

Tumours of the Hand

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“The Big 5”

- Ganglion
 - Giant Cell Tumour of Tendon Sheath
 - Enchondroma
 - Gouty tophus
 - Vascular Tumour
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- Soft tissue tumours
 - Bone tumours
 - Nailbed tumours

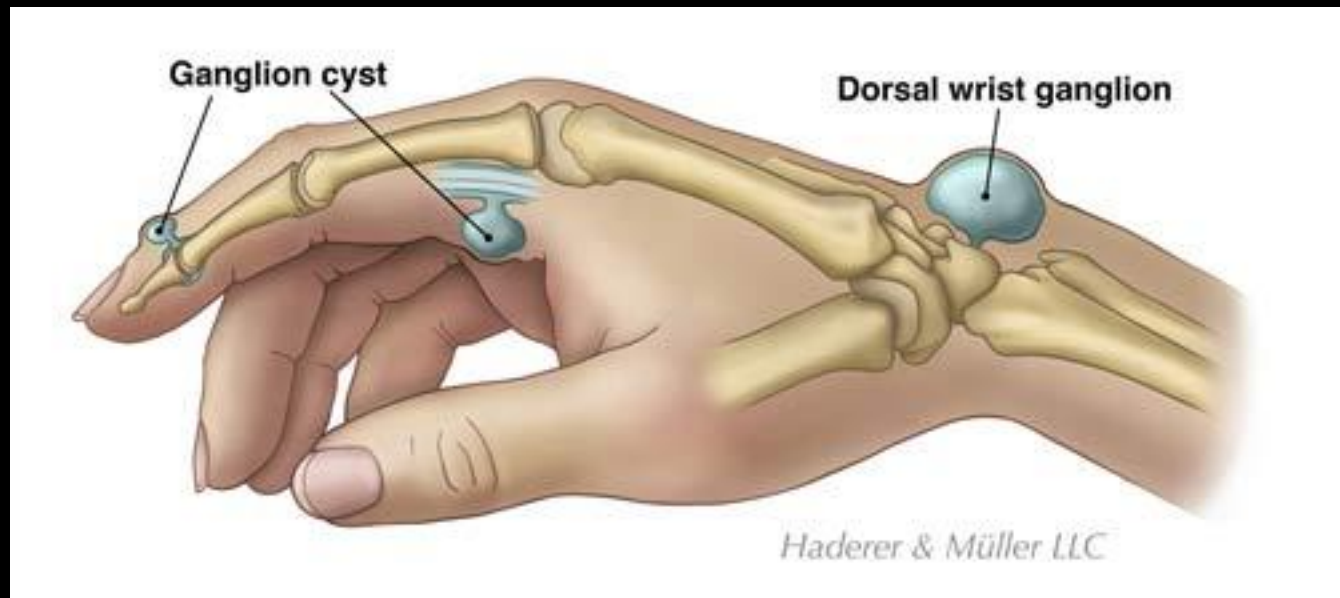
Ganglion



- “Fluid filled sack taking origin from joint or tendon sheath”.
- Actually
- Fluid escaping from a joint / TS and compressing the adjacent soft tissue

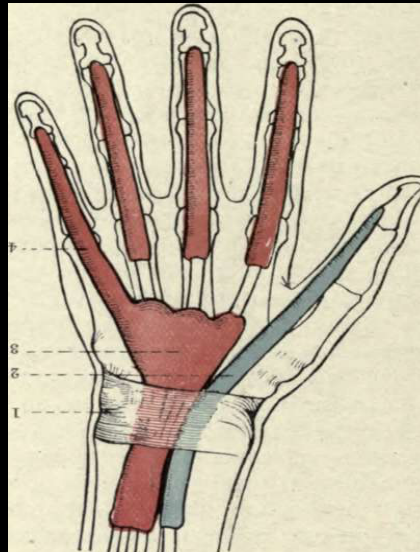
Ganglion Sites

- Dorsal Wrist
- Volar wrist
- Palmar seed ganglion
- Mucus cyst (Dorsum DIP joint)



Unusual sites

- Synovial Cyst :
 - Pulp : Thumb/ Little finger
 - Wrist Degeneration via Radial or Ulnar bursa

