

## **A RARE CASE OF PAINFUL FIBROMA ARISING FROM TENDON SHEATH OF FLEXOR HALLUCIS LONGUS**

Faris Indra Prahasta Didi Indra<sup>1</sup>, Mohd Yazid Bajuri<sup>2</sup>, Nurwahyuna Rosli<sup>2</sup>

<sup>1</sup>Sarawak General Hospital, <sup>2</sup>Hospital Canselor Tuanku Muhriz

**Introduction:** Fibroma of the tendon sheath (FTS) is a rare soft tissue tumor commonly found in upper extremities. This case report describes a rare presentation of painful FTS that arises from flexor hallucis longus at the plantar aspect of the forefoot in a middle age lady. To our knowledge there is only one similar case reported previously.

**Discussion:** A 36-year-old Malay lady presented to us with a single painful swelling over the sole of the left foot for 3 years in duration. Examination revealed a swelling at the plantar aspect of her left foot measuring 1x1 cm at the first metatarsal head. Ultrasonography showed a hypoechoic lesion around plantar aspect of the first metatarsophalangeal joint superficial to flexor tendon. Intraoperative assessment revealed a firm lesion sized 1 x 1 cm arising from flexor hallucis longus tendon. Histopathology assessment revealed findings consistent of fibroma. After 2 years patient was pain free and there was no sign of recurrence.

**Conclusion:** Swelling in the plantar aspect of the foot should trigger the clinicians to think of FTS as one of the differential diagnoses. Most patients will present with painless swelling although 30% of the patients might have painful swellings. Recurrence is a common complication and usually due to incomplete removal. From this case report we suggest that FTS should be considered in a benign solitary mass arising from flexor hallucis longus tendon.