VASCULAR HAMARTOMA OF ANKLE: A RARE ENTITY

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INTRODUCTION:

Soft tissue masses of the ankle are relatively infrequent and may pose a diagnostic dilemma. They include benign and malignant as well as non-neoplastic or pseudo-tumoral. We report a case that was initially diagnosed via MRI as Chronic tenosynovitis of EHL and EDHL later histologic studies showed vascular hamartoma.

CASE PRESENTATION:

This is a 30 years old gentleman presented with left ankle swelling for 2 years .He sustained the ankle swelling following an ankle sprain. The swelling is persistent and progressively increasing in size .He complains the swelling is painful after jogging and playing badminton otherwise it is painless. Upon examination, there is anterolateral aspect swelling measuring 5cm x 5cm , firm, tender on palpation, smooth surface ,non mobile and no redness. The dorsalis pedis and posterior tibial arteries were palpable.

The plain radiography showed periosteal reaction .Ultrasound showed chronic tenosynovitis of EDL and EHL and lobulated soft tissue lesion at anterior ankle . MRI shows extensive fluid surrounding the extensor hallucis tendon and extensor digitorurm tendon.We were not convinced with the MRI findings, and decided for surgical intervention .Intraoperative the mass was resected and send for HPE. HPE results showed vascular hamartoma.

Figure 1: Preoperative view of left ankle

Figure 2 : Radiological findings

CONCLUSION:

Soft tissue masses of the ankle are relatively infrequent and may pose a diagnostic dilemma.MRI is the standard imaging method for bone and soft tissue tumors however the imaging features of several ankle lesions are often non specific. Vascular hamartoma can be misdiagnosed with these imaging studies and only pathology is definitive. Diagnostics error can be avoided if any lesion that cannot be specifically diagnosed is regarded as potentially malignant until proved otherwise. Biopsies and surgical excision should be performed .

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