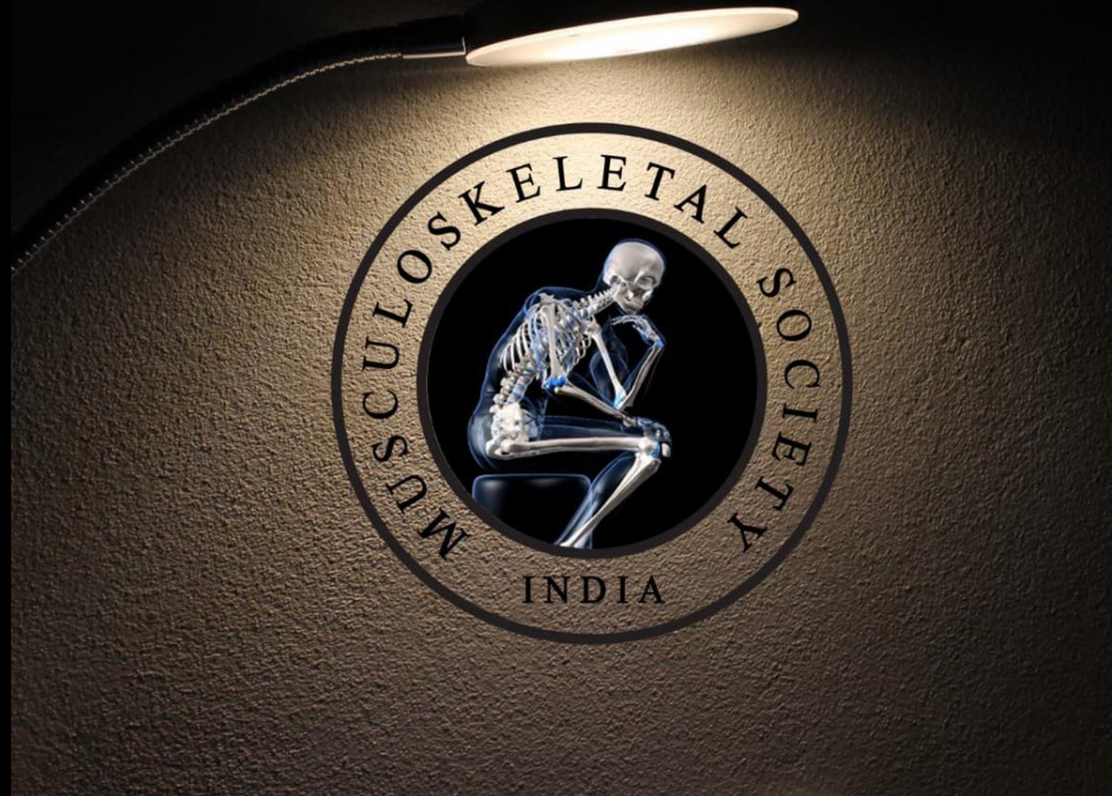


MICOD – 31/07/2024

Case contributor – Dr. Vijay Papineni

MI-COD

MSS INDIA- Case Of the Day



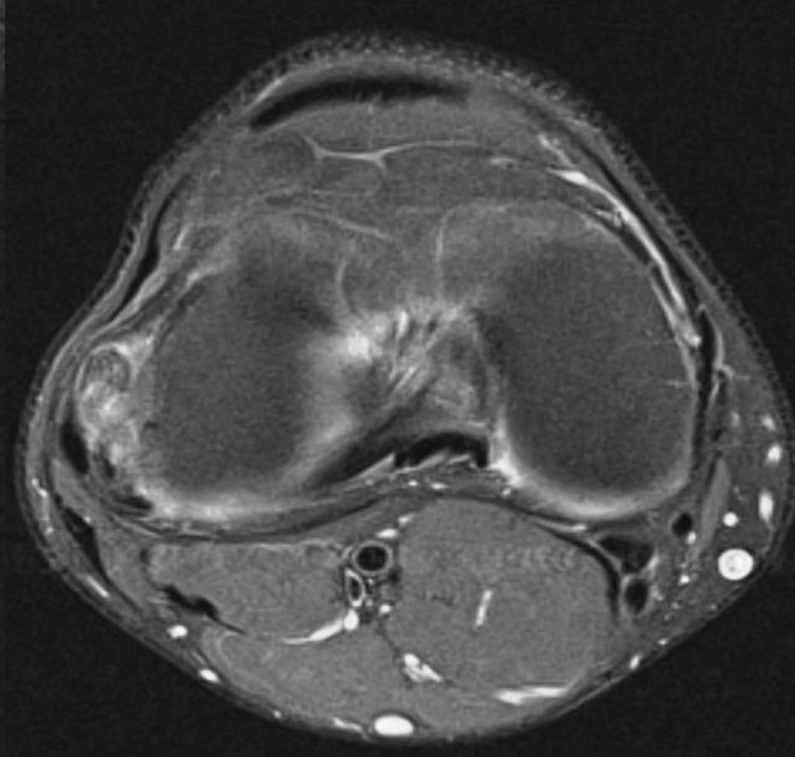
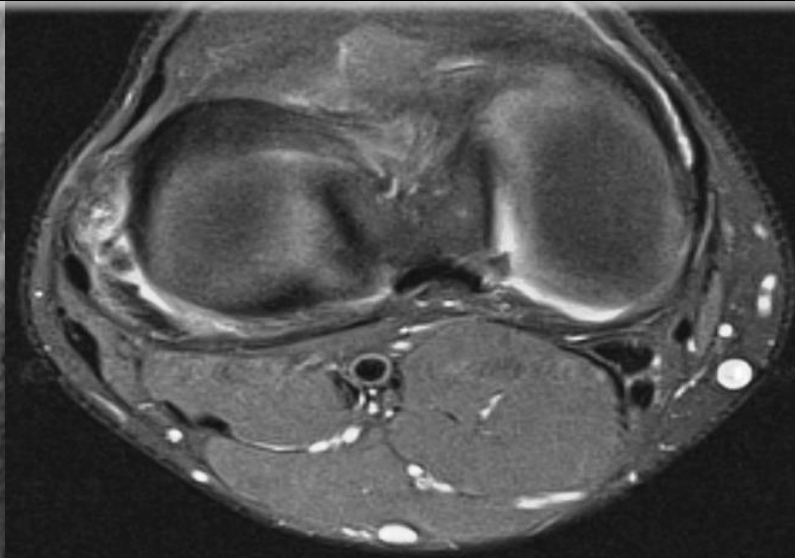


