Case Study

TUBERCULOUS TENOSYNOVITIS PRESENTING AS GANGLION OF WRIST

Chavan S, Sable SS, Tekade S, Punia P
Pad. Dr. D. Y. Patil Medical College, Pimpri, Pune, India

ABSTRACT

Tuberculosis (TB) is still endemic in many developed countries. Involvement of the hand and wrist at presentation is extremely rare, and the diagnosis is often missed. 57 years old male presented with swelling over the left wrist since 3 years. Three swellings over dorsal aspect of the left wrist, soft in consistency, non tender, non compressible mobile at right angles to the plane of the wrist joint. ESR: 45 mm in 1 hr and rest blood investigation were normal. Ultrasonography showed Giant-cell tumor of Extensor Digitorum sheath. Xray: soft tissue swelling MRI suggestive of Extensor Tendon sheath Extraskeletal Synovial Koch’s or Giant cell tumor of tendon sheath. Then planed for excision of swelling and intra-operative finding were rice bodies. Histopathological examination showed caseous necrosis with granuloma formation. Patient put on DOT1 therapy. Tuberculous tenosynovitis was first described by Acrel in 1777. Rice bodies occurring in joints affected by tuberculosis were first described in 1895 by Reise Rice bodies will be diagnosed on plain radiographs when mineralization occurs. More than 50% of cases recur within 1 year of treatment. The currently recommended 6-month course is often adequate with Extensive curettage, lavage and synovectomy should be performed. Surgery is essential, but the extent of surgical debridement is still debatable. The surgeon has to be aware of the significance of loose bodies when performing routine excision of innocuous looking wrist ganglia.

INTRODUCTION

Tuberculosis (TB) is still endemic in many developed countries. Involvement of the hand and wrist at presentation is extremely rare, and the diagnosis is often missed. Extrapulmonary tuberculosis involvement of the musculoskeletal system is uncommon, accounting for only 10% of tuberculosis (TB) cases.

CASE REPORT

57 years old male presented with swelling over the left wrist since 3 years. No history of Trauma\Fever.

Past History: No previous history of Tuberculosis/ diabetes or hypertension.

Family History: regarding Tuberculosis, or history of contact may be mentioned.

Correspondence:
Dr. Shahaji Chavan
Professor Department of General Surgery
Pad. Dr. D. Y. Patil Medical College,
Pimpri, Pune - 18, India
E-mail: drshahajichavan@gmail.com
**Personal History:** especially occupation may be mentioned.

**General Examination:** Pulse - 78 beat/min  BP-128/70mmhg.

No pallor / cyanosis / clubbing / edema / lymphadenopathy.

**Local Examination:** Three swellings over dorsal aspect of the left wrist. Soft in consistency, non tender non, compressible mobile at right angles to the plane of the wrist joint.

**Systemic Examination:**

Respiratory System: AEAE. Cardiovascular System: S1 S2 Present.

Abdominal Examination: NAD. Central Nervous System: NAD.

**INVESTIGATIONS**

Hb: 12gm% TLC : 8600/cmm P:65%  . L: 20%. M: 03% E: 01%

ESR: 45 mm in 1 hr  . Bsl (R): 95mg% BT: 01 min 5sec. CT: 04 min 10 sec.

BUN: 25mg%. S.creat: 0.8mg% USG: Giant-cell tumor of Extensor Digitorum sheath.

Xray: soft tissue swelling MRI: Extensor Tendon sheath Extra-skeletal Synovial Koch’s or Giant cell tumor of tendon sheath.

X-Ray chest findings may be added if available

**Intra-operative finding of Rice Bodies**

Histopathological examination showed caseous necrosis with granuloma formation. Patient was started on DOTS Category I and stitches were removed on post operative day 8.

**DISCUSSION**

Tuberculous tenosynovitis was first described by Acrel in 1777.\(^1\) Rice bodies occurring in joints affected by tuberculosis were first described in 1895 by Reise.\(^2\) Rice bodies are a common finding in many rheumatic diseases such as rheumatoid arthritis, systemic lupus erythematosus, sero-negative arthritis, nonspecific arthritis, tuberculosis, atypical mycobacterial infections, osteoarthritic joints.\(^3\) The sheath of the tendons of the wrist and hand has been reported as a site for rice body formation. Rice bodies will be diagnosed on plain radiographs when mineralization occurs.\(^4\) MRI-Thickening of the synovial membrane with increased vascularization, fluid within the tendon sheath, reactive inflammation around the tendon, or swelling of the tendon.\(^5\) Tendon is replaced by vascular granulation tissue. Sheath is obliterated.
by fibrous tissue, fluid is confined within the sheath
and rice bodies form due to caseation and Tendon
may consist of only a few strands of tissue and may
rupture spontaneously.\(^1\) More than 50% of cases
recur within 1 year of treatment.\(^6\) The currently
recommended 6-month course is often adequate
with Extensive curettage, lavage and synovectomy
should be performed. Surgery is essential, but the
extent of surgical debridement is still debatable.\(^7\)

**CONCLUSION**

Tuberculous tenosynovitis of wrist is rare and
treatment comprises of excision of lesion and
anti-tuberculous chemotherapy is the treatment of
choice. Treatment for an extended period may help
to minimize recurrence of disease. (NB. Concern
physician is requested to consider this point for the
benefit of the patient and also requested to follow
up this patient during treatment and after treatment
and prepare a continued paper for presentation)

The surgeon has to be aware of the significance of
loose bodies when performing routine excision of
innocuous looking wrist ganglia.

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