

CONDENSING OSTEITIS OF CLAVICLE: A RARE CASE REPORT

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Introduction: Condensing osteitis of the clavicle is a rarely seen pathology since its first description in 1974. It is a benign, often painful disorder, marked by bony sclerosis at the sternal end of the clavicle. It can be mistaken for other abnormalities such as Friedrich disease, bone island, osteoid osteoma, sternoclavicular osteoarthritis, metastasis or osteosarcoma. In this report, we present a 74 years old lady with condensing osteitis of medial clavicle which is typically symptomatic for years before diagnosis.

Discussion: 74 years old lady presented with 5 years history of dull pain and mild swelling over left sternoclavicular joint which was present at rest and aggravated by abduction of the shoulder. Initially the symptoms were mild and intermittent which became more frequent and intense with time. There was no trauma, no change in physical activity or any systemic symptoms. Physical examination revealed localized soft tissue swelling and tenderness over the left sternoclavicular joint. There was no erythema, no punctum, no wound or other deformity. Range of motion over left shoulder is full. White cell count, ESR and ALP were normal. Mantoux test was negative. X-Ray shows homogeneously dense sclerotic patch in the medial end of the clavicle. CT scan shows diffuse sclerosis over medial head of left clavicle. This patient was managed conservatively with NSAIDs as the symptoms were mild to moderate and patient was not keen for surgical intervention.

Conclusion: In summary, condensing osteitis of the clavicle, although rare, should be part of the differential diagnosis of sclerotic lesions at the sternal end of the clavicle. Recognition of this process may avoid an unnecessarily aggressive diagnostic approach, and in particular, spare the patient a potentially long and mistaken search for an underlying primary neoplasm.