



# A 45 year female presenting with unilateral painful knee with calcification within the lateral collateral ligament : a rare case report

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## INTRODUCTION

Acute calcific periarthritis (ACP) is an acute periarticular inflammation associated with juxta-articular calcification. ACP is normally mono-articular, presenting with pain and swelling, with sometimes restricted movement. Here we report a rare case of ACP in a middle aged female.

## CASE REPORT

A 45 year old woman presented to the Physical and Rehabilitation Medicine (PRM) OPD with acute onset of severe pain of the lateral aspect of the right knee along with swelling since 2 week. Her symptoms were sudden in onset, gradually worsened over next 48 hours and aggravated with weight bearing/walking and her gait was antalgic. Her right knee joint had mild diffuse swelling and was slightly warm along with marked tenderness. Knee flexion and extension was associated with extreme pain and there was restriction in end range of motion.

All routine blood investigations were normal except slight raise in ESR and CRP. Ultrasonography of right knee joint showed hypoechoic free fluid along with calcification and 1 ml of chalky white, milky fluid was aspirated. Von kossa staining demonstrated calcium deposits.

X-ray and MRI scan showed calcification on the lateral aspect of knee joint.



X-Ray right knee joint- AP/Lat.

## DISCUSSION

On the basis of patient's history, laboratory, radiological and histo-pathological investigations we reached the final diagnosis as ACP. Initially the patient was managed with rest, NSAID, ice and heat and the patient's symptoms started to subside within 48 hours. After two weeks of treatment, during her last follow up visit, calcification had gradually absorbed and she was symptom free.



MRI right knee joint



USG right knee joint



Von Kossa staining showing calcium deposits

## CONCLUSIONS

ACP is a rare, but self-limiting condition that normally resolves with minimal treatment within a few weeks. Radiologically, ACP demonstrates juxta-articular calcification. Therefore it can be mistaken for other conditions including gout, pseudo-gout, or systemic conditions such as hyperparathyroidism and renal failure. Since this disease is self-limiting, correct diagnosis is important to avoid unnecessary investigation and proper management.

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### CASE REPORT

Calcification of the lateral collateral ligament of knee: a rare cause of acute unilateral knee pain

#### CASE SUMMARY

We reported a rare case of a patient presenting with acute onset right knee pain, which was subsequently diagnosed and treated as acute calcific periarthritis in the

#### INTRODUCTION OR BACKGROUND

Acute knee pain is a common and frequent presentation in routine outdoor, accident and emergency department. The use of MRI and USG