

A RARE CASE OF MASSIVE ACROMIOCLAVICULAR JOINT GANGLION CYST ASSOCIATED WITH ACROMIOCLAVICULAR JOINT ARTHRITIS WITH NORMAL FUNCTIONAL SHOULDER, A CASE REPORT.

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Introduction

Acromio-clavicular joint cysts are a rare sequela of chronic rotator cuff tears or advanced degenerative AC joint arthritis with reported incidence of 1%.

Case Presentation

We report a case of massive AC joint cyst associated with degenerative AC joint arthritis with intact rotator cuff treated surgically. Patient is a 76 year old Malay lady, complaining of right shoulder mass for the past 3 years. The mass was initially small, grown rapidly into a tennis ball size within 1 year. She complained of right shoulder superficial pain.

Examination revealed a fluctuant mass of size 10cm x 10cm over the right acromioclavicular joint (Fig 1). It was not adhered to the skin. Trans-luminal sign was positive. The right shoulder had a normal functional range of motion. All rotator cuff special test was negative. Xray revealed AC joint arthritis with soft tissue shadow above the AC joint (Fig. 3). Magnetic resonance imaging revealed a homogenous, lobulated AC joint ganglion cyst. The synovial fluid from the glenohumeral joint communicated with the subcutaneous cyst through the defect in the acromio-clavicular joint.

Surgical excision of the the cyst was done, with incision along the Langerhans line. The AC joint cyst has a one way valve from the glenohumeral joint. The complete cyst wall was excised and sutures were taken around the valve to prevent recurrence. AC joint capsule repair

was done. The histopathological examination revealed fibrocollagenous and inflammatory infiltration without evidence of granuloma. Follow up after 1 year showed no recurrence with relief of pain.



Figure 1: The right Acromioclavicular Joint mass



Figure 3: Associated AC joint arthritis

Conclusion

Valve suturing along with excision of the cyst is a viable option in treatment of AC joint cyst associated with functional shoulder. It promotes no signs of recurrence.

Reference

1. Hiller D, Miller JD, Zeller JL. Acromioclavicular joint cyst formation. Clin Anat. 2010;23(2):145e152.3.