

**Spontaneous Muscle Hematoma of the Thigh**  
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**INTRODUCTION:**

Spontaneous muscle hematomas (SMH) are extravasation of blood into the muscle group that occurs spontaneously without trauma. It is usually seen in the iliopsoas muscles and rectus abdominis of the anterior abdominal wall has the potential to develop into a life-threatening condition. We present a case of an elderly man with a left popliteal deep vein thrombosis who developed spontaneous left thigh intramuscular hematoma and hemarthrosis while receiving Enoxaparin, an uncommon site for SMH.

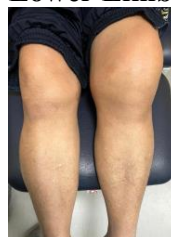
**REPORT:**

A 75-year-old man was admitted for unprovoked left deep vein thrombosis treated with S/C Enoxaparin 80mg BD, complained of sudden onset swelling and pain of his left thigh after 5 days of commencement of treatment. He had no history of trauma or constitutional symptoms. His vital signs were normal. Clinical examination revealed swollen thigh and knee with bruising over medial thigh. Examination did not suggest compartment syndrome and distal neurovascular examination were normal. The INR was normal and APTT within therapeutic range. A drop in Hb of 3g/dL was also noted. Anticoagulant was withheld and a Computed Tomography Angiogram (CTA) showed intramuscular hematoma of the vastus medialis (measuring 4x9x3cm) and medial gastrocnemius (5x4x8cm) with hemarthrosis. There were no evidence of active bleeding. The patient was treated conservatively and with time his

swelling progressively improved. Further investigation revealed that he has Anti Phospholipid Syndrome (ALPS) requiring lifelong anticoagulant. An intravenous catheter filter was inserted and he was restarted on Enoxaparin after 3 weeks of discontinuation.



**Figure 1 : CT Scan Of Patient Left Lower Limb**



**Figure 2: Comparison Bilateral Lower Limb**

**CONCLUSION:**

Albeit an uncommon site, SMH should be considered in patients with extremity swelling while on anticoagulant. This is especially important in the elderly group, who are at higher risk of developing this complication. A CTA is necessary to rule out active bleeding which may require embolization if present. Drainage of hematoma maybe needed in large volume hematomas.

**REFERENCE:**

Dohan A, Darnige L, Sapoval M, Pellerin O. Spontaneous soft tissue hematomas. Diagn Interv Imaging. 2015 Jul-Aug;96(7-8):789-96.