

Chondromyxoid Fibroma

Chondromyxoid fibroma is a very rare solitary benign bone tumor. It occurs typically in the second or third decade of life and affects more men than women. The most common location for this lesion is in the proximal tibial metaphysis, followed next by the distal femur and the first ray of the foot. This lesion grows slowly and is associated with mild symptoms of pain. Radiographically, there is a lytic lesion of bone with a soap-bubbly appearance secondary to the thin sclerotic peripheral margin giving it a pseudoloculated appearance similar to that of a solitary bone cyst. The adjacent cortex is frequently thinned out and slightly dilated, similar to the pattern that is seen in fibrous dysplasia. Histologically, there will be benign fibrous tissue with large areas of myxomatous degeneration with reactive macrophage activity seen at the periphery of the lesion that could suggest a diagnosis of a chondrosarcoma.

Treatment for this lesion consists of simple curettement and bone grafting. The fairly high recurrence rate of 25 per cent can be reduced by more aggressive, marginal, resection of the tumor. Occasionally, this lesion can convert into a chondrosarcoma.