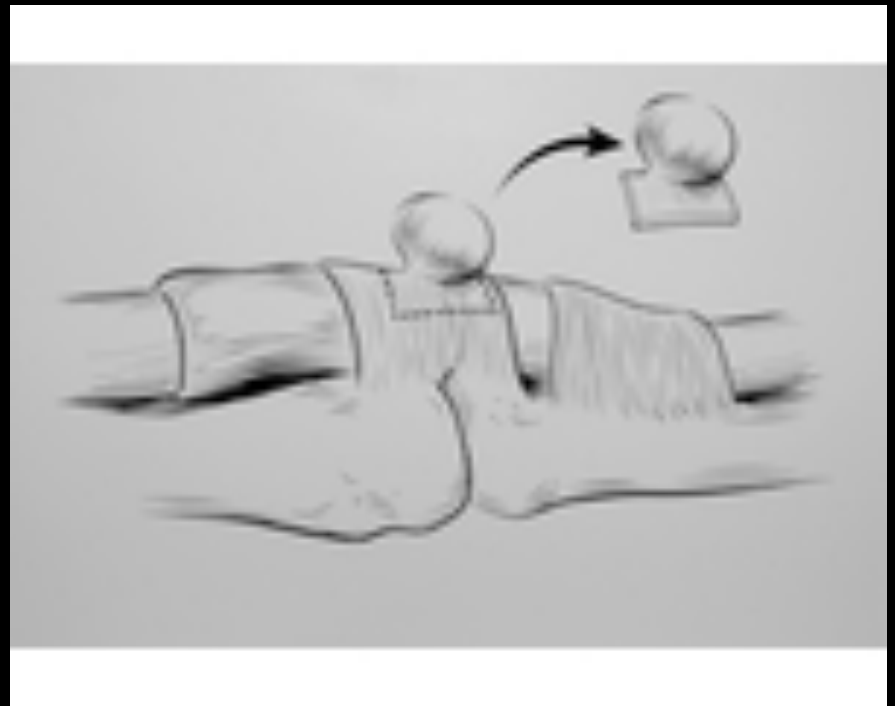


Treatment

- Asymptomatic : Conservative
- Painful : Surgical excision and debride joint.
- Recurrence rates:
 - Variable : 5% - 40%

Flexor Sheath Ganglion

- Usually A1 Pulley
- Small defect in pulley
- Treatment:
 - Involution (50%)
 - Aspirate (50%)
 - Excise (10% rec)



Mucus Degenerative Cyst

- DIP arthritis
- Nail deformity
- Surgical debridement of joint
 - NB: Protect Ext tendon
 - Recurrence: 10%



Giant Cell Tumour (of tendon sheath)

- Benign Soft tissue tumour
- Usually Fingers (Palmar>Dorsal)
- Pigmented Villonodular Synovitis



Giant Cell Tumour

- Cause : Unknown
- Presentation : Painless swelling
Restricted ROM
Triggering
- Bone Involvement
- Surgical Excision
- Recurrence (~10%) ?fusion



