Ankle Chondromatosis

A case report of a rare disease in a rare location

Joana Bento Rodrigues, André Bahute, Alexandre Brandão, Pedro Simões, Ugo Fontoura, Manuel Caetano, Joao Cura Mariano, Fernando Judas

Hospital and University Centre of Coimbra, Portugal

Head Department: Fernando Fonseca, PhD
Case Report

- ♂, 42 yo, caucasian

- **ER:** chronic swollen and painful right ankle (exacerbated)

- **Examination:**
  - Soft but consistent tumefaction in anterior compartment of ankle
  - No inflammatory signs
  - No pain at palpation
Problems to face

• Diagnosis?
  • DD: Synovial chondromatosis, chondroma, chondrosarcoma?

• Treatment?
  • Conservative? Surgical?

• Approach:
  • Open? Arthroscopic?
Solutions

• Diagnosis?
  • Years of progression + xRay images → benign
  → high probability of Synovial Chondromatosis

• Treatment?
  • When symptomatic → surgery is indicated$^2$

• Approach: Open? Arthroscopic?
  • Exhuberant xRay images → open approach

Results

- **OR:** open anterior approach of the ankle, excision of 45 cartilaginous nodules

- **Pathology:** chondromatosis confirmed

- **Results - 2 months later:**
  - no symptoms
  - Resumed physical activity and sports

- **Good Prognosis/ Surveillance:**
  - Risks: recurrence and malignant transformation in low grade chondrosarcoma (rare)