

A rare case of Extra-osseous intra-articular Osteochondroma in the Hoffa's fat pad of knee joint

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ABSTRACT

Introduction: Conventional osteochondromas are common bone tumors which develop in relation to the periosteum and usually appear around the growth plate of long bones, especially the knee [1]. Para-articular or extraosseous osteochondromas usually arise from the joint capsule or para articular soft tissue without bony attachment. These are rare in older individuals [3] and their biological potential is still not clearly characterized. These lesions can become very large and hence it is necessary to distinguish it from chondrosarcoma and synovial chondromatosis.

Case Report: We report the clinical and radiologic findings of an extra-osseous OC in a 50-year-old female, who noticed a painless swelling in her left knee 15 years back that gradually progressed from an approximate size of 2cm × 1cm over a period of 3 years to the current size with well-defined margins, normal skin, with pain during terminal flexion of knee joint, without neurovascular deficits. After radiological investigation the tumor was surgically resected. Histopathological examination reported non-malignant. After 1 year of follow-up, the patient is asymptomatic without signs of recurrence.

Conclusion: A holistic approach incorporating clinical radiological and pathological criteria should be undertaken to establish the nature of extraosseous cartilaginous tumours that present at unusual anatomic sites. Surgical excision in toto is the management of choice.

Keywords: Extra-osseous, osteochondroma, benign, tumor, Hoffa's fat pad

References:

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