

Nodular Fasciitis

Nodular fasciitis is a very common, self-limiting reactive process rather than a true neoplasm occurring in young adults, typically in the subcutaneous portion of the lower aspect of the forearm that arises spontaneously and rapidly, associated with inflammatory pain and swelling and local tenderness. Histologically, the nodular fasciitis can take on the appearance of a spindle cell sarcoma. The lesion grows quite rapidly over a period of several weeks, is usually solitary, and usually occurs in the upper extremity. Usually, it is less than 3 cm in diameter and has a grayish-white gross appearance. It can have myxoid changes. Histologically, the lesion is a fibroblastic pseudotumor similar to granulation tissue with a fair number of mitotic figures but no atypical mitoses. The fibroblasts are infiltrated by lymphocytes. The treatment consists of local surgical excision with a recurrence rate of less than two per cent. No adjuvant forms of therapy are indicated.