

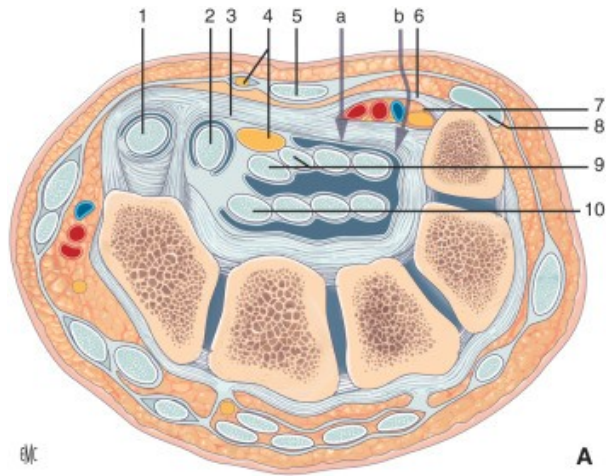
TENDINOPATÍAS FLEXORAS MMSS

GEPES 2024

Dra Aída Herrero Castilla
Unidad de Miembro Superior
Hospital Álvaro Cunqueiro

ETIOLOGÍA

TÚNELES OSTEOFIBROSOS



SOBREUSO

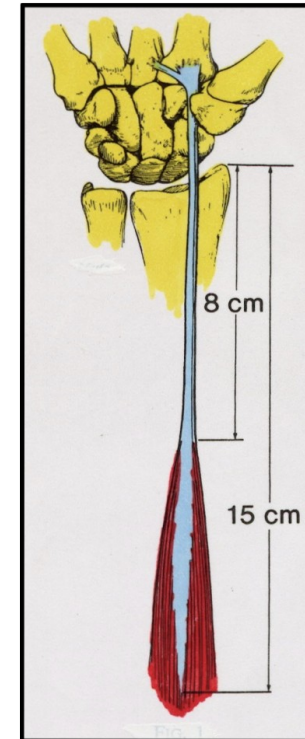


TENDINOPATÍAS FLEXORAS

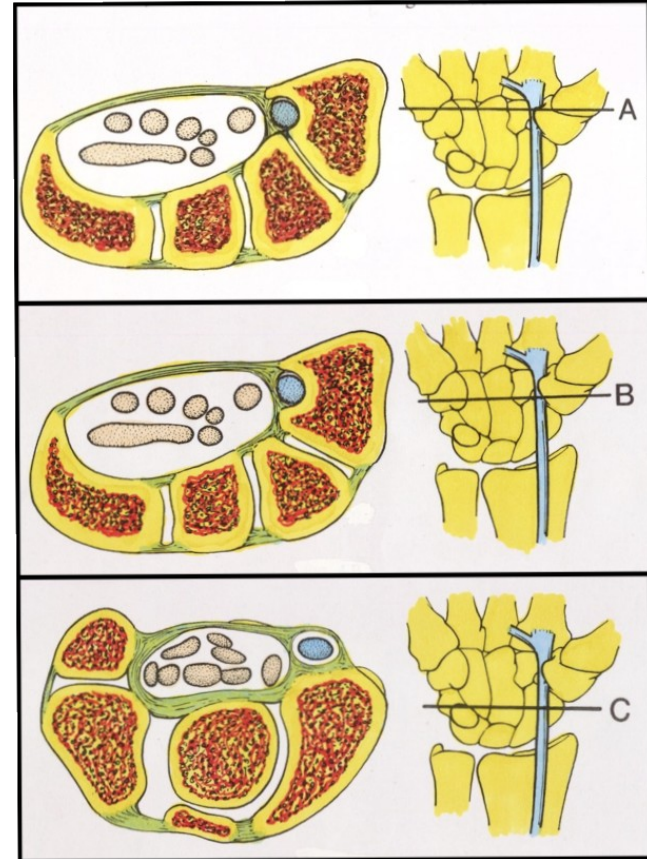
- FLEXOR CARPI RADIALIS
- FLEXOR CARPI ULNARIS
- TRIGGER FINGERS
- ROCK CLIMBER'S FINGERS

TENDINITIS FCR

- ANATOMÍA 3 ZONAS
 - Miotendinosa RC 15 cm
 - Tendinosa 8 cm 6-9 cm
 - Túnel osteofibroso
 - Aislado TC
 - Polea FPL
 - 90%
 - Inserción
 - Trapecio
 - II MTC 80%
 - III MTC 20%



