

CODEN [USA]: IAJPBB ISSN: 2349-7750

INDO AMERICAN JOURNAL OF PHARMACEUTICAL SCIENCES

http://doi.org/10.5281/zenodo.3479775

Available online at: http://www.iajps.com

Research Article

ACUTE CALCIFIC TENDINITIS OF THE FLEXOR DIGITORUM SUPERFICIALIS OF THE LEFT HAND INDEX **FINGER: A CASE REPORT**

Muhammad Azfar Khanzada¹, Mehtab Ali Shahani², Muhammad Tahir Lakho³, Masud Ur Rehman⁴

¹FCPS (Orthpedic Surgery), Orthpedic Specialist, Dr. Sulaiman Al-Habib Hospital, Suwaidi, Riyadh, KSA., ²MS (Orthpedic Surgery), Orthpedic Specialist, Dr. Sulaiman Al-Habib Hospital, Suwaidi, Riyadh, KSA., ³FCPS (Orthopedic Surgery) Assistant Professor, Department of Orthpedic Surgery, Dr. Ruth K.M Pfau Civil Hospital Karachi, Pakistan., ⁴FRCS, Consultant Orthpedic Surgeon, Dr. Sulaiman Al-Habib Hospital, Suwaidi, Riyadh, KSA.

Article Received: August 2019 **Accepted:** September 2019 Published: October 2019

Abstract:

Acute calcific tendinitis involves shoulder very commonly but it is rearly found in hand or fingers. Usually it is misdiagnosed if it occurs outside the shoulder. We present here a very infrequent case of acute calcific tendinitis of left hand index finger in young male patient.

Key words: Acute calcific tendinitis, Flexor digitorium superfacialis, left hand, index finger,trauma.

Corresponding author:

Muhammad Azfar Khanzada,

Orthpedic Specialist, Dr. Sulaiman Al-Habib Hospital, Suwaidi, Riyadh, KSA Email: azfarkhanzada123@yahoo.com



Please cite this article in press Muhammad Azfar Khanzada et al., Acute Calcific Tendinitis of the Flexor Digitorum Superficialis of the Left Hand Index Finger: A Case Report., Indo Am. J. P. Sci, 2019; 06(10).

INTRODUCTION:

In calcfic tendinitis there is deposition of calcium crystals in any tendon and muscle of body[1]. Usually it involves rotator cuff tendons around shoulder, but it really occurs in hand and fingers. It's presentation resembles with so many conditions like acute infection or factures which causes unnecessary admissions in hospital, antibiotic treatment and even surgeries[2,3]. It is self-limiting condition, in perimenopausal woman it usually involves tendon of flexor carpi ulnaris[4,5,6]. We report here a very unusual case of young male patient presented with acute calcific tendinitis of flexor digitorium superfacialis of left hand index finger after minor trauma which was initially diagnosed as facture.

Case report:

A 26 year old male patient presented in an orthopaedic department, referred from other hospital for treatment, misdiagnosed as avulsion fracture of proximal phalynx of left hand index finger. Patient had history of pain and restricted movement of left index finger of hand. On examination both active and passive movements of left index finger were painful and restricted. There was swelling and tenderness involving volar aspect of finger but no redness and local temperature was normal. He had feeling of soreness in his finger about one week before trauma to his left hand. X-ray showed soft tissue calcifications over volar aspect of metacarpophalangeal joint.

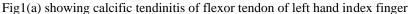






Figure 1(b) showing complete resolution of the calcification

On investigation CBC(complete blood count),ESR (erythrocyte sedimentation rate),levels of calcium, phosphorus, alkaline phosphatase, vitamin D,C-reactive protein wereunremarkable. Diagnosis of acute calcific tendinitis of flexor digitorium superficialis of left index finger of hand was made. Patient was treated with finger splinting along with painkillers and antibiotics. After fifteen days there is complete resolution of calcification on X-ray. Patient was symptom free.

DISCUSSION:

Cohn in 1924 demonstrated acute calcific tendinitis in hand[7]. The exact cause of this tendinopathy is unknown. In some reports it is demonstrated due to continuous trauma there is abnormal calcium deposition[8,9]. Uhthoff and colleagues demonstrated that due to mechanical and vascular changes there may be local hypoxia which may be the reason[10].

In this case patient have history of aggravated symptoms after trauma. Acute calcific tendinitis is self limiting and it usually settles after 3-4 weeks even if left untreated.[1,4]. when the diagnosis is confirmed only conservative treatment ,splinting and NSAID are enough while Intralesional corticosteroid injection can be used for prompt relief.

CONCLUSION:

We conclude this case report will create awareness about acute calcific tendinitis of FDS of index finger due to minor trauma and to ovoid invasive diagnostic procedures.

REFERENCES:

Caroll, R.E., Sinton, W. and Garcia, A. (1955)
 Acute Calcium Deposits in the Hand. American Medical Association, 157, 422-426.

- http://dx.doi.org/10.1001/jama.1955.02950220016005
- Millon, S.J., Bush, D.C. and Harrington, T.M. (1993) Acute Calcific Tendinitis in a Child: A Case Report. Journal of Hand Surgery (American Volume), 18, 592-593. http://dx.doi.org/10.1016/0363-5023(93)90296
- 3. Selby, C.L. (1984) Acute Calcific Tendinitis of the Hand: An Infrequently Recognized and Frequently Misdiagnosed Form of Periarthritis. Arthritis & Rheumatism, 27, 337-340. http://dx.doi.org/10.1002/art.1780270314
- 4. Yosipovitch, G. and Yosipovitch, Z. (1993) Acute Calcific Periarthritis of the Hand and Elbows in Women. A Study and Review of the Literature. The Journal of Rheumatology, 20, 1533-1538.

- 5. Dilley, D.F. and Tonkin, M.A. (1991) Acute Calcific Tendinitis in the Hand and Wrist. Journal of Hand Surgery, 16,
- 6. Huntley, J.S. and Dougall, T.W. (2003) Mistaken Identity: Calcific Tendinitis in the Finger. Hospital Medicine, 64, 747.
- 7. Cohen I. (1924) Calcareous Deposit at the Insertion of Flexor Carpi Ulnaris Tendon Following Trauma. The American
- 8. Gandee, R.W., Harrison, R.B. and Dee, P.M. (1979) Peritendinitis Calcarea of Flexor Carpi Ulnaris. AJR, 133, 1139-
- 9. Ali, S.N. and Kelly, J.L. (2004) Acute Calcific Tendinitis of the Finger—A Case Report. Hand Surgery, 9, 105-107.
- Uhthoff, H.K., Sarkar, K. and Maynard, J.A. (1976) Calcifiying Tendonitis. A New Consept of Its Pathogenesis. Clinical Orthopaedics and Related Research, 118, 164-168.