

Melorheostosis of the Knee: A Rare Cause of Chronic Anterior Pain and Functional Impairment in a Young Adult Male

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Abstract:

This case report discusses few aspects of melorheostosis in a male patient in early thirties with several years of progressive knee pain and stiffness, consider, functional limitation. He had no other medical problems or family history of the disease, and his symptoms had been gradual and chronic for about seven years. It was diagnosed with help of X-rays and MRI indicating that the tibia was abnormally thickened, and the affected joint was involved. The patient reported less pain and improved function after surgery of excision of the in-growing bone with an uneventful post-operative recovery. This case demonstrates that it is crucial to suspect melorheostosis in adults with chronic arthritis and persistent joint pain, to understand that surgical intervention can be useful when treating this condition and, finally, to stress the necessitate to provide follow-up care for those patients who underwent surgery.