

Treatment of Stage IIIA Kienböck Disease: A Case Report

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INTRODUCTION:

Kienböck disease is a condition characterized by avascular necrosis of the lunate bone, which can lead to chronic, debilitating wrist pain. Stage IIIA the Lichtman classification for Kienböck disease is characterized by collapse of the lunate, with preservation of carpal height and intercarpal alignment.¹ Although many therapeutic methods are described in the literature. There is no consensus treatment for this pathology. We describe a case of Lichtman Stage III Kienböck disease treated with joint leveling procedures.²

REPORT:

34 year old female, presented with a painful left wrist without preceding history of trauma. On clinical examination revealed a localized tender dorsol-radial left wrist with positive provocative test with worsening tenderness on loading/ wrist extension and radial deviation. Avascular necrosis of the lunate bone confirmed by radiological features (Figure 1). She underwent joint leveling procedure, with distal radius shortening osteotomy and subsequent distal radius plating. On 5 years follow up, patient have shown remarkable improvement of symptoms, with excellent modified Mayo Clinic wrist score and the repeated radiographs showing no advancement of disease and with signs of revascularization of lunate (Figure 2).

CONCLUSION:

This case report demonstrates the importance of clinical examination and radiographs findings in the accurate diagnosis and management of a patient with Kienböck disease. It is also evident that joint levelling procedure i.e.; distal radius shortening osteotomy serves as an important option of treatment for advanced stage of Kienböck disease.

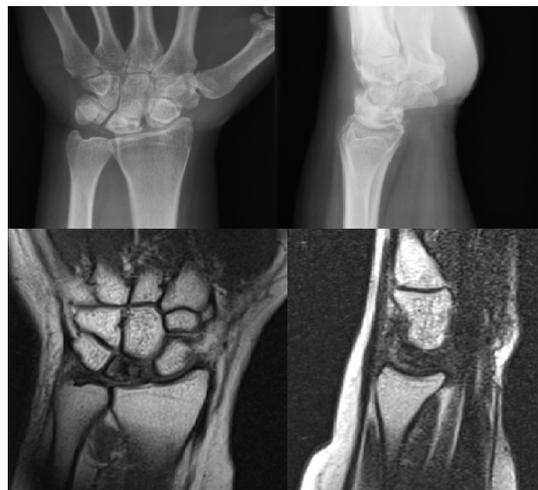


Figure 1: Preoperative radiographs and MRI showing collapse of the lunate, with preservation of carpal height and intercarpal alignment



Figure 2: Radiographs 5 years after initial presentation showing no disease advancement with signs of revascularization of lunate

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