

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 DSL, 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