

## **FIBROMAS / FIBROMATOSIS**

You have been diagnosed as having a plantar fibromatosis or fibroma. These are usually slow growing benign tumors located on the bottom, of your foot in a band of tissue called the plantar fascia. These tumors are sometimes painful when walking or when applying pressure to the bottom of the foot. They can be found in areas of previous injury, in people with diseases such as Von Recklinghausen's or anemia's, in certain types of arthritis and in individuals with certain types of arthritis and in individuals with certain inherited disorders.

If they consistently stay the same size or grow very slowly and cause no pain, they can be managed by just measuring their shape, size and texture regularly to observe any changes, which may occur. Sometimes, because they become larger, they may need padding around the area to take off the pressure when walking. This can be accomplished with the use of custom-made orthoses. If padding fails to relieve the pain, they can then be surgically removed.

A small percentage of plantar fibromatosis convert into malignant tumors. This conversion to malignancy is usually heralded by the fibromatosis growing rapidly and becoming extremely painful. If this occurs than an excisional biopsy is performed and the tumor is sent to the pathologist for identification.