

THE CARPAL BOSS

Carpal boss is a common entity, presenting as a bony protuberance on the dorsum of the hand at the base of II and III metacarpal.

The carpal boss is a localized degenerative arthritic process involving the quadrangular carpo-metacarpal joints of the trapezoid, capitate, and base of the index and middle metacarpals.



The main symptom was pain associated with activities, which produced extension and distraction of the index and middle and metacarpal rays.



Provocative Test

Metacarpal stress test: with metacarpo-phalangeal joint in flexion – distract the fingers. This evokes pain.

X-ray: Normal views may not show.

CT shows: arthritis of the carpo-metacarpal joint with osteophytes.

Treatment

Excision of the localized bony abnormality and the associated degenerative arthritic process to the level of normal articular surfaces. Sometimes it is required to fuse II MCjoint

94% had satisfactory results