Stenosing tenovaginitis

G Abbas
What is Stenosing tenovaginitis?

- Not a gynaecological condition!
- More common in women (6-10 times)
- Washerwoman's sprain and many other names
- Fritz de Quervain 5 cases in 1895.
- Reported 8 more cases in 1912.
What is Stenosing tenovaginitis?

- Tendinosis / Inflammation affecting tendons in the 1st extensor compartment of the wrist (APL+ EPB)
Who is affected?

- New mothers
- Golfers
- Racquet sports
- Age 30-50
Pathology

- Histologically thickening and myxoid degeneration
- Chronic degenerative process
Anatomical variations are common
Septations within the compartment
300 cadaveric wrists (40-73%)
Surgical release (67%)
Symptoms

- Pain, tenderness, and swelling over the thumb side of the wrist, and difficulty in gripping
Sign (Finkelstein maneuver)?
How reliable is Finkelstein test? (Radiographs, Hx)

- OA of Radiocarpal
- OA of Trapeziometacarpal
- OA of Scaphotrapeziotrapezoid
- Superficial radial nerve entrapment
- Superficial radial nerve neuroma
- Intersection syndrome
- 6-12 months
- Activity modification
- NSAIDS
- Splint
- Corticosteroids
Corticosteroid injection
MEDLINE (1966-April2009)
Other data bases
Corticosteroid injection is better than thumb spica
Long-term results of surgical release (10 year)

- Scheller et al Int Orthop. 2009
- 80 women and 14 men
- 47.4 years (range 22-76).
- Negative Finkelstein's test
- Simple decompression of both tendons
- Partial resection of the extensor ligament with a maximum of 3mm
- Using a longitudinal incision
Surgery

- Longitudinal/ oblique incision over 1st compartment
- Identify and protect branches of SRN located deep to the vein
- Identify tendons proximal to stenosing dorsal ligament sheath
- Open the compartment on its dorsoulnar side
- Free tendons from their groove/look for aberrant tendon & separate tendons
Complications

- Neuroma in branches of Superfical radial nerve
- Volar sublaxtion of the tendons
- Failure to find and release a separate aberrant tendon within a separate compartment
- Scar hypertrophy
Deception
Summary

- ST is related to degenerative / anatomical variations
- Non-operative
- Surgery
- Complications
Thank You