

RECURRENT SYNOVIAL CHONDROMATOSIS WITH SECONDARY OSTEOARTHRITIS

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Introduction: A synovial chondromatosis is a rare benign neoplasm that is caused by metaplasia of the synovium into chondrocytes and gets detached to become loose body, typically affects the large joints in the third to fifth decade of life. Delay in diagnosis or failure of therapy may lead to secondary osteoarthritis.

Discussion: A 60-year-old lady with underlying hypertension complained of right knee pain for 5 years. She had history of open synovectomy with removal of loose bodies 2 years ago, subsequently pain relieved. Beginning of this year, patient starting complaining of right knee pain with limited range of motion with occasional knee swelling. On examination, patient's knee range of motion 15-90 degrees. On X-ray showed reduced of joint space with multiple synovial chondromatosis body over lateral and posterior compartment. Patient underwent right total knee replacement with synovectomy and removal of loose bodies. Histopathology study confirmed the finding of synovial chondromatosis. Post operation 2 weeks, patient able to ambulate without aid with knee range of motion of 0-110 degrees.

Conclusion: Patients with synovial chondromatosis often include pain, swelling, locking, and giving way. Complications of synovial chondromatosis can be secondary osteoarthritis, malignant transformation and recurrence. The combination of synovial chondromatosis and degenerative arthritis is a common finding in the advanced stage of the disease. Total joint arthroplasty with total synovectomy is a valuable option for these patients, providing predictable improvement in pain and function.