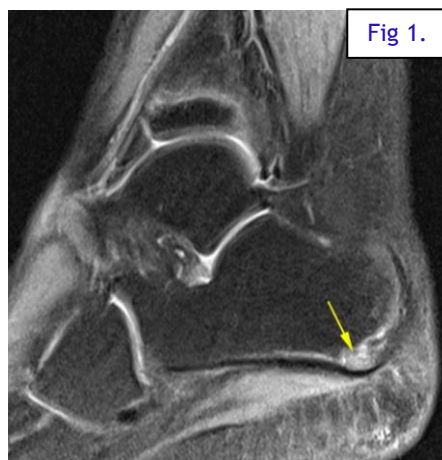


CALCANEAL APOPHYSITIS

Introduction:

8 year old girl presented with history of severe pain in the heel. History of antecedent trauma was noted few weeks prior.

Imaging findings:



Focal area of altered signal intensity in the lateral one-third aspect of the calcaneal apophysis (yellow arrows). It shows increased signal intensity on PDFS and T2WI suggestive of edema within. Rest of the apophysis shows normal signal.

DIAGNOSIS:

Calcaneal apophysitis.

DISCUSSION:

Calcaneal apophysitis is the painful inflammation of the calcaneal apophysis.

It is the most common cause of heel pain in athletes between 5 and 11 years. It typically presents in active young children (especially ones who engage in jumping and running sports).

It is caused by repetitive microtrauma to the weaker structure of the apophysis induced by the pull of the Achilles tendon on its insertion and is commonly seen in activities that involve running.

Calcaneal apophysitis clinically manifests as dull pain in the posterior aspect of the heel that is exacerbated by activity. Calcaneal apophysitis occurs bilaterally in 60% patients

CONCLUSION:

Apophysitis is a common abnormality that occurs in different locations. Cases share a common cause, pathophysiology, clinical behavior, histology findings, and MRI findings. Understanding the pathophysiology of apophysitis is essential for a precise diagnosis on MRI.

Dr. Deepa S. Nadkarni / Dr. Shaikh M. Mazhar

N.B: This case is authentic and from the archives of Radiance Diagnostics. For any queries/suggestions/feedback write to us at radiance@radiancediagnostics.in. Case of the month can also be accessed anytime online at **VIEW BOX** at www.radiancediagnostics.in