

## BIBLE BUMP OF ACROMIO-CLAVICULAR JOINT

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**Introduction:** Ganglion cysts are nicknamed as 'Bible bump' following a historical method of treatment - to strike the lump with Bible. Acromio-clavicular joint (ACJ) cysts are an infrequent sequela of either degenerative ACJ arthritis or chronic rotator cuff tear. We report a case of ACJ ganglion cyst in an elderly lady with normal shoulder functions.

**Discussion:** A 73-years-old lady presented with 2 years history of gradually increasing, painless, right shoulder swelling. Examination showed a fluctuant mass approximately 8 x 8 x 8cm over right ACJ with no skin changes. Right shoulder function is normal with negative provocative tests. Plain radiograph revealed early ACJ arthritis with large soft tissue shadow over ACJ. Magnetic resonance imaging (MRI) done to look for soft-tissue extension and revealed large homogenous ACJ ganglion cyst and another small subacromial cyst with normal rotator cuff muscles. Surgical excision was executed. Intraoperatively, 2 cystic mass excised - first, measuring 8x8cm with minimal adherent to supraspinatus muscle and second, measuring 4x5cm which extends from subacromion to overlying ACJ. The ACJ defect was managed with capsulorrhaphy. Histopathology examination confirmed ganglion cyst. Patient at one year follow up showed no signs of recurrence.

**Conclusion:** ACJ cysts are rare sequelae of ACJ arthritis or chronic rotator cuff tear. Most of the reported cases were secondary to a chronic rotator cuff tear, where the gleno-humeral joint fluid escapes to the communicating ACJ to form cysts (Type-2 cysts). The type-1 cysts are seen secondary to a degenerative ACJ arthritis with intact rotator cuff. Our case represents an exceptional state wherein the patient had only cosmetic concerns without pain or shoulder function limitation. In parallel to literature, we report an unusual case of large ACJ ganglion cyst with normal shoulder function treated with en bloc surgical excision.