

Stenosing tenovaginitis



G Abbas

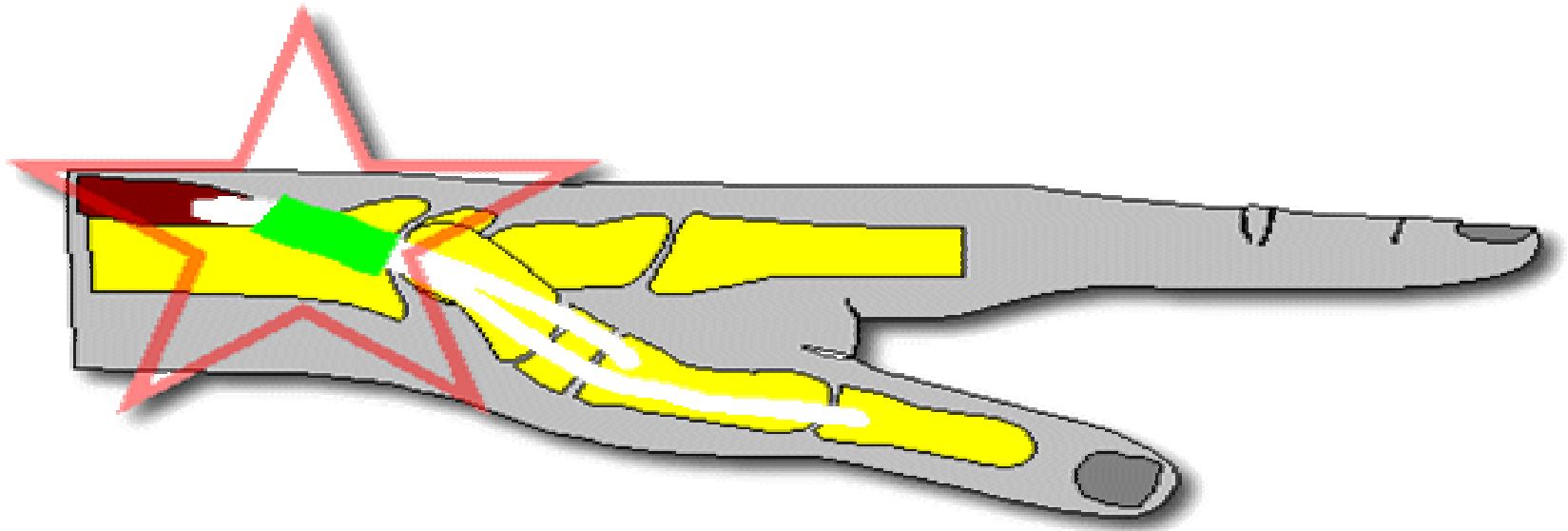


What is Stenosing tenovaginitis?

- 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



Jackson et al (JBJS 1986)

- 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



Cochrane Review (2009)

- 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 Superficial radial nerve
- Volar subluxation 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

