

TREATMENT OF OCCULT WRIST GANGLIONS THAT ARE ASSOCIATED WITH SCAPHOLUNATE INSTABILITIES WITH ARTHROSCOPIC DORSAL CAPSULOLIGAMENTOUS REPAIR

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INTRODUCTION

- The most common mass lesions of the wrist are the ganglion cysts and they are frequently associated with the scapholunate interosseous ligament (SLIL)
- We investigated the intraarticular disorders coexisting with occult dorsal wrist ganglions, the surgical results (pain, function) of these disorders without excising the dorsal wrist ganglions, and recurrence rates of occult dorsal wrist ganglions in these patients

METHODS

- We evaluated the 23 patients (11 female, 12 male) retrospectively who were operated with occult dorsal wrist ganglions (Figure 1)
- Mean age was: 36.9 years
- 3 patients had a history of trauma
- Range of motion and grip strength of the wrist, pain assessment in the finger extension test, and Watson's test were evaluated
- We applied arthroscopic dorsal capsuloligamentous repair (Figure 2)
- Preoperative flexion and extension differences were measured according to the other hand of the patients
- Preoperative and postoperative pain was evaluated by visual analog scale (VAS) scores
- Jamar hand dynamometry were used to measure grip strength of both hands
- Functional results were evaluated by the Mayo wrist scoring system

RESULTS

- Mean follow-up: 32.5 months
- Mean preoperative VAS score: 5.7
- Mean postoperative VAS score: 0.5
- According to the Mayo wrist scoring, 22 patients were excellent, 1 patient was good
- The grip strength increased from 84% to 96%
- No recurrence was detected

CONCLUSION

- SL instability has an important role in the occult dorsal wrist ganglion etiology
- Arthroscopic dorsal capsuloligamentous repair is a permanent treatment method that provides pain and functional relief in these patients

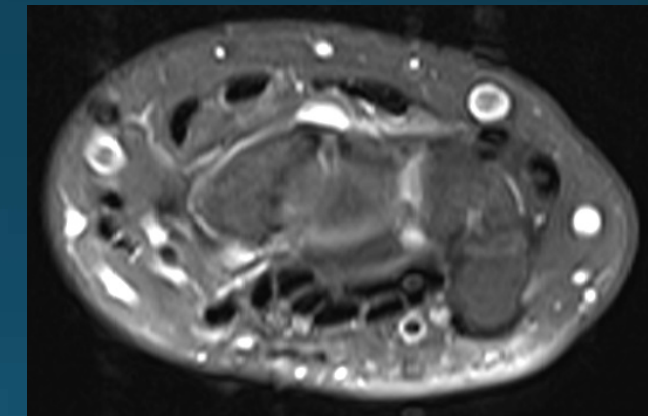


Figure 1



Figure 2