TÚNEL OSTEOFIBROSO

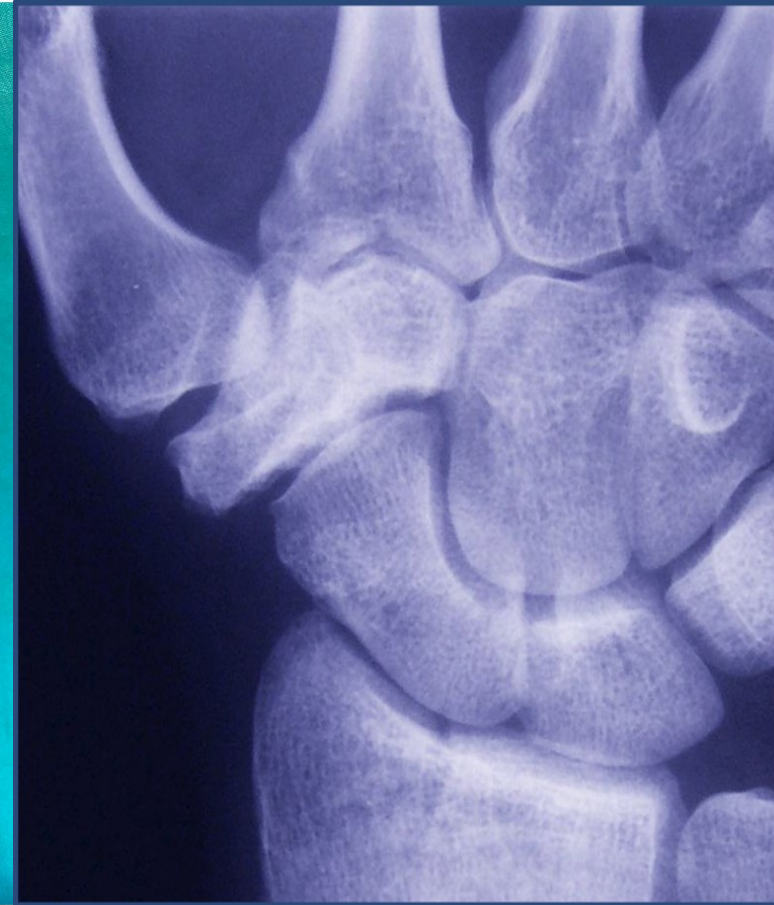


ETIOLOGÍA



Bini et al; Riv Chir Mano, 2007

ETIOLOGÍA

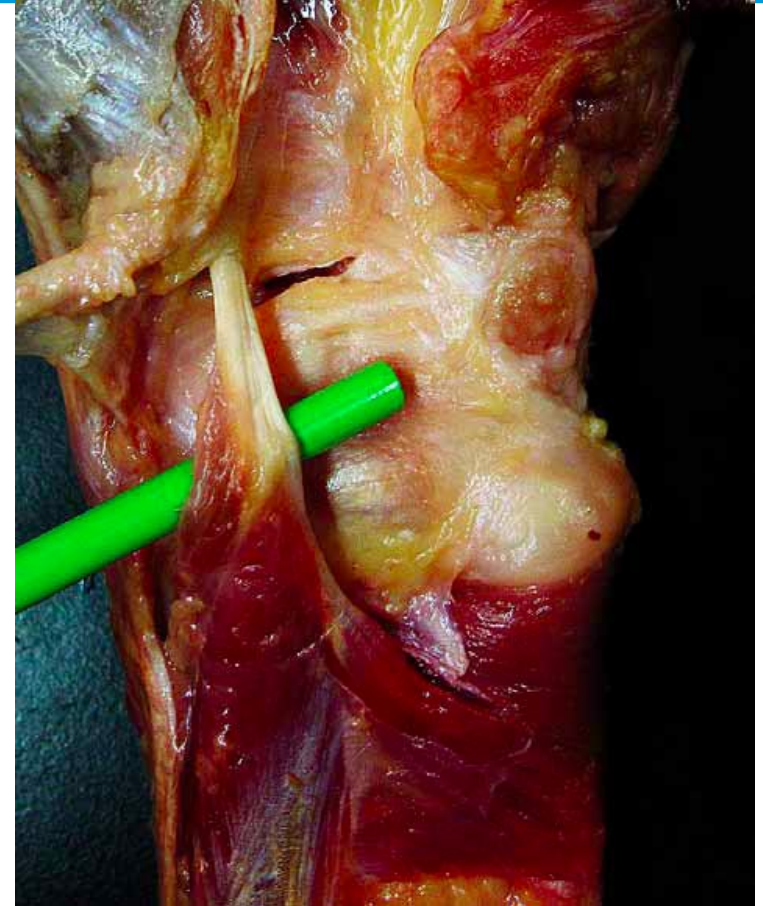
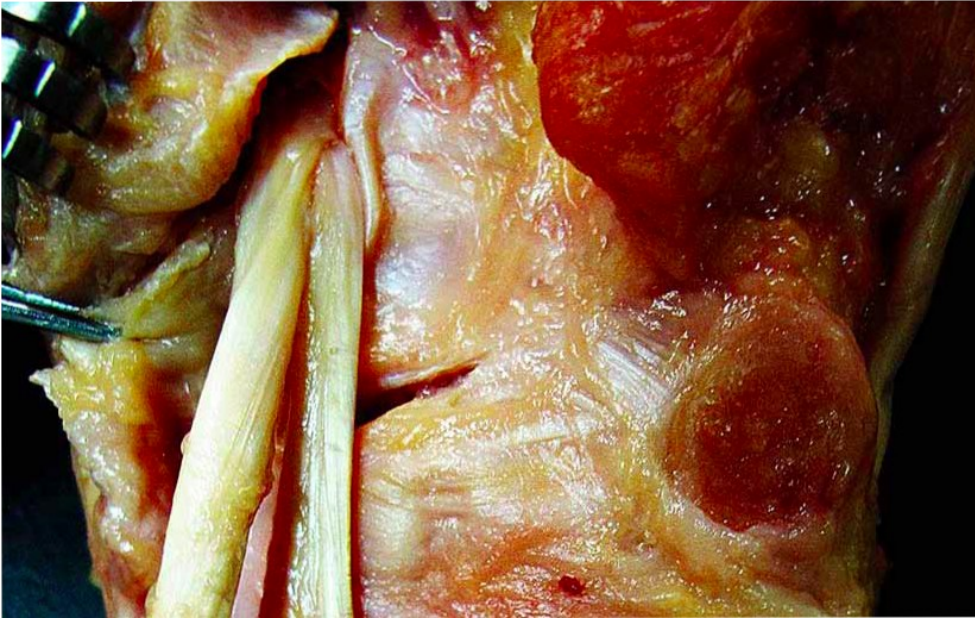


Trapezium Tunnel Syndrome Ahmadreza Afshar, MD,* Ali Tabrizi, MD,* Mohammad