

434 Orthopedics Team





Red: important. Orange: Dr notes

Objectives

1.To be able to specify the symptoms and signs; outline the assessment and

2. appropriate investigation; propose a limited differential diagnosis and; outline the principles of management of a patient with:

3. Metastatic bone disease and Primary bone lesions.

4. Benign tumors, Osteoid osteoma, Bone Cyst, Unicameral bone cyst (UBC), Aneurysmal bone cyst (ABC), Giant-cell tumor (GCT), Osteochondroma.

5. Malignant tumors, Osteosarcoma, Ewing's sarcoma.

NOTE, Primary bone tumors usually in children and young adults from 5-20 years and usually male. While in elderly (60-70 years old) most likely metastasis, they need full workup to find the primary cause, and most common + look for metastasis in the spine. Also, can be malignant/ secondary trans from benign (chondroma \rightarrow chondrosarcoma).

Some benign bone tumors can metastasis causing benign bone mets, called aggressive benign tumor (giant cell tumor \rightarrow mets to lung).

How to suspect that the patient has bone tumor?

- Symptoms related to pathology (the bone itself).
- Constitutional symptoms
- \circ Night pain
- \circ Rest pain
- o Extrema of age

Unexplained swelling without trauma, pain without trauma, specially in children.

Tumor and infection symptoms may cross so think of both.

- It may be a child with unexplained swelling, night pain, rest pain, constitutional symptoms include -> loss of appetite loss of weight, fever, night pain . chills and fever.
- In elderly with back pain ask about the family history of cancer, previous history of cancer.
- Young patient with complaint of unexplained knee pain for couple of weeks, associated with swelling→ if extensive may cause compression symptoms (to nerves or vesicles so (numbness, weakness, cold limbs and all signs of compression)

History

- Age.
- Cc: Pain (duration, Site, Onset, Character, Radiation, Associations, Time
- course, Exacerbating/Relieving factors, Severity). or swelling/lump (duration, site, progression, persistence, associated symptoms).
- History of trauma.
- Neurological symptoms (paresthesia or numbness).
- Weight loss, night pain.
- Pathological fracture.
- Family history of bone tumor.
- Predisposing factors.

Physical Examination:

- General examination (cachectic).
- If there is a lump: 2Ts =tenderness, temperature, 3Ss = Site, size & shape, consistency, surface, margins, Overlying skin, mobility, discharge, Reducibility, Pulsatility & trans illumination
- If the tumor is near a joint there may be effusion and/or limitation of movement.
- Lymphadenopathy: involvement of local or regional lymph nodes.

Investigations:

Local and systematic evaluation.

-Locally full-length X-ray, CT scan in some cases to see the cortex, MRI with contrast.

-Systematic: full workup of chest abdomen and pelvis, CT with contrast to check for mets.

-Bone scan to see other bone lesions or mets to bone.

-blood investigations for histopathology and culture.

-Biopsy confirms the diagnosis.

X-ray findings of bone lesion:

1- Number: is the lesion solitary or are there multiple lesions?

2- Site: what type of bone is involved & where is the lesion in the bone? Epiphysis, Diaphysis, or Metaphysis; most of the tumors arise from the

Metaphysis.

3- Shape/ Geographic appearance: usually ugly looking lesion are considered malignant. Describe the tumor: e.g. oval shape, surface tumor, multiple tumor, etc.

4- Size. As a fundamental rule, big lesions (>5cm) are aggressive.

5- Centric (away from the border) or eccentric (in the bone border).

6- Border of the tumor: narrow zone of transition or wide zone of transition, well demarcated or diffuse.

• Well define & sharp borders \rightarrow usually seen with benign tumors.

• Ill-defined borders \rightarrow usually seen with malignant tumors.

• Sclerotic margin: sign of benign tumors.

Why it's important? because benign tumors grow slow and the bone contains them in a sclerotic capsule while the malignant will have wide transitional area and ill-defined margins.

7- Matrix of the tumor:

Sclerotic: it means forming bone, so on x-ray \rightarrow opaque.(like renal cell, prostate)

Lytic: it means forming tissue other than bone (it may be cartilage,

fibrous tissue, or cystic) on X-ray \rightarrow translucent. (like breast CA)

-Can be mixed (popcorn matrix indicates cartilaginous tumor)

N.B. this classification (lytic and sclerotic) helps in the differentiation b/w tumors. But, you cannot tell from this classification wither this tumor is benign or malignant.

