The patient was a 27-year-old woman who was being evaluated by a physical therapist 1 month following a right Achilles tendon repair. During the physical therapist’s evaluation, the patient also complained of worsening left hip pain that she attributed to childbirth 2 years earlier. She also reported the presence of a painful firm mass in her left hip that she first noticed approximately 6 months prior. The patient’s hip pain was intermittent in nature, and exacerbated with hip movement, weight-bearing activities, and lying on her left side.

The physical therapist’s physical examination found that left hip range of motion was normal, with pain elicited during hip flexion. Strength assessment of the left hip musculature was within normal limits except for the left hip flexor musculature, which was weak and painful during testing. A firm mass inferolateral to the left anterior superior iliac spine that was tender to palpation was noted.

As an initial assessment of the mass, the physical therapist ordered radiographs of the left hip, which revealed a lobulated, calcified cauliflower-like mass projecting off the left lateral iliac bone, measuring approximately 9 × 5 cm (FIGURE 1). Diagnostic considerations included an osteochondroma versus sequelae from prior trauma, such as a hematoma or myositis ossificans. The radiologist recommended contrast-enhanced magnetic resonance imaging for further characterization, which revealed a large lobulated mass off the left iliac bone that was consistent with an osteochondroma (FIGURE 2).

The patient was referred to an orthopaedic oncologist and was subsequently managed surgically, which involved tissue biopsy and excision of the mass. The pathology examination confirmed the diagnosis of a low-grade chondrosarcoma. The patient eventually returned to full activity, including sports, without any functional limitations 11 months following her Achilles tendon repair.  

Chondrosarcoma of the Hip

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FIGURE 1. Anterior-to-posterior radiograph of the left hip revealing a lobulated, calcified cauliflower-like mass projecting off the left lateral iliac bone, measuring approximately 9 × 5 cm (arrows).

FIGURE 2. Contrast-enhanced magnetic resonance images (left, sagittal view; right, axial view) showing a large lobulated mass off the left iliac bone (arrows) that was consistent with an osteochondroma. The mass measured 8.6 cm in greatest craniocaudal dimension, 6.6 cm in greatest anterior-to-posterior dimension, and 4.6 cm in greatest medial-to-lateral dimension.

Reference

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