

Unravelling The Mystery Of Atypical Lipomatous Tumours In The Hand

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INTRODUCTION:

Conventional lipomas are the most common mesenchymal neoplasm in adults and liposarcoma the most common soft tissue sarcoma in adults; both are relatively rare in the hand. Atypical lipomatous tumours represent the most common type of malignant adipocytic tumours, accounting for approximately 40–45% of all liposarcomas

REPORT:

We report a case of a 51-year-old lady with a palmar swelling of her right hand which progressively increased in size over the past 5 years. Otherwise, she had no pain, no family history of malignancy, and denied any constitutional symptoms.

Left hand examination revealed a 6x4 cm soft swelling with well-demarcated borders. There was minimal tenderness over the central region but there was no fluctuant areas, punctum, or discharge. There were overlying dilated vessels. There was no range of motion (ROM) deficits for her wrist and fingers. Radial and ulnar pulses were palpable.

An MRI revealed an infiltrative lipomatous mass in the volar compartment with extension to the interdigital web spaces, and distally to the metacarpal spaces, insinuating between tendons, causing mild splaying. An atypical lipomatous tumour was suspected and was referred for further oncological evaluation.

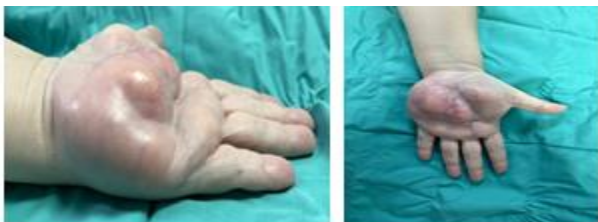


Figure1: Clinical image of right hand

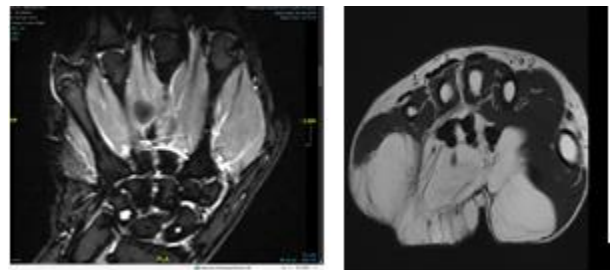


Figure 2: MRI image of right hand

CONCLUSION:

This case highlights the need for thorough evaluation of hand swellings, especially when imaging features suggest an atypical lipomatous tumor. While these tumors are generally benign, their infiltrative nature and potential for aggressive behavior warrant careful assessment. MRI findings such as enhancement and septation raise suspicion for atypical pathology, necessitating a tailored surgical approach. Given their proximity to critical neurovascular structures and tendons, surgical excision must balance complete resection with functional preservation. This case emphasizes the importance of considering atypical soft tissue tumors in differential diagnoses to ensure optimal patient outcomes.

REFERENCES:

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