

Solitary Osteochondroma of the Scapula in a Young Male: A Case Report

Vasu Jindal¹, Anil Khandekar¹, Parag Gupta¹, Shrey Binyala¹

Learning Point of the Article:

Although rare osteochondroma should be considered as a differential diagnosis in young patients presenting with painless or painful swelling over scapula.

Abstract

Introduction: Osteochondroma is a type of cartilaginous tumor. It is the most common benign tumor of axial skeleton usually arising around the knee, proximal humerus, and pelvis. Solitary osteochondroma of the scapula is relatively rare and usually incidental finding accompanied by pain and dysfunction. These lesions can easily be followed radiographically with plain radiograph. Computed tomography (CT) is used to determine the precise location and its relationship with the surrounding soft tissues and enable accurate surgical removal.

Case Report: In this report, we present a rare case of a symptomatic scapular osteochondroma in a 18-year-old male who presented with the complaints of swelling over the left scapula. X-ray showed a bony outgrowth along the posteromedial border of the left scapula. CT scan was done to know extent of the growth. MRI was performed to rule out soft-tissue involvement. Despite the young age of the patient, surgical excision was performed. The outcome was good, the patient noticed disappearance of swelling and a normal profile of the scapula was gained.

Conclusion: We have described a rare case of scapular osteochondroma associated with different signs, symptoms, and positive radiological findings. This lesion was removed surgically, and a follow-up indicated complete symptom relief with no history of recurrence. By reporting this case, we aim to increase the awareness of unusual manifestations of osteochondroma, particularly in terms of site, age of onset, and atypical presenting signs and symptoms.

Keywords: Osteochondroma, scapula, tumor.

Introduction

Osteochondroma are most common benign tumor of bone. They account for 35–46% of all benign tumors of bone [1]. Osteochondromas are usually found on metaphyseal region of long bones such as distal femur, tibia, humerus, and pelvis but are rarely seen on flat bones [2, 3, 4]. Most common benign tumor of scapula is osteochondroma. About 14.4% of scapular tumors are diagnosed as Osteochondromas and scapula account for 3–4.6% of all osteochondromas [5].

Osteochondromas are usually found in second decade of life when cartilage solidifies into bone and growth generally ceases

when skeletal maturity is reached. Incidence of osteochondroma under the age of 30 is more common in males as compared to females [1]. Osteochondroma of ventral aspect of scapula is more common than dorsal aspect of scapula. Osteochondromas are generally asymptomatic but severity ranges from mild pain to severe neurovascular compression depending on the size, location, fracture, bursa formation, and impingement of various structures such as adjacent tendon, blood vessel, nerves, and spinal cord. It is characterized as cartilage-capped osseous stalk with a bone marrow cavity in continuity to underlying bone [6].

There are two different morphological types of

Author's Photo Gallery



Dr. Vasu Jindal



Dr. Anil Khandekar



Dr. Parag Gupta



Dr. Shrey Binyala

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¹Department of Orthopaedics, MGM Hospital, Navi Mumbai, Maharashtra, India.

Address of Correspondence:

Dr. Vasu Jindal, Department of Orthopaedics, MGM Hospital, Navi Mumbai - 410 209, Maharashtra, India.

E-mail: vasujindalmzn@gmail.com

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