

A Rare Case of Plantar Fibromatosis Treated With Steroid Injection

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INTRODUCTION:

Plantar fibromatosis is a benign and highly recurrent connective tissue disorder involving the superficial plantar aponeurosis. This condition can be locally aggressive, and often results in pain, functional disability, and decreased quality of life.

REPORT:

The subject in this case report is a 41 years old female nurse in health clinic with underlying SLE and hypertension. She have been having left plantar foot pain and difficulty to walk for the past 6 months before presented to us. Previously she was treated with physiotherapy and shoes insole, but her left plantar foot pain not improving.

Clinical examination revealed tenderness over the medial calcaneum tuberosity extending towards mid portion of plantar fascia with a small prominence nodule noted. Diagnostic ultrasound of the left plantar fascia shown thickening of the mid portion plantar fascia suggestive of plantar fibromatosis as shown in figure 1.

Ultrasound guided steroid injection was given to the site of plantar fibromatosis on two separate occasion, 3 months apart. A repeat ultrasonography of the plantar fascia at 6 months after the first steroid injection shows a markedly reduced size of the plantar fibromatosis as shown in figure 2.

This improvement correspond well to the clinical symptoms. Patient able to return back to her previous level of working condition without much difficulty.



Figure 1: ultrasonography of the plantar fibromatosis at its thickest part measuring 0.66cm x 1.52cm. (before treatment)

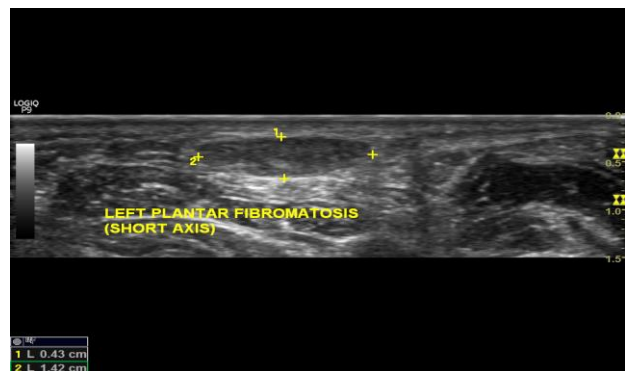


Figure 2: ultrasonography of the plantar fibromatosis at its thickest part measuring 0.43cm x 1.42cm. (6 months after steroid injection)

CONCLUSION:

Ultrasound guided steroid injection may be considered as part of the treatment for symptomatic plantar fibromatosis. Otherwise, surgical intervention is needed if conservative treatment failed.

REFERENCES:

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