

Triggering of Ring Finger by a Peritendinous Ganglion Cyst : A Case Report

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INTRODUCTION:

Trigger finger is the blocking of tendon gliding at the flexor tendon pulley and usually seen due to stenosing tenosynovitis and thickening of the pulleys. Patient normally feels pain when bending or straightening the digit and becoming locked in flexed position at the proximal interphalangeal (PIP) joint. One of the causes is ganglion cyst which is the benign tumor-like mass arising from the peritendinous structures.

REPORT:

We report a case of recurrent triggering of left ring finger in a 56-year-old female who came with a complaint of chronic painful swelling over the palm. Ultrasound done showed ganglion cyst measured 1 cm x 1 cm under the flexor tendon most likely originating from metacarpo-phalangeal joint and bedside aspiration of the cyst was performed in outpatient setting. Patient then was discharged home well and during follow up, she had no recurrence of cyst and triggering of finger.

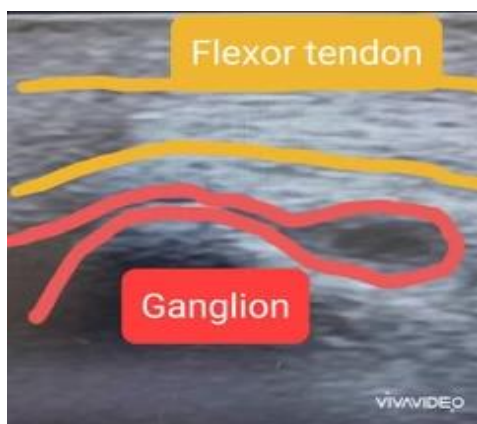


Figure 1 & 2: Longitudinal & axial ultrasound images of ganglion cyst

CONCLUSION:

Trigger finger cause by peritendinous cyst is uncommon. A daycare procedure of ultrasound guided aspiration may cause instantaneous relief to the patient. For any recurrent trigger finger or failure of A pulley release, we suggest for ultrasound scan of the flexor tendon to rule out peritendinous ganglion cyst.

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