

SAMPLE ABSTRACT (CASE)

Title: Undiagnosed Unicameral Bone Cyst in a Pediatric Patient Treated with Excision and Allograft: A Case Report.

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Format: Case Division

Level of Evidence: IV

Length of follow-up: 11 months

Classification: Rearfoot Reconstruction/Trauma

Purpose: We present the case of a 10-year old female with chronic heel pain for one year duration and without resolution of symptoms after receiving treatment by 4 physicians prior to presentation at our office. We present this case to underline the importance of a complete and thorough evaluation of the pediatric patient without a history of trauma.

Methodology: This case was a retrospective chart review of a 10-year old female patient with a long history of unresolved heel pain who was eventually diagnosed and treated for a unicameral bone cyst in the calcaneus.

Procedures: Surgical excision of the cyst with allograft fill was performed for resolution.

Results: 11 months status post-surgical excision with allograft fill of the unicameral cyst in the right calcaneus, the patient has improved ACFAS and AOFAS scores. She currently ambulates without a noticeable gait disturbance, can tolerate walking longer distances and has no limitations to her daily activities, which is a vast improvement from her pre-operative status. The patient still complains of some residual discomfort and limitation with recreational activities but overall is very satisfied with her outcomes.

Discussions: Unicameral bone cysts comprise 3% of all bone lesions, and should be suspected in the pediatric patient with unresolved, unexplained pain without a history of trauma. It is important that obese pediatric patients who complain of pain are investigated thoroughly to assure that their body habitus is or is not the reason for their lower extremity pain. Considering our patient's clinical symptoms, high likelihood of pathologic fracture due to body habitus, and the size of the lesion, open excision and backfilling the lesion with allograft was chosen as the most appropriate treatment option and was successful.