

Unicameral Bone Cyst Treated with Serial Methylprednisolone Injection

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INTRODUCTION:

There are various treatment modalities for unicameral bone cyst (UBC) with variable outcome reported.

The aim of treatment is to promote cyst healing, manage pathological fracture, prevent cyst recurrence and re-fracture.

Here we report a case of UBC treated with serial injection of methylprednisolone.

REPORT:

7 years old child presented with pain over left arm following a fall from sofa. On examination, her proximal arm was swollen and tender. No deformity seen. Neurovascular status was intact. X-ray showed expansile lytic lesion with thin sclerotic margin, narrow zone of transition, and presence of pathological fracture over proximal left humerus. Patient was diagnosed with pathological fracture secondary to unicameral bone cyst (UBC) and treated with arm sling. At 2 months post fall, repeated x-ray showed united fracture. However, the lytic lesion persists even after 6 months post fall. Hence, patient underwent intralesional methylprednisolone injection for 3 times, each at 6 weeks interval. Biopsy was taken during the 1st injection and findings confirmed diagnosis of UBC. Repeated xray at 1 year post injection showed healed UBC and no recurrence since.

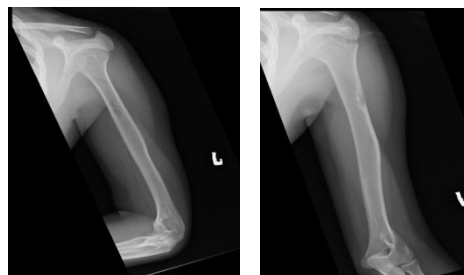


Figure 2: Xray left humerus showed resolved UBC

CONCLUSION:

Steroid injection is a useful treatment modality for UBC since it is less aggressive, widely available, and results in good outcomes.

REFERENCES:

- 1) Kamal et al., Journal of Case Reports 2021; pg 28–31.
- 2) Traub et al., BMC Musculoskeletal Disorders 2016, pg 17(1).

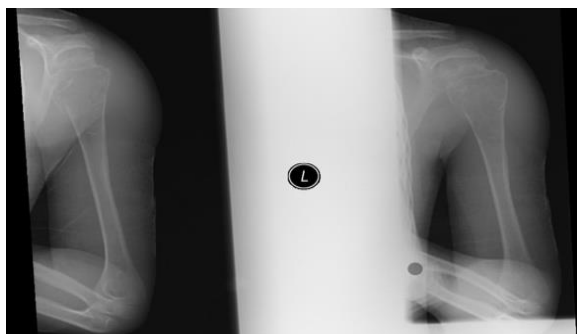


Figure 1: Xray at first presentation