8- Periosteal reaction:

Occurs in some bone tumors.

Characteristic periosteal reaction: mostly occur with malignant tumors (teeth like).

Smooth periosteal reaction: with benign tumor.



9- Soft tissue extension: soft tissue involvement

occurs mostly with malignant

tumors or aggressive benign. or may be an infection

Origin of tumors:

They originate from multiple origins bone, cartilage or unknown

FIG. 13.2 CLASSIFICATION OF TUMORS AND TUMORLIKE LESIONS BY TISSUE OF ORIGIN		
Tissue of Origin	Benign Lesion	Malignant Lesion
Bone-forming (osteogenic)	Osteoma Osteoid osteoma Osteoblastoma	Osteosarcoma (and variants) Juxtacortical osteosarcoma (and variants)
Cartilage-forming (chondrogenic)	Enchondroma (chondroma) Periosteal (juxtacortical) chondroma Enchondromatosis (Ollier's disease) Osteochondroma (osteocartilaginous exostosis, single or multiple) Chondroblastoma Chondromyxoid fibroma	Chondrosarcoma (central) Conventional Mesenchymal Clear cell Dedifferentiated Chondrosarcoma (peripheral) Periosteal (juxtacortical)
Fibrous and fibrohistiocytic (fibrogenic)	Fibrous cortical defect (metaphyseal fibrous defect) Nonossifying fibroma Benign fibrous histiocytoma Fibrous dysplasia (mono- and polyostotic) Periosteal desmoid Desmoplastic fibroma Osteofibrous dysplasia (Kempson- Campanacci lesion) Ossifying fibroma (Sissons' lesion)	Fibrosarcoma Malignant fibrous histiocytoma
Vascular	Hemangioma Glomus tumor Cystic angiomatosis	Angiosarcoma Hemangioendothelioma Hemangiopericytoma
Bone-marrow (hematopoietic) and lymphatic	Giant cell tumor (osteoclastoma) Eosinophilic granuloma Lymphangioma	Malignant giant cell tumor Histiocytic lymphoma Hodgkin's disease Leukemia Myeloma (plasmacytoma) Ewing's sarcoma
Neural (neurogenic) Notochordal	Neurofibroma Neurilemoma	Malignant schwannoma Chordoma
Fat (lipogenic)	Lipoma	Liposarcoma
Unknown	Simple bone cyst Aneurysmal bone cyst Intraosseous ganglion	Adamantinoma

Tumors

1)Simple bone cyst (unicameral cyst):

- Most commonly incidental finding. Most resolve within 2 years. But the patient may present with pathological fracture → Causes pain (after trauma & cyst may correct after fracture).
- Usually seen in children age group up to 20 years old, Male > Female.
- Children may present with limping.
- In children may present with pathological fracture, how to know it's pathological fracture? Minimal trauma that lead to it or if old may be with regular movements.

Sites: (usually at the end of bones)

- **Common in the proximal part of long bones (e.g. proximal humerus, femur or tibia).**
- Upper & lower parts of the femur Pelvic (iliac crest), Calcaneus, Scapula, Patella.

Radiological feature:

(X-ray is the main essential investigation in benign tumors)





- 1. Metaphysic lytic lesion
- 2. Sclerotic margin, well define.

Treatment:

-X-ray of pathological fracture in young age group:

Conservative treatment for the fracture & patient education regarding recurrence of fracture
in this area.

-The same fracture in older age with displacement & angulation:

• ORIF (Open Reduction and Internal Fixation) + Bone graft to fill the

space.

2- Aneurysmal bone cyst:

Another child benign tumor, same as the simple cyst but has <u>significant</u> <u>blood supply to it.</u>

• Bigger, more aggressive and "balloon-like".

- Progressive tumor-like lesion.
- Recurrence rate is high.
- Fusiform cyst and Arteriovenous formation.
- Aneurismal cysts have bloody content, while simple cysts have orange colored contents (Looks like Straw/sun top juice).

Sites:

- <u>Upper humerus</u>
- Upper femur.
- Spine (neural arch: lamina &pedicle) may give pressure effect.
- Proximal tibia.
- o Scapula.



Presentation:

The usual presentation is swelling.