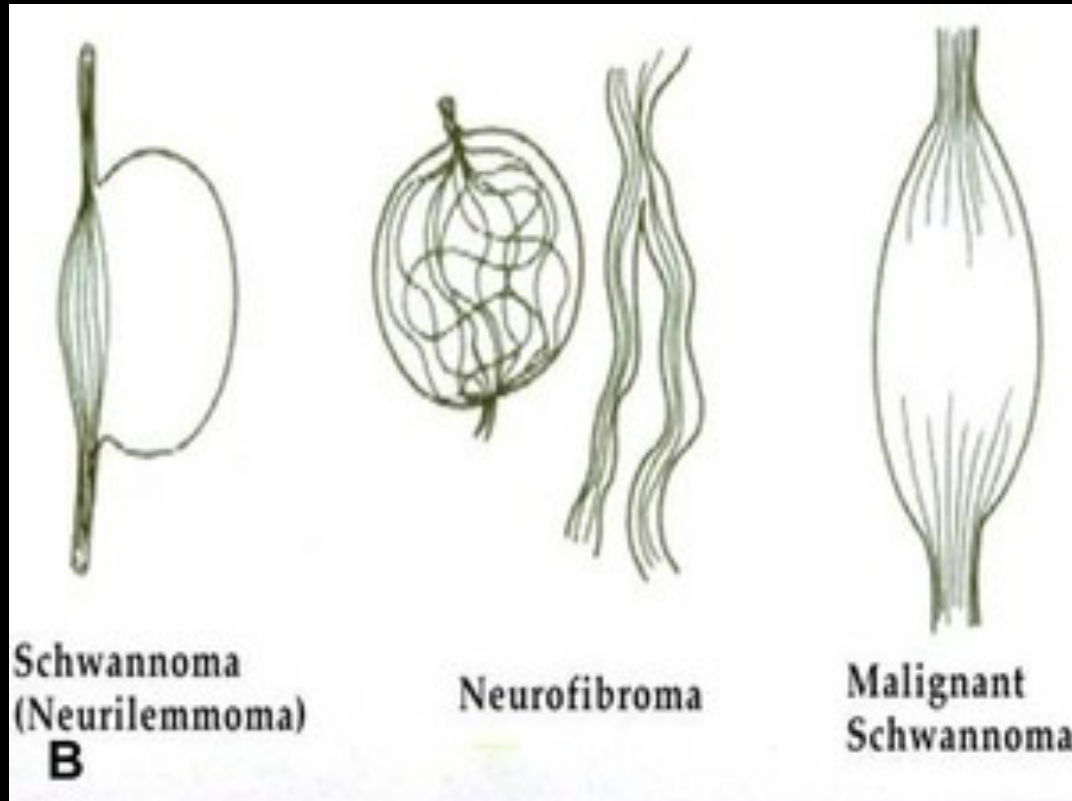
GCT Differential Diagnosis

- Tenosynovitis / Synovial Sarcoma
- Atypical Mycobacterium (M Marinum)



Nerve Tumours

- Schwannoma / Neurofibroma / MPNST



Other Nerve lesions

- Traumatic Neuroma
- Hamartoma: Fibrolipomatous
 - Associated with Downs Synd / Klippel Trenaunay



Other soft tissue lesions

- Lipoma
- Chondroma
- Haemangioma
- Fibroma



Vascular Lesions

- Angioma
- AV malformations



Bone Tumours

- Enchondroma
- Osteoid Osteoma
- Malignant Metastasis

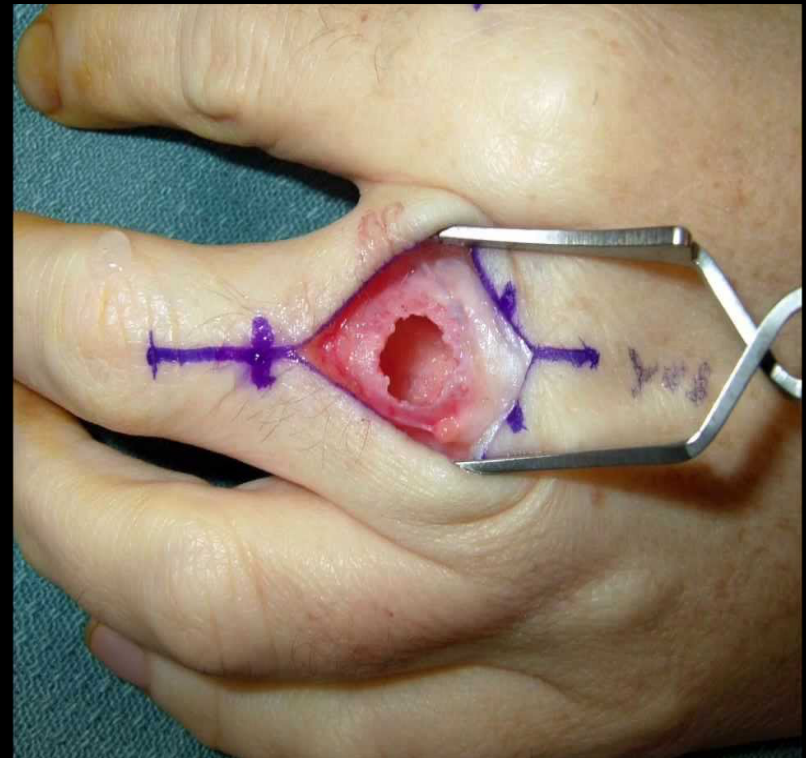
Chondroma

- Benign bone tumour
- Hyaline Cartilage
- Solitary, multiple, Ollier`s.
- All ages. Peak onset : 35yrs
- Painless (incidental finding)
- Fracture / swelling



