

Enchondromas



PLAY PICMONIC

Benign Cartilaginous Tumors

[Benign-bunny Cartilage-cart](#)

Enchondromas are benign cartilaginous tumors.

ORIGINS

Growth Plate Cartilage Remnants

[Growing Plates](#)

Enchondromas can arise from cartilage remnants in the growth plate.

Chondrocytes that Proliferate and Enlarge

[Large Condiment](#)

Another possible origin of enchondromas is, as the name implies, chondrocytes that multiply and enlarge.

LOCATION

Medullary Cavity

[Medusa Cavities](#)

Enchondromas grow in the medullary cavity, making them central lesions that can expand outwards.

Metaphysis

[Metal Fist](#)

Enchondromas arise primarily in the medullary cavity of the metaphysis of long bones.

Long Bones of the Hands and Feet

[Hand Bones and Foot Bones](#)

The primary location of enchondromas is the medullary cavity of the metaphysis of the long bones of the hands and feet. The epiphysis of the proximal humerus, distal femur, and proximal tibia are the most prevalent sites.

Humerus and Femur

Humerus and Femur

Enchondromas can also be found in the medullary cavity of the metaphysis of the humerus and femur.

Clinical Findings

Small, Central Lesions

Central Leech

On imaging findings, they can be seen as small, well-defined, central lesions. They grow outwardly and can cause pathologic fractures.

Well-Circumscribed Nodules of Hyaline Cartilage

Well-circumscribed-helmet Nodule-knob of Hyaline-highlighter and Cartilage-cart

Histologically, they can be described as well-circumscribed nodules of hyaline cartilage.

Calcifications

Calcified-cow

A very important aspect that characterizes enchondromas is the presence of punctate calcifications of the chondroid matrix.

Treatment

Surgery

Surgeon

Treatment consists primarily of surgical removal of the tumor via curettage with bone grafting. Recurrence is uncommon after curettage and bone grafting. However, enchondroma lesions involving long bones are associated with a higher risk of recurrence.