

Clinical Image

Late Stage Hoffa Disease

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A 50-year-old man consulted in March 2019 for left anterior gonalgia that had been evolving for several years. During the interrogation, a notion of old trauma was found. On clinical examination, an anterolateral mass was palpated, the patient had active and passive limitation of knee flexion and extension movements. A standard radiological assessment revealed opacity in the infrapatellar adipose body. MRI showed ossification of the subpatellar fat as well as infiltration of the latter.

Arthroscopic anterolateral treatment was decided, with lateral parapatellar arthrotomy, excision of the Hoffa and excision of an intracapsular cartilage tumor.

Histopathological examination concluded that the osteochondral lesion was benign.

After a two-year follow-up, there was no recurrence.

Hoffa's disease or hoffite is an intrinsic pathology of the subpatellar adipose body. It was first described by Albert Hoffa in 1904. It is defined as acute or chronic inflammation of the subpatellar fat. In the final stage of the pathology, osteochondroma appears.



Figure 1: A standard X-ray of the front of the knee showing opacity within the infrapatellar adipose body.



Figure 2: A standard knee profile x-ray showing opacity within the subpatellar adipose body.