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Case Report

OSTEOCHONDROMA OF TALUS – AN UNUSUAL SITE

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ABSTRACT

Osteochondroma is the most common benign bone tumor, and occurs most frequently in the proximal humerus, tibia and distal femur. It rarely affects the talus. Therefore, we report a case of osteochondroma of the talus.

Keywords: Osteochondroma, Talus, Bone Tumors, Tibia, Distal Femur.

INTRODUCTION

An Osteochondroma, which is also known as osteocartilageneous exostosis, is the most commonly occurring benign neoplasm, representing 42% to 50% of all bone tumors[1]. Osteochondroma is the most common benign bone tumor, and occurs most frequently in the mataphysis of proximal humerus, tibia and distal femur. It rarely affects the talus[2].

CASE PRESENTATION (CLINICAL DETAILS)

A 21 year old male presented with a 1 year H/O painful swelling on his left ankle (fig.1). On clinical examination, the swelling was firm to hard measuring 3x3 cms in diameter on his left ankle. Radiography of left ankle demonstrated a lobulated mass on the anteromedial part of the talus that was continuous with the cortex and medulla of the talus (fig. 2)

GROSS/HISTOPATHOLOGICAL FINDINGS:

Patient underwent surgical excision of the mass and the specimen was sent to the pathology department. On Gross examination a lobulated mass (fig.3) was seen which was well circumscribed. On C/S soft, homogeneous, cystic, gelatinous areas seen (fig.4).Histopathological examination revealed a well circumscribed cartilaginous cap covering the mature bone. (Fig. 5&6)

DISCUSSION

Osreochondroma are solitary or multiple, pedunculated or sessile exophytic out growths from the bone surface that are composed of cortical and medullary bone with an overlying hyaline cartilage cap, and they represent the most common primary bone tumors[3]. It is usually asymptomatic but it may lead to deformity or interface with the function of adjacent structures such as tendons and blood vessels. It may also undergo spontaneous regression[2]. They rarely affect the talus, and only a few cases of talar osteochondroma have been reported[3]. Benign osteochondromas representing 42% to 50% of all bone tumors. In one of the series of 783 osteochondromas, only 15 osteochondromas were encountered in the tarsal region and 10 of these were in the calcaneum[(1)]. Radiographic appearance of osteochondroma is very characteristic one of the most typical feature is the fact that the lesion when located in metaphysis of long bones grows at in a direction opposite to the adjacent joint[2]. Excision is the successful form of treatment for symptomatic osteochondromas, with low morbidity. Careful surgical planning may prevent the recurrence of this lesion and its complications.

CONCLUSION

To conclude we reported a case of osteochondroma of talus in an unusual site in a young adult.

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3. O Sahap Atik et al. Osteochondroma of Talus. Eklem Hastaslk Cerrahisi. 2010; 43(2):116-117.

Figure 1: Photograph of Swelling on left Ankle

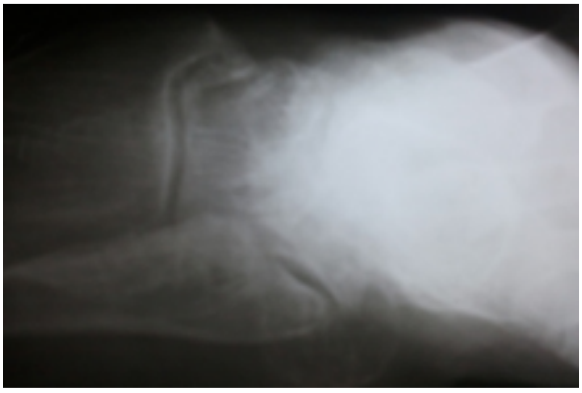

Figure 2: Photograph of Radiographic image showing lobulated mass on left ankle

Figure 3: Photograph of well circumscribed lobulated mass.

Figure 4: Photograph of C/S of lobulated mass showing soft, homogeneous, cystic, gelatinous areas.

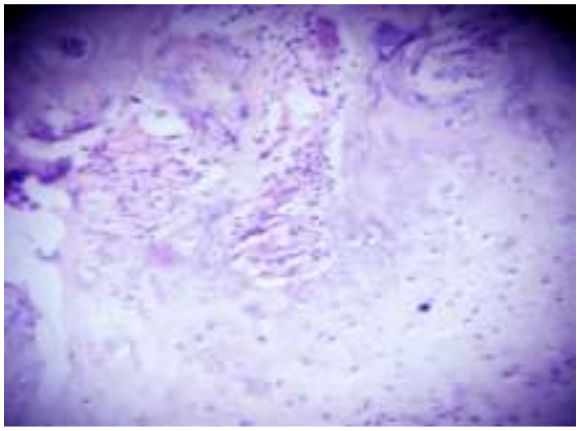

Figure 5: Photomicrograph of mature bone covered by well differentiated cartilaginous cap.(H&E,100X)

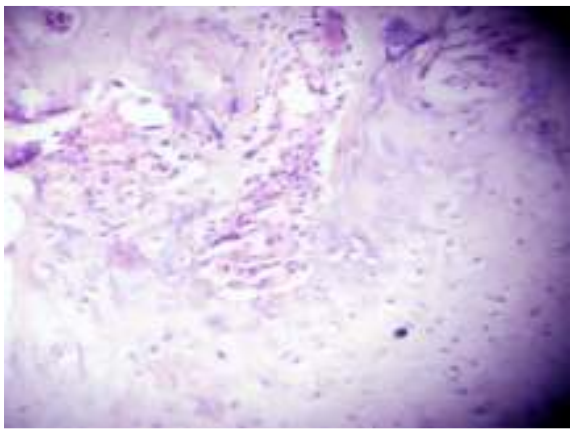

Figure 6: Photomicrograph of mature bone covered by well differentiated cartilaginous cap.(H&E,400X)

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