19-year-old gentleman presented with an acute onset of right knee pain after sustaining a twisting injury to this joint and simultaneous right ankle inversion injury whilst undertaking a recreational sporting activity.

Prior to this single episode of trauma sustained whilst running he described symptoms of pseudo-locking and clicking of 6-month duration.

The patient had, 7 years prior to presentation, undergone arthroscopy of the right knee for division of synovial plica in the medial compartment of the knee joint.

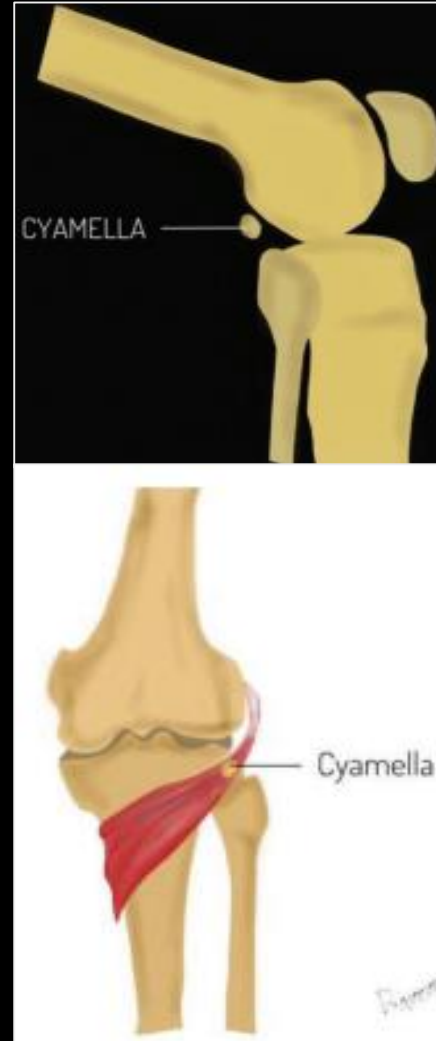
Sesamoiditis of the Cyamella



Post surgical excision of Cyamella

Sesamoiditis of the Cyamella

- ✓ Sesamoid bones reduce mechanical stress at sites of tendon translation over bone and can alter the direction of muscle contraction
- ✓ Cyamella is a sesamoid bone described within either the popliteus muscle or adjacent to its myotendinous junction. As with all sesamoid bones, it is invested by fibrous tissue except for a smooth articular surface that forms a joint with the lateral condyle of either the tibia or femur
- ✓ Other genicular sesamoid bones include the patella and fabella (fabella is located within the lateral head of the gastrocnemius muscle and posterior to the lateral femoral condyle)



Differential diagnosis for cyamella

- Osteocartilaginous loose bodies
- Post traumatic bone fragments (osteophytes)
- Meniscal cyst calcification
- Soft tissue tumours
- Heterotrophic ossification
- Osteochondroma
- Myositis ossificans

Dykes MI, Vijay RK. Sesamoiditis of the cyamella: imaging features of this rare presentation. *Jpn J Radiol.* 2014

Prasad et al (2020), Cyamella Sesamoiditis: A Rare Cause of PLC Knee Pain. *International Journal of Contemporary Medicine, Surgery and Radiology.*