Arthroscopic Resection of Dorsal Wrist Ganglion
(Short-Term Result)

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Abstract

Background: Ganglion cyst is one of the common causes of wrist mass, presenting with weakness and pain in the wrist. Among the arrays of treatment options for this problem arthroscopic resection is probably the most recent treatment modality. We would like to review a short-term result of such a treatment in a small group of patients.

Methods: In a case series study, 13 patients (10 women, 3 men) with dorsal wrist ganglion treated with arthroscopic resection in a two-year period, were evaluated for post operative recurrence pain swelling or wrist motion limitation and grip strength. The mean age was 29.8 years old. The cases had an average of 12 months (7-19 months) follow-up.

Results: In the all cases no intra or post operative complication was encountered. The wrist range of motion, and grip strength showed improvement no scapholunate instability was seen. One recurrence after 6 months had occurred.

Conclusion: Arthroscopic ganglionectomy is a swelling surgical alternative for dorsal wrist ganglion with less scar, and comparative results to open surgery.

Keywords: Ganglion cysts; Arthroscopy; Wrist

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