

TRIGGER FINGER OR SOMETHING ELSE? - A CASE REPORT

Mooi Sung Siang¹, Jeremy Prakash Silvanathan¹, Mohd Reza Mohd Aridz²

¹Hospital Kuala Lumpur, ²Pusat Perubatan UiTM

Introduction: Fibro-osseous pseudotumour of the digit (FOPD) was first described in 1986. The diagnosis of FOPD is not straight-forward as it is not only a rare entity and it can also arise from multiple anatomic locations in the hand. It sometimes can mimic malignancy and infection. The diagnosis of FOPD requires extensive experience from the hand surgeons, radiologists and the pathologists. Treatment for FOPD is complete excision with low incident of recurrence.

Discussion: A 37-year-old gentleman presented with a painful swelling at A1 pulley region of his right ring finger for 3 weeks duration after a steroid injection when he was diagnosed to have trigger finger at another center. Clinically, the swelling was 1cm x 1cm and it was firm in nature. It was superficial to flexor tendons as the tendons were gliding smoothly without triggering. The margin of the swelling was ill-defined. It was attached to subcutaneous tissue and caused tethering of the skin overlying it. MRI and complementary ultrasonography were performed and it was reported as a haemorrhagic ganglion cyst of tendon sheath due to recent injection. Excision of the swelling was performed under general anaesthesia. Whitish, fibrosis-like lesion was found adhering to A1 pulley. The lesion was also found to be adhering to the subcutaneous tissue. However, there was no extension to tendons and neurovascular structures. An ill-defined swelling adhered to A1 pulley was excised and histopathologically it was reported as fibro-osseous pseudotumor of digit. After complete excision, there was not recurrence at 6 months post-operatively. Patient's hand function had improved after physiotherapy and he was able to continue with his occupation as an oral & maxillofacial surgeon.

Conclusion: This case report is to report a rare disorder which can potentially pose a diagnosis challenge which subsequently cause inappropriate treatment to patients.