle and subtalar joint. Lateral view of ankle X ray showed eccentric radiolucent lesion with sclerotic margin [Fig 2]. CT scan showed intact overlying cortex. FNAC suggested chondromyxoid fibroma. Lesion was curreted through lateral approach and filled with bone graft. Histological examination confirmed chondromyxoid fibroma.

DISCUSSION
Chondromyxoid fibroma is a benign, although potentially aggressive tumor, with a cartilage-like matrix, accounting for approximately 1% of all bone tumors. It usually affects the metaphyseal region of long bones of patients in their first or second decade of life. The tumor is more common in males. The tumor is benign and there have been no reports of metastases.

REFERENCES

Fig 1: Firm swelling on lateral aspect of foot with distinct margin.

Fig 2: Eccentric radiolucent lesion.

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