Patient may present with pathological fracture \rightarrow pain.

Radiological feature:

1. X-ray shows different contents inside the aneurysmal cyst unlike simple cysts.

- 2. <u>Metaphyseal lytic lesion.</u>
- 3. Well- defined & sclerotic margin.
- 4. Expansile \rightarrow thin cortex (like egg shell).

Narrow zone of transition, no periosteal reaction, no soft tissue swilling, all indicate benign tumor.

Treatment:

Have to be treated or otherwise it will fracture.

<u>ORIF + BONE graft</u> (from fibula as support BCZ lesion is very big).

Make a bone window and take all the soft tissue and fibrous tissue and fill it with bone graft.

Sequestration = divide it to small champers.

Aspiration with alcohol, phenol & steroid.

3) Fibrous Cortical Defect (Non-Ossifying Fibroma):

- Benign lesion since birth.
- Never transfer to malignant.
- \circ Not site for fracture.
- Eccentric lesion.







- Not very common.
- \circ $\;$ You can see all the ages from 2-20.

Sites:

- Around knee: (lower femur, upper tibia).
- Lower tibia.



Presentation:

Asymptomatic (no pain, no swelling & no pathological fracture) \rightarrow discovered incidentally.

Radiological feature: (x ray of the right ankle of a child)

Lesion in the metaphyseal diaphysis junction.

Margin: clear

Matrix: fibrous

Cortex: intact.

Well-defined, sclerotic margin. We say it's benign because there's no periosteal reaction, and a narrow Zone of Transition.

Treatment:

• Self-limited, healed by itself. (it's a defect in the cortex)

Reassurance.

 \circ If painful \rightarrow curettage +bone graft.

4) Osteoid osteoma

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- Benign bone forming tumor, which has different behavior \rightarrow main presentation is night pain, and significant improvement with NSAID (aspirin). (almost diagnostic)
- Usually affects young patients 10-35 and more common in males.
- May arise in the <u>cortex of long bones</u>, or occasionally in the cancellous bone of the spine and less commonly talus.

Presentation:

Usually well localized pain (in the back or groin area) that is worse at night and prevents patient from sleep.

Night pain is important sign to think about tumors.

<u>Some patients may come with scoliosis with the severe pain.</u> (usually scoliosis is painless)

Character of pain:

Pain at the site of tumor.

Aggravated by activity.

Relived by aspirin & NSAID.

Radiological features:

- Make sure it is not acute vascular necrosis.
- Metaphyseal or diaphyseal lesion.
- <u>Lytic lesion inside patch of sclerosis (nidus)</u> is the part which is surrounded by a reactive zone of dense sclerotic new bone formation, therefore in the treatment → we remove nidus only.





Investigations:

- \circ X-ray→ a nidus surrounded by a thick cortex (sclerosis). (Not helpful)
- \circ CT scan \rightarrow nidus (modality of choice in the diagnosis)
- Bone scan used sometimes → \uparrow uptake.
- We do sometimes NSAID challenge test give it for few weeks and look if the pain was better or not.

Treatment:

- <u>NSAIDs for 3-6 weeks</u>
- If not relived A CT-guided needle can be inserted in to the nidus and the lesion is ablated with radiofrequency, coagulation (also called radio frequent ablation).
- $\circ~$ If it easy to access > excise it, label it then send it to histopathology.

5) Enchondroma:

- o Benign, cartilaginous tumor
- 15-50 age group.
- Tumor grows within the bone and expands it (ballooning).
- It composed of **translucent hyaline cartilage** and content inside is **chondroid**.
- The affected bone is expanded by the tumor and its cortex is thinned.



Sites:

• Mainly small bone e.g. <u>phalanges in hand & foot</u>. When you see benign tumor in the fingers most likely its Enchondroma)

• Common in Femur, humerus and less commonly tibia &fibula

Presentation:

- Usually found incidentally swelling.
- Females might notice it because they might feel that their ring became tight due to the swelling.
- Pathological fracture which may cause pain.
- Affect one side and prolonged healing.

Radiological features:

- Location and contents is different from aneurysmal bone cysts.
- Enchondroma usually in digits, different from aneurysmal which occurs in long bones.
- Ground sub here contains fibrous tissue unlike aneurysmal which appears like glass.
- X- RAY of enchondroma is more hyper dense due to the chondroid.
- No signs of aggressiveness.