Enchondroma

- Surgical Curettage
- Filling defect :
 - Autologous bone
 - Synthetic bone
 - Calcium Phosphate



Ollier`s Disease

- Multiple Enchondromatosis
 - Ray/ Hand/ hemi-sketelton/ whole skeleton



Osteoid Osteoma

- Benign Osteoblastic lesion.
- Characteristic pain :
 - Constant Throbbing , esp night
 - Improved with Aspirin



Malignant Metasasis

- Rare
- Melanoma



Nailbed Lesions

- Glomus tumour
- Melanoma
- Subungual exostosis



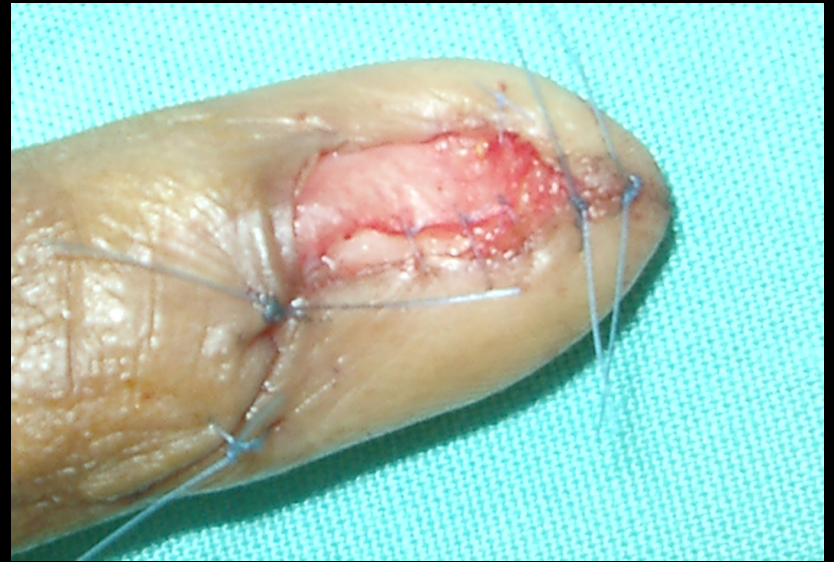
Glomus Tumour

- Painful vascular tumour
- Neuromyoarterial body.
- Severe pain. Hypersensitivity temp.
- White / Blue/ red nodule.
- Nailbed / Pulp



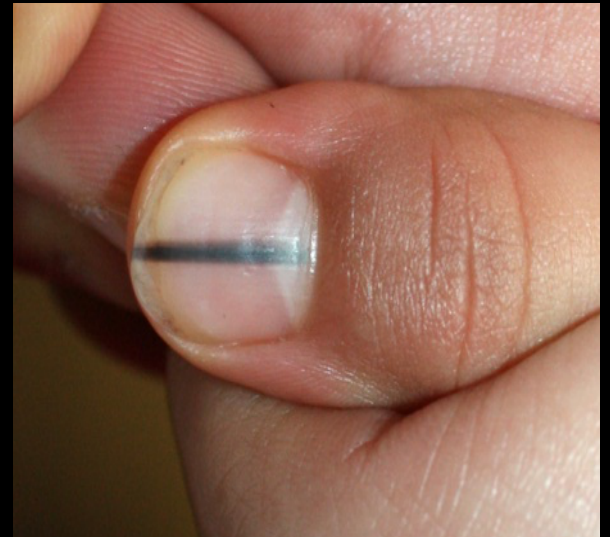
Glomus tumour

- Treatment: Surgical excision



Subungual lesions

- Melanoma
- Squamous cell Ca
- Exostosis



Conclusion

- Often not a real tumour
- Almost always benign
- But watch out!!!!



Thank you

