

Unusual Presentation Of Chronic Hand Pain: A Rare Case Of Hypertrophic Osteoarthropathy - Case Report

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INTRODUCTION

Hypertrophic osteoarthropathy (HOA) is a pathology characterized by digital clubbing of the hands and feet, extremity enlargement secondary to bone and periarticular tissue proliferation, joint pain and edema, bilateral eyelid ptosis, leonine face and skin thickness. It is classified as either secondary or primary. The primary form, or usually idiopathic, is considered rare, corresponding to 3-5% of all cases. Here, we describe the clinical and radiological manifestations of a patient with the primary form of hypertrophic osteoarthropathy.

CASE REPORT:

We report a case of 24 years old man presented with swelling and chronic pain over both hands for 7 years , worsening especially when doing exercise. Also complaining of thickening of the skin over face, scalp and heels aggravated with hyperhidrosis of both hands. On examination noted patient's face look older than his age due to skin thickness (Figure 1) . Meanwhile on osteoarticular examination showed digital clubbing with watch-glass nails, diffuse swollen of the hand joints (Figure 2) and slight edema of the lower limbs, in addition to arthritis of the ankle . X-rays of hands and wrists showed an increase in soft tissue and enlargement of the middle and distal phalanges, associated with cortical thickness.



Figure 1:
Face appeared older
than his age



Figure 2 :
Digital clubbing

DISCUSSIONS:

As in our case, the diagnosis of primary HPOA was made base on exclusion criteria. No heart, lung or liver diseases were found. Imaging and laboratory tests were performed and showed normal study, which excluded secondary causes of osteoarthropathy. Laboratory analysis showed C-reactive protein (CRP) and erythrocyte sedimentation rate (ESR) within normal range. Meanwhile the other connective tissue disease screening was not suggestive for secondary HPOA. This patient was successfully treated with non-steroidal antiinflammatory drugs (NSAIDs) . Therapeutic contemporary medicine (TCM) can be considered as adjuvant therapy as it can reduce the pain.

CONCLUSION:

Diagnosis of primary osteoarthropathy was made by diagnosis of exclusion . Thus, full investigation to rule out secondary cause is mandatory. Outcome prognosis of this condition is variable. However it can be managed with appropriate analgesic along with other adjuvant treatment.

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