

# Lump / mass (musculoskeletal)

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## Rationale

Lumps or masses are a common cause for consultation with a physician. Musculoskeletal lumps or masses represent an important cause of morbidity and mortality.

## Causal Conditions

(list not exhaustive)

- Neoplastic
  - a. Soft tissue
    - Benign (e.g., lipoma)
    - Malignant (e.g., leiomyosarcoma)
  - b. Bone (e.g., cyst)
    - Benign (e.g., cyst)
    - Malignant (e.g., Ewing sarcoma)
- Non-neoplastic
  - a. Infectious (e.g., osteomyelitis)
  - b. Traumatic (e.g., hematoma)
  - c. Inflammatory (e.g., rheumatoid nodules, tendonitis)

## Key Objectives

Given a patient with a musculoskeletal lump or mass, the candidate will diagnose the cause, severity, and complications, and will initiate an appropriate management plan, in particular to distinguish benign from malignant.

## Enabling Objectives

Given a patient with a musculoskeletal lump or mass, the candidate will

- list and interpret clinical findings, including
  - a. an appropriate history and physical examination with particular attention to features suggestive of sarcoma;
- list and interpret key investigations, including
  - a. laboratory and radiological studies, if indicated, and in particular determining if the patient requires a biopsy;
- construct an effective initial management plan, including
  - a. determination as to whether the patient requires specialized or urgent diagnosis and treatment.