Treatment:

- If it symptomatic (pain, become bulky) > surgery (curettage
- + bone graft) and fixation.
- N.B. any pathological, you must take a biopsy.

6)Enchonromatosis:

• Multiple enchondromas of the major long bones occur mainly in the rare condition called **multiple**

enchonromatosis, it's a genetic disease that happen in families also called Olear disease. Olear disease have malignancy transformation. we follow them up closely, it's very disabling disease causing significant deformity.



• Benign, affects both sides, low grade destructive lesions Usually seen in children, and has a high risk of becoming a secondary tumor (malignant transformation to chondrosarcoma).

7) Osteochondroma:

- Commonest benign tumor of the bones.
- The only surface tumor (outside the bone) therefore, it's called exostosis.
- It is a combination of both bone & cartilage (bone base covered with cartilage).
- Usually in 10-20 age group and Male > Female.
- Painful in children due to growth plate compression and pressure effects on adjacent nerve or vascular structures.

Sites:





(around knee) distal femur.

- o proximal tibia.
- proximal humerus.



The commonest are

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- Scapula.
- Neck of femur.

Presentation:

Swelling (progressive in size). Patient's usually present for cosmetic purposes.

Symptoms of complications:

1. Pressure symptom:

This the probable indication for surgery, is the possibility of fungating and pressure on muscle, nerves vesicle \rightarrow (pain, tinging, pressure symptoms...)

- Pseudo-aneurysm \rightarrow artery.
- Hypothesis or paresthesia \rightarrow nerve.
- Rendering the movement \rightarrow tendon.
- Restrict the movement of the movement nearby the joint
- Adventitia bursae.

2. Fracture especially with pedunculated type If it transfers to malignant.

Radiological features:

- 1. Metaphyseal lesion.
- 2. Mushroom-like stalk of the bony tumor (connected to the bone).

3. On x-ray the cartilaginous cap: which is the cartilaginous part of the

tumor that is not seen (translucent & it is located around the bony part.

- **4.** Direction of the tumor \rightarrow away from the bone.
- **5.** Start from the growth plate and Stops growing when patient stops to grow usually at 18 yrs.

6. According to the shape of the neck of the tumor, we divide it into:

- Pedunculated type: has long & thin neck.
- Sessile type: has short & thick neck.



Treatment: Usually we like to intervene if there was instability, high risk of fracture,

cosmoses in fingers, in benign.

- Usually nothing is needed, reassure the patient.
- Surgery (just excision, no need for bone graft b/c it is a surface tumor).
- The surgery is indicated if there is:

1. Sudden increase in size or pain.

2. Presence of any complication (compression on nerves, vessels, or tendons).

3. Transformation to malignancy "chondrosarcoma" (rare only

1%).Identified by:

- Sudden increase in pain.
- Sudden increase in size.
- if cartilaginous cap exceeds 2cm on X-Ray.
- Most common site for excision of Osteochondroma is the knee, because of the effect on ligaments and compression on vessels.

8) Giant cell tumor (GCT):

- From bone marrow.
- Occurs most commonly in young adults, 20-40 age groups.
- o In children look like aneurysmal bone cyst diff by age and biopsy.
- <u>Benign aggressive tumor</u> the worst benign. So, the patient must be followed up every 3 months in the first year, every six months in the second year and once in a year after that.
- It's can metastases to the lung. So, it's important to get yearly chest x-ray.
- Origin: osteoclast, therefore it is osteoclastoma.

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- Very destructive tumor.
- DDx: bone cyst, aneurysmal cyst.

Sites:

- Most common distal epiphysis of radius.
- Less common are distal tibia & sacrum.
- Very bad in the sacrum because it will affect nerve roots.

Presentations:

Mostly patients present first with: pain, then swelling & later with

pathological fracture.

Radiological features:

- 1. Epiphyseal lytic lesion.
- **2.** No new bone formation b/c the osteoclast will eat this new bone.
- 3. Radiograph shows lucent regions, lytic destruction of the bone with

expansion of the cortex, without a sclerotic rim.

- 4. Ill-defined borders when aggressive or pre-malignant.
- 5. Usually looks like a bone cyst, definite diagnosis made by biopsy.
- 6. No marginal sclerosis.
- 7. Soft tissue extension.

