

UNRAVELING A RARE CONUNDRUM:

Enigmatic cyst over a CTEV Foot

INTRODUCTION

Congenital talipes equinovarus (CTEV), or clubfoot, is a congenital deformity involving Cavus, Adductus, Varus, and Equinus components, leading to significant functional impairment if left untreated.

MANAGEMENT:

A curvilinear incision was made, underlying deep fascia was dissected and cyst excision was done. A white cystic lesion with thick, yellow exudate was extirpated and closed primarily.

CASE REPORT

A 52 year old female patient complaining about a swelling over the right foot since 4 years insidious in onset, gradual progressive in nature and also complains of dull aching type of pain which increases on movement. There was no significant trauma, past, personal or family history.



EXAMINATION

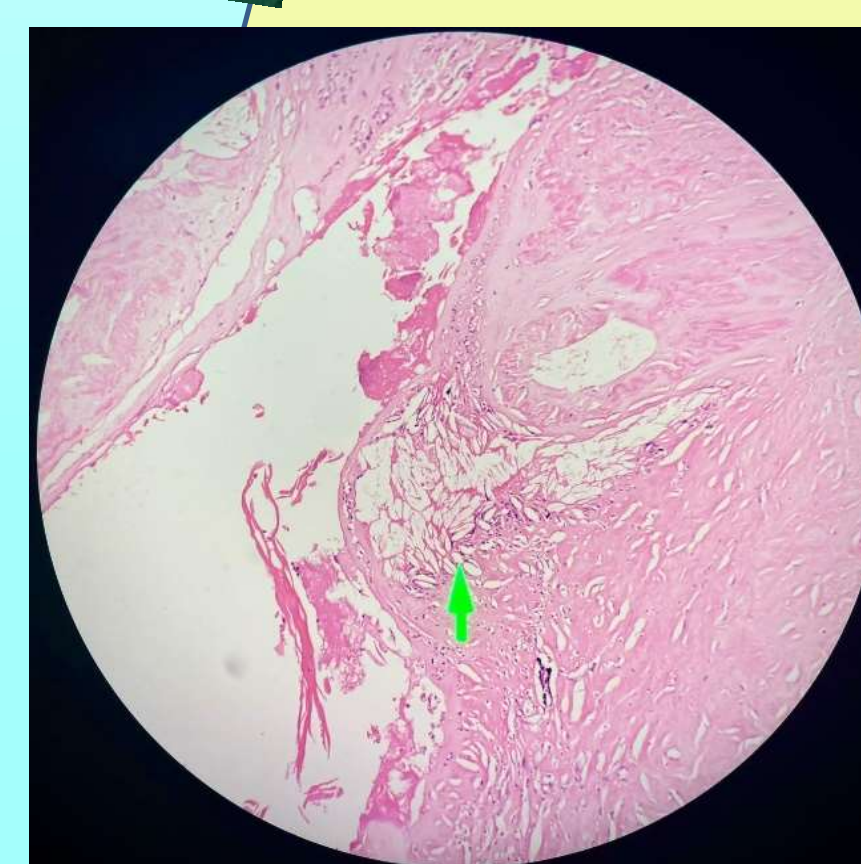
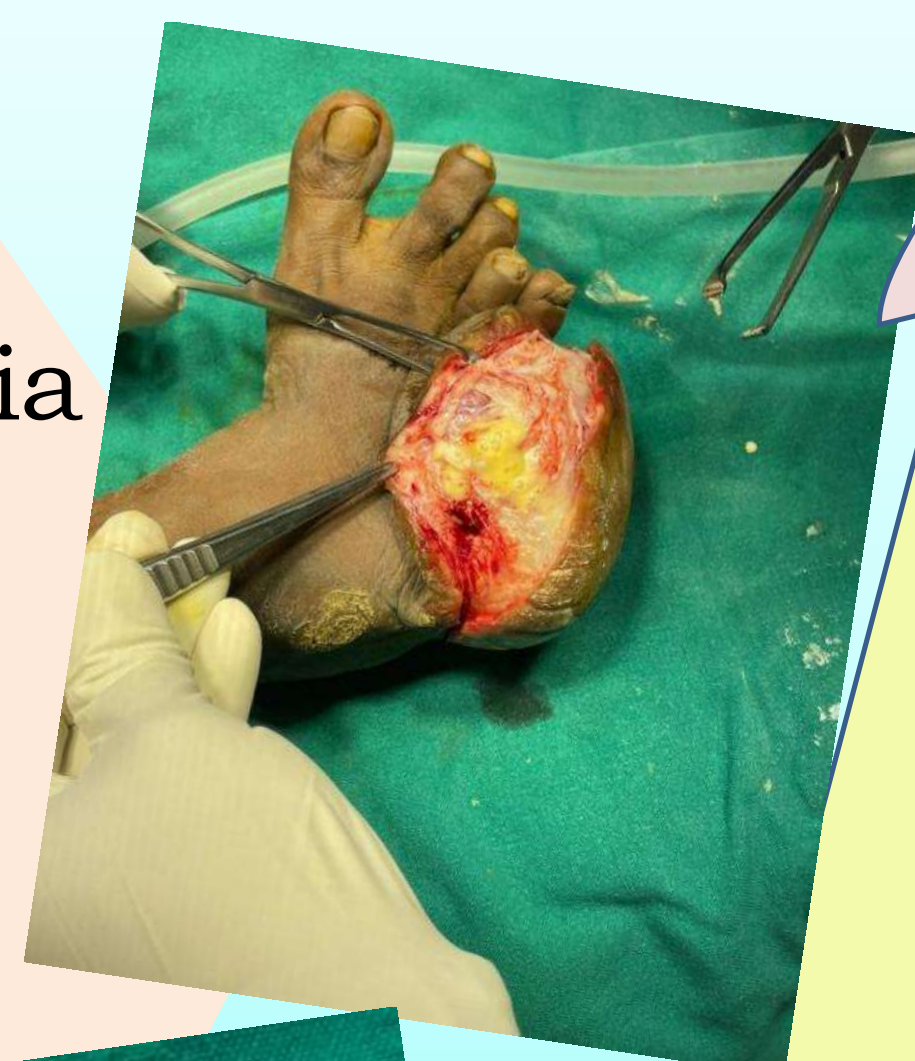
On general physical examination pallor was present and her vitals were normal.

On Local examination solitary, soft, fairly mobile mass over the lateral aspect of the dorsum of the foot measuring 10×8 cm was seen. Skin over the swelling is hypertrophied. The foot sonography showed that there was an oval heterogeneous hypoechoic mass in the subcutaneous layer.

HISTOPATHOLOGY:

Macroscopy-single partially cut opened cystic soft tissue lesion measuring 8.0x6.5x4.0cm showed smooth yellowish area and wall appears ragged.

Microscopy-shows cyst focally lined by synovial epithelium. The wall is fibro collagenous and fibro adipose tissue with fibroid necrosis, hyalinization along with squamous metaplasia with abundant keratin flakes. Areas of hemorrhage, calcification, cholesterol cleft with few reactive giant cells forming cholesterol granulomas visible.



DISCUSSION:

The cyst was excised with careful attention to the foot's structure, and postoperative recovery was closely monitored. This case emphasizes the need to consider rare conditions in patients with complex congenital deformities and suggests further studies to improve management.

