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### Insidious Ankle Swelling

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# Insidious Ankle Swelling

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Children's Mercy Kansas City

## History

- 10yo female dancer presents to clinic for 4 weeks of left heel pain
- Swelling localized to the lateral aspect of her Achilles and extending up her Achilles
- No inciting event, injury, or trauma
- Denies any bruising, erythema, or skin changes
- Reports tender to touch

## Physical Exam

On exam of her left ankle, swelling and effusion present around the posterior lateral aspect of calcaneus from the lateral mid body to the insertion of the Achilles tendon, which is tender to touch.

- Full active and passive ROM, and normal strength testing except for inversion testing
- Normal walking pattern without evidence of antalgic gait



Figure 1: Lateral Left calcaneus Xray

Initial Xray...

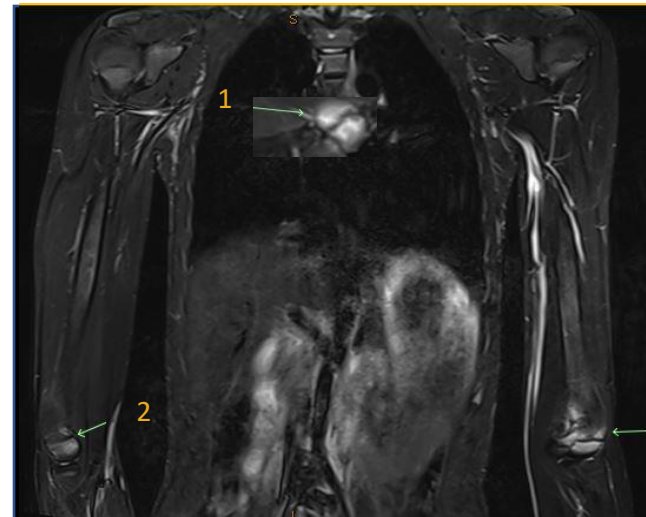
followed by...

ankle MRI

Figure 2: Left ankle MRI

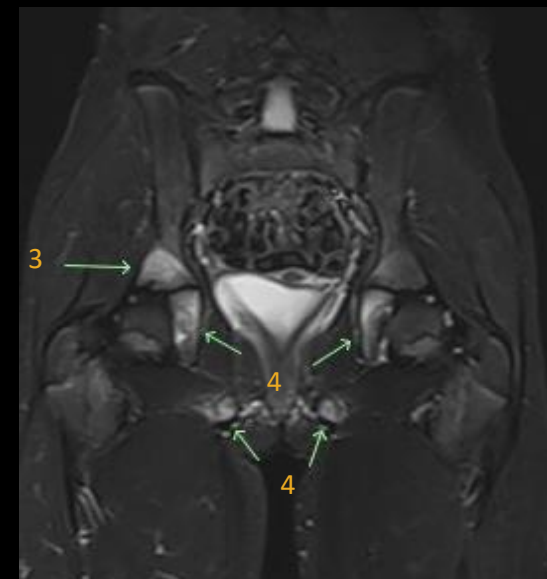
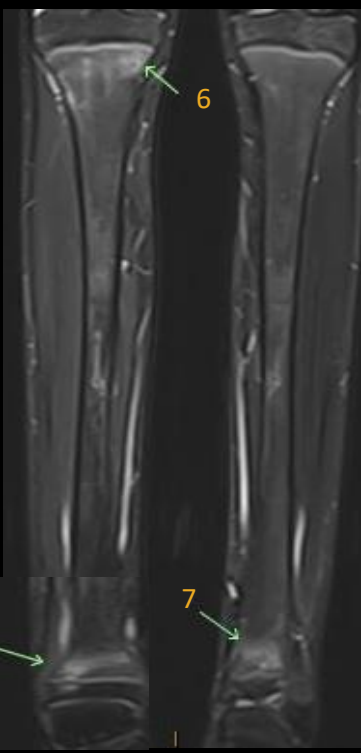


## Imaging- Whole Body MRI

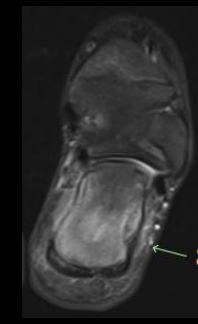


1. Upper sternum
2. Bilateral distal humeri

3. Left S1 ala
4. Bilateral superior and inferior pubic rami and symphysis
5. Right femoral neck



6. Proximal right tibial metaphysis
7. Bilateral distal tibial metaphysis/epiphysis
8. Left calcaneus



## Case Discussion- CRMO

- Chronic recurrent multifocal osteomyelitis (CRMO) is an autoinflammatory bone disorder resulting in sterile bone inflammation
- Rheumatology consult and further lab work is typically indicated
  - Our patient was referred to Rheum and had an ESR of 15 and platelet count of 65,000
- First line treatment is NSAIDs
  - Repeat MRI at 6mo is indicated to monitor disease progression
  - If MRI findings persist, despite 6-12mo NSAID therapy, escalation of care with TNF-inhibitor or DMARD is indicated
- Prognosis is variable, and long-term management with rheumatology is needed

## Return to Play

- For our patient, pain control was achieved with Celebrex
- Given her low platelet count, NSAIDs, which are classically first line, were avoided
- She was able to continue dancing with intermittent breaks when she had a pain flare



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