

Gout Presenting as Intratendinous Tophi

Ritasman Baisya*

Department of Clinical Immunology and Rheumatology, Nizam's Institute of Medical Sciences (NIMS), Hyderabad, India

Corresponding Author*

Ritasman Baisya
Department of Clinical Immunology and Rheumatology,
Hyderabad, India
E-mail: ritasman91@gmail.com

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Brief Discussion

Tendons are often involved in inflammatory arthritis, such as

gout, pseudo-gout, rheumatoid arthritis, and spondyloarthropathies.3 Intratendinous tophus deposition are reported mostly in the hand flexor tendons. Intra- patellar tendinous deposition of tophi are rarely reported till date. Often such atypical presentation mimics patellar tendinopathy particularly in young male. There are several ultrasonographic descriptions of gouty tophi in the literature. Described the appearance of intratendinous gouty tophi as generally hyperechoic, heterogeneous, poorly defined masses, sometimes appearing as a cluster and surrounded by an anechoic halo [1].

In conclusion. the possibility of intratendinous gouty tophus must be kept in mind in the management of patellar tendinopathies in young people, athletes, and may be associated with other injuries such as enthesopathies or partial tendon tears [2].

Reference

1. E, Fernandes, Avila, De., et al. "Ultrasound features of tophi in chronic tophaceous gout". *Skeletal radiology* 40. 3 (2011) :309-315.
2. Gil Rodas, Carles Pedret, et al. "Intratendinous Gouty Tophus Mimics Patellar Tendonitis in an Athlete". *J Clin Ultrasound* 41. 3 (2012) :1-5.

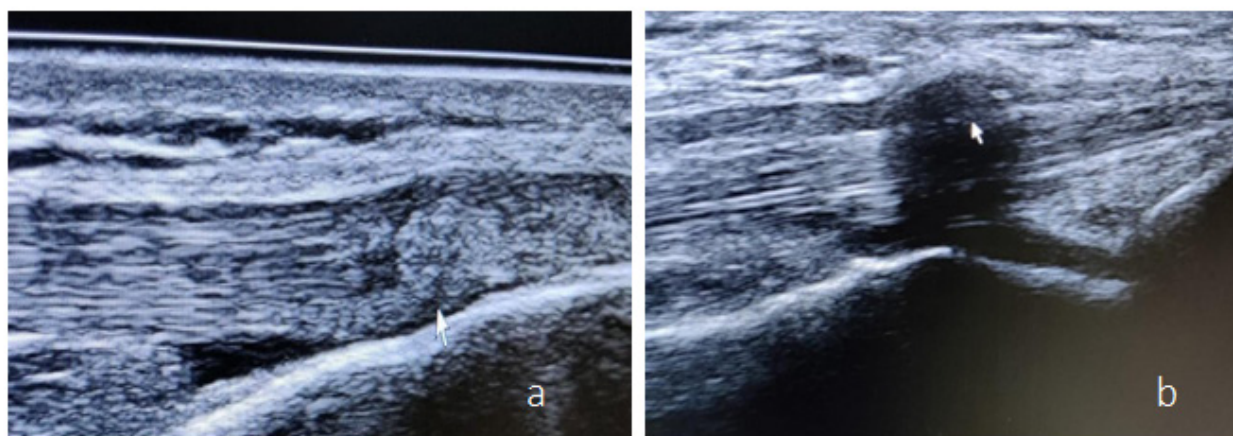


Figure 1. A 30-year-old male, occasional alcoholic, mild obese (BMI- 29),presented with episodic pain in right MTP joint, right knee joint since two years, each episode lasted for 5-7 days, wholly relieved with NSAIDs. His knee and foot X-ray was normal; (a) High Resolution Ultrasound (HRUS) knee showed intratendinous tophus in the patellar tendon; (b) peritendinous tophus in the quadriceps tendon.