GANGLION

Definition: Ganglion is a cystic lesion in the soft tissue containing a gel like fluid which is synovial fluid. The cyst is connected to the joint and tendon sheath through a pedicle. Exact cause is not known but believed to be mucinous degeneration of mesenchymal cells.

Incidence

Dorsal wrist ganglion 60%

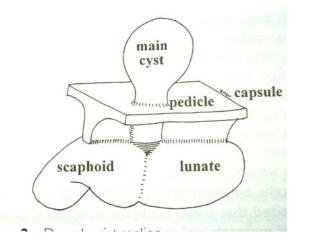
Volar wrist ganglion 20%

Finger tendon sheath 10%

ganglion[IA or A2 pulley]

Dorsal DIP: Mucous cyst 5%

Intraosseous or intratendinous ganglion



Micro

Cyst wall Fibrous tissue

No lining cells

Not vascularised

Electron Microscopy

Collagen in random orientation

No endothelial cellular lining

Inner surface is smooth: due to fine fibers

Cyst wall is formed of dense collagenised fibrous tissue usually flattened lining cells which lacks any recognizable differentiation.

Bone ganglion: Common sites are: Medial Malleolus

Carpal bones

Clinical

Cystic swelling

It can be asymptomatic

It appears and disappears

X ray: To rule out any other problems

Ultrasound or MRI can confirm in doubtful situation

Treatment

1. Reassurance

2. Digital pressure: 25-50% recurrent

3. Aspiration: Same recurrence

4. Steroid [1997: no different from aspiration]

5. Surgical Excision: open excision

Arthroscopic surgery

Dorsal wrist ganglion: Open excision consists of complete excision of the swelling with its pedicle; with excision of a part of the capsule and part of DSLL, through a transverse dorsal incision.

In 5% it may recur. Scapholunate instability following surgery is rare.

HYPOTHENAR HAMMER SYNDROME

Occupational problem in people working with hammer

Pain in the hypothenar eminence

X ray NAD

Ultrasound/arteriogram: Thrombosis of Ulnar artery

Rx: Resect and vein graft