

Saddle deformity: Is surgery the answer?

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Definition

Post traumatic interosseous-lumbrical adhesion
 Impingement of the deep transverse metacarpal ligament (TML)
 Adhesions between the lumbricals and the interossei
 Most common: crushing injuries, direct blow and fall
 Anatomic variations

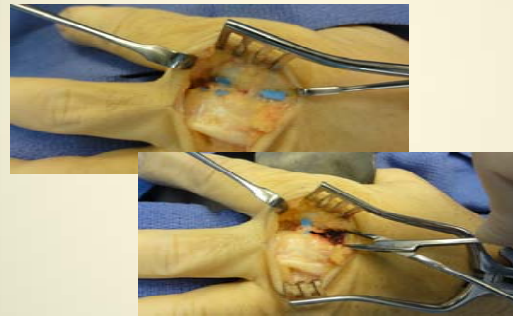
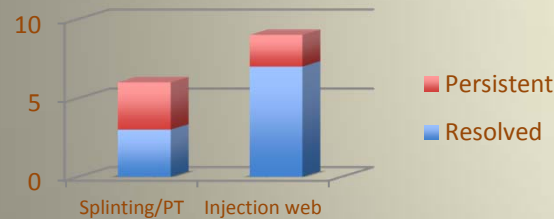
Our study

Historical cohort, 2009 to 2012
 15 patients
 Mean age 40.5 years (20-61)
 9 men and 6 women
 5 patients (33%) - no obvious injury
 4 patients (27%) - repetitive stress
 4 patients (27%) – hit or fall
 2 patients (13%) - crush injuries

Results

Pain at MP joint
 Pain when making a tight fist
 Mean time from injury to presentation - 3.5 months (1-18 months)
 Tenderness
 – 12 patients - moderate or severe
 – 3 patients – mild
 Positive intrinsic stress test
 Stable and pain free MP joint on lateral stress

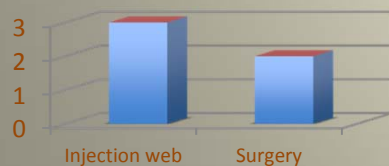
First treatment



Proposed treatment algorithm



Subsequent treatment



	Patients	Symptom resolution
Steroid injection web space	10	10/11 (91%)
Splinting/Intrinsic stretching	6	3/6 (50%)
Surgery	2	2/2 (100%)

Conclusions

Rare condition < 0.4%
 Steroid injection highly effective
 Surgical intervention rarely necessary