

Milder Symptoms Of Large Knee Synovial Chondromatosis With Normal Knee Motion

Ahmad MMY, Hussin AR, Tahir SH

Department of Orthopaedic and Traumatology, Hospital Kuala Lumpur, Jalan Pahang, 50586, Kuala Lumpur, Malaysia

INTRODUCTION:

Synovial Chondromatosis is a benign nodular cartilaginous proliferation arising in the synovium of joints, bursae or tendon sheaths. It is also known as synovial osteochondromatosis and synovial chondrometaplasia. It usually presents in adult population. Commonly a single joint is involved, most often the knee joint¹.

CASE REPORT:

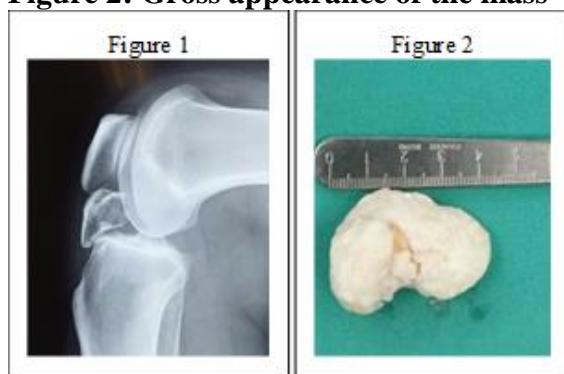
A 35 years old lady complained of right knee discomfort upon kneeling for about 2 years with a history of trauma 10 years prior to that. Physical examination showed fullness of the anteromedial aspect of the knee with mild tenderness. The range of motion was full. X-ray of the right knee showed infrapatellar radiopaque mass occupying the anterior compartment of the knee joint. MRI reported a non-enhancing intraarticular osteochondral lesion measuring 3.1x4.0x2.8cm (AP x W x CC) with minimal knee effusion in keeping with synovial chondromatosis.

RESULTS:

Arthroscopy showed a whitish loose body with irregular surface extending from the anterior tibial plate to the tibial attachment of the ACL measuring 4.2 x 3.0 x 1.5cm and was firm-to-hard in consistency. There was no mechanical interference to the knee movement. Other arthroscopic findings were normal.

Figure 1: X-ray of lateral view of the knee

Figure 2: Gross appearance of the mass



Histopathology examination reveals benign calcified cartilage tissue.

DISCUSSIONS:

Intraarticular loose body usually presents with pain and problem in joint motion². This peculiar case however only had knee discomfort and minimal pain with unrestricted joint motion despite the size of the loose body. Since synovial chondromatosis is a pathological condition with progressive nature, surgical excision of the intra-articular body with resection of the synovial membrane involved is the definitive treatment although rare spontaneous regression has been reported². Rare cases of malignant transformation of synovial chondromatosis has also been reported in knee and shoulder joints³.

CONCLUSION:

Synovial chondromatosis has a wide spectrum of clinical presentation, although the common ones are pain, edema and limited joint motion. The mainstay of treatment is surgical resection.

REFERENCES:

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