Conditions of the wrist joint and the hand

H. Myburgh
2012
Congenital abnormalities

• Unknown aetiology (40-60%)
• Genetic Factors (Down Syndrome- Clinodactily little finger)
• Environmental causes
Failure of formation
Failure of differentiation
Duplication
Hypoplasia of the thumb
Camptodactily
Dupuytan’s Contracture
Dupuytren’s Contracture

- Cause: Unknown, Hereditary
- Pathology: Fibromatosis palmar + digital fascia
- Clinical: Middle + old age, Mostly ulnar side of hand
- Surgery for contracture + deformity
Mallot finger
De Quervain’s Tenosynovitis

- Middle Aged Women
- Pain + swelling proximal radial styloid
- Stenosing Tenosynovitis APL + EPB
- Finkelstein’s test

Treatment:
- Rest + NSAID
- Steroid injection in sheath
- Surgical Release
De Quervain’s Tenosynovitis
Trigger finger

- Middle aged (OA, RA, DM, Gout)
- Nodule forms flexor tendon which stick in flexor sheath
- Complain of locking of finger
- Has to be straightened passively
- Surgical release
Tenosynovitis
Septic Tenosynovitis

- Kanavel’s four signs
- Swelling
- Slight flexion
- Pinpoint tenderness over sheath
- Pain on passive extension
Septic Tenosynovitis

• Treatment:
• Surgical Drainage
• Antibiotics
• Elevation
• Mobilisation
Paronychia
Gout
OA Heberden’s Nodules
OA Mucous cyst
OsteoArthritis
Osteo Arthritis Quintet

• CMC Arthritis
• DIP Arthritis
• Trigger finger
• De Quervains synovitis
• Carpal tunnel syndrome
CMC Arthritis
Rheumatoid Arthritis
Rheumatoid Arthritis
Psoriasis
Ganglion
Ganglion

- Most common swelling in the wrist
- Mucoid degeneration capsule
- Young adults
- Painless lump
- Slight ache + weakness
- Treatment: Surgery only when troublesome
Carpal Tunnel Syndrome
Carpal Tunnel Release
Radial sided wrist pain

- De Quervains tenosynovitis
- CMC arthritis
- Trigger thumb
- Carpal tunnel syndrome
- Ganglion
- Radial nerve compression
Kienbock’s Disease
Kienbock’s Disease

• Young adult
• Pain + stiffness
• Diminished grip strength
• Tenderness over lunate
• Occasionally history of trauma
• Avascular necrosis lunate
Kienbock’s Disease

- X-ray
- MRI – Early stages
- Treatment- Early Splintage
- Operative: Radial Shortening
  - Ulnar Lengthening
  - Intercarpal fusion
- Proximal Row Carpectomy
Carpal Instability
Lunate Dislocation
Thank you
Additional Pictures
Soft Tissue Conditions
Arthritis
Arthritis
Arthritis
Arthritis
Conditions of the wrist
Dupuytren’s Contracture