Investigations:

The assessment depends on:

1. Soft tissue extension: by MRI.



2. Joint extension: the articular cartilage is a very resistant against progression of

the tumor from going to the joint.

- 3. Bone extension: by CT scan.
- 4. Further investigation:
 - Bone scan: for metastasis.
 - CBC: to assess the general condition of the patient.
 - Biopsy: to confirm that it does not transform into malignant tumor.

Ewing's Sarcoma age: 5-25 M F

Treatment:

- Generally: curettage and bone grafting
- No place for conservative treatment.
- \circ Excision followed by either bone graft or prosthesis depending on the site of the tumor:

If the tumor is in non-weight bearing area (e.g. lower radius): radical excision, bone graft and arthrodesis for nearby joint.

If the tumor is in weight bearing area (e.g. lower femur): excision and prosthesis (N.B. no bone graft here).

9) Ewing's sarcoma:

- One of the most common malignant tumors in children
- Origin: from the endothelial lining of the bone marrow canal.
- Most of the Ewing's sarcoma is miss-diagnosed as acute osteomyelitis. (Mimics infections) because of systemic symptoms and elevated ESR and elevated c- reactive protein.
- Young age group 5-25.



• Pulmonary metastasis can occur.

Sites:

- It is the only bone tumor which takes it origin from <u>diaphysis.</u>
- \circ $\,$ The diaphysis of the femur are the most common sites followed by the tibia and humerus.
- (most commune arrowed the knee, hip)

Presentations: Very characteristic:

- 1. Febrile patient.
- 2. High WBC's.
- 3. Local Pain & redness.
- 4. Ulceration of skin.
- 5. Swelling.
- 6.Night pain
- 7.Disability

8.Inabilty to walk

Radiological features:

1.X-ray: peal onion reaction.

2. You think it might be osteomyelitis: You do aspiration for drainage of pus > there will be no pus and you will find tumor tissue >You do biopsy > Ewing's sarcoma. So, it is a diaphyseal lytic lesion.

3. Ill defined.

4. Sometimes with soft tissue extension.





5. N.B. you can't differentiate it from osteosarcoma unless you do biopsy.

Investigations: MRI and biopsy make definitive diagnosis

Management: timing is important

- Blood investigations, ESR.
- Radiology (X-ray, bone scan, CT, MRI)
- Biopsy same surgeon who will do surgery should take the biopsy- to avoid contamination then spreading the tumor.

Treatment:

1. It is sensitive to chemotherapy

2. So, start with chemotherapy to decrease the tumor in size so it will be easy to excise it and control metastasis (microcell) everywhere in the body as in bacteremia

3. Tumor treated by operative excision and disarticulation and you may need amputation.

OSTEO	SARCOMA	
Primary	Secondary malignant transformation of benign	Metastatic
Conventional		Lungs
Low-Grade Central	Paget's Sarcoma	Bones
Telangiectatic	Postradiation Sarcoma	
Multicentric (Multifocal)		
Juxtacortical		

10)Osteosarcoma:

Has many types and can metastasizes to the bone and lungs.

- {remember the most common malignant tumor is metastatic}
- o malignant tumor
- More common than Ewing's sarcoma.
- 10-25-year-old and Male > Female
- o primary have many types
- o secondary usually after radiotherapy

Sites:

- Arises from primitive bone-forming cells.
- Found in metaphysis unlike the Ewing which is seen in the

diaphysis.

- Around the knee, and the hip
- o Common in the lower femur, upper tibia, and upper

humerus.

• Less commonly clavicle.

Presentation:

- Patient present firstly with pain, then swelling, lastly pathological fracture (typical presentation of malignant tumor).
- Overlying skin is warm due to high vascularity.
- o The patient may look cachectic (in late and advanced
- o cases).



Radiological features:

1. Very dense.

2. Irregular medullary and cortical destruction of the metaphysis.

3. <u>Sun rise appearance</u> periosteal reaction (surrounded by low dense).

- 4. Could be lytic or sclerotic. "mixed"
- 5. Ill defines no sclerotic margin.
- 6. Metaphyseal lesion.
- 7. Definite diagnosis made by biopsy.

Some might have some benign features on X-ray if you see only AP, that's why you need to have proper X-ray.





Investigations:

- CT scan = bone extension.
- MRI = soft tissue extension.
- Bone scan = metastasis.
- Search for metastasis.

Treatment:

- **3 stages:** Adjuvant chemotherapy > surgery > Adjuvant chemotherapy.
- Adjuvant Chemotherapy: It helps in:

1.killing of micro metastasis .

2.Shrinking the mass.

How do you know the effectiveness of the neoadjuvant treatment?

3. After surgery at the biopsy, if necrosis >90% continue the same.

If necrosis <90% we must add a new Adjuvant chemotherapy.

- Surgical interventions:
 - **Limb salvage procedure (limb sparing)**: which is radical excision of the affected bone & the affected compartments (e.g. flexor compartment of thigh, adductor compartment of the thigh ... etc.) around the bone + followed by reconstruction (reconstruction may be: prosthesis, bone graft, or bone cement) + lastly, we do radiotherapy & chemotherapy.
 - its not that successful if the tumor was around neuro-vascular
 - **Amputation:** is indicated when the whole compartment around the bone is involved, (e.g. the flexor, adductor & extensor compartment of the thigh). If there, the Vessels involved you can do bypass graft. The presence of Pathological fracture.







11)Multiple myeloma:

- May be considered the only primary bone tumor in adults.
- If you see multiple lytic lesions in elderly, think of mets or multiple myeloma.
- Arise from plasma cells in the bone marrow.
- The most common primary malignant tumor.
- Age group: >45 years old. Males > females.
- <u>Bence jones proteins test found in 24- hour urine collection. (highly suggest diagnosis).</u>
- Disseminates too many parts of the skeleton through the blood stream, thus usually multiple.

Sites:

- Central bones (axial skeleton): skull, ribs, pelvic girdle. & spine.
- It may be solitary, multiple (commonest) or generalized osteoporosis (mylometosis: multiple myeloma + only generalized osteoporosis).

Presentation:

- Patient is ill (decreased immunity).
- Sclerotic (no more elasticity) so more prone to fractures
- In skull, there will be pepper (lytic) & salt (sclerotic) appearance. E.g. a patient came with bone ache (backache) + osteopenia.
- More common in periphery than center.
- only definitive diagnosis is bone marrow aspiration.
- 0

Treatment:

(mainly medical, chemo and radiation no surgery unless instability or neural affect)

- $\circ~$ Bone marrow transplant: Success rate is 30% and it Costs millions
- \circ Radiotherapy.









- Chemotherapy.
- The rule of orthopedic surgeon is only when you have pathological fracture, do internal fixation.

12)Metastasis

• More common than primary tumors in later adult life.

- The most common tumors are: thyroid, lung, breast, colon, and prostate kidney.
- \circ More than 45 in age, F<M.
- o Affects same sites which are affected by multiple myeloma.
- Take biopsy to know where is the primary
- $\circ~$ If there is fracture, do curettage first, then fixation.

Presentations:

- Patient may present with known primary tumor.
- May present with secondary metastasis. So, we must identify the primary site and treat it.
- Usually metastasis occurs in the highly vascular bones e.g.
 vertebral body, ribs, pelvis, upper end of femur, and humerus.

Radiological features:

- 1. It may be solitary or multiple (common) or just osteoporosis (called carcinomatosis).
- If the primary tumor is from the prostate → the lesion will be sclerotic.
- 3. If the primary tumor is from the breast \rightarrow the lesion will be lytic.

Investigations:







- X-ray shows decreased bone density (bone eaten away) with thinning of the cortex.
 Resembles bone cysts but the age group directs the diagnosis.
- $\circ~$ CT- scan of the chest for definite diagnosis.

Treatment: Same as multiple myeloma.

Summery

- \circ Most common bone Tumors → BENIGN.
- Most common benign tumors → OSTEOCHONDROMA
- Majority of Malignant tumors → METASTATIC of other tumors elsewhere in the body.
- \circ Most common primary malignant tumors \rightarrow M. MYELOMA.
- Malignant Bone tumors are called SARCOMA.
- Primary Malignant bone tumors are minority.
- Benign bone tumors do not invade the soft tissue nor affect the cortex.
- Certain tumors have predilection for some bones (favorite places) which can be recognized by X-ray. E.g.:

•Ewing's sarcoma most commonly seen in the DIAPHYSIS.

• Giant cell tumors are almost always found in a subarticular position, i.e. epiphyseal location.

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