

## Wrist Extensor Rice Bodies

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### INTRODUCTION:

Rice bodies initially identified in tuberculous arthritis in 1895, giving the illness its name from the appearance of polished white rice. The rice bodies are a non-specific response to chronic joint inflammation, and under the microscope, they are made of fibrin and eosinophilic nuclei. There is no discernible relationship between the development, severity, or prognosis of a disease and rice body formation.

### REPORT:

A 73 year-old gentleman presented with right dorsal wrist painless swelling for the past 8 years, progressively increasing in size in the past 1 year. He had subtle discomfort on movement but no functional limitation. Otherwise, no history or trauma/fall, no history suggestive of tuberculosis or malignancy.

Examination revealed a multilobulated swelling sizing approximately 7x5cm. It is soft, cystic in consistency, mobile, not attached to the skin but attached to the extensor tendon and non tender on palpation.

A series of blood and radiological examination was done to rule-out infection and autoimmune inflammatory cause and turned out to be normal. The plain radiograph shows soft tissue shadow with no lytic or bony destruction over the wrist joint. MRI shows isointense lobulated mass on T1W, heterogeneously on T2W, not suppressed on STIR and peripheral enhancement on post gadolinium sequence. No blooming artefact on GRE.

Case was proceeded with excision biopsy, and noticed the mass is arising from extensor tendon sheath of EDC of index to little finger and ECU with its content of yellowish sticky fluid and multiple rice bodies material. Histopathologically reported as granuloma composed of epithelioid histiocytes, lymphocytes

and foreign- body type giant cells with negative PAS, GMS and Ziehl Neelsten Stain. Hence was treated as idiopathic tenosynovitis with multiple rice bodies



### CONCLUSION:

Prior to diagnosing idiopathic tenosynovitis, it is necessary to rule out other possible causes, particularly mycobacterial infections and other autoimmune inflammatory disease.

### REFERENCES:

1. Tian Y, Zhou HB, Yi K, Wang KJ. Idiopathic tenosynovitis of the wrist with multiple rice bodies: A case report and review of literature. World J Clin Cases. 2022 Nov 16