



# Ankle Chondromatosis

## A case report of a rare disease in a rare location

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# 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<sup>2</sup>
- **Approach: Open? Arthroscopic?**
  - Exuberant xRay images → open approach

<sup>1</sup> Young-In Lee et al. *Clin Orthop Relat Res.* 2004;(423):186–190.

<sup>2</sup> Galat et al. *Foot Ankle Int.* 2008;29(3):312–317.

<sup>3</sup> Dworak DP et al. *Am J Orthop.* 2011;40(5):E96–98.



# 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)

