

## **Plantar Fibroma**

The plantar fibroma is a fairly common clinical entity similar to the palmar fibroma. It arises from the plantar fascia and is usually located on the medial portion of the arch of the foot. As opposed to palmar fibromatosis that usually occurs in older patients, the plantar fibroma is more typically seen in young adults or even in children. In some cases, there is a familial background (this is particularly true in Scandinavians), with a greater incidence in males. The plantar fibroma is frequently asymptomatic in which case surgical treatment is not indicated. However, if pain results, especially pressure on an adjacent central nerve causes symptoms, a simple surgical resection can be performed. Both the plantar and the palmar fibromas have a characteristic fibrotic histological appearance that is quite cellular in areas and can be misdiagnosed as a malignant sarcoma. Some patients will have fibromas in their hands and feet simultaneously, and can also have penile fibromas. A contracture of the finger is characteristic of the palmar fibroma whereas a contracture of the toe is unusual in plantar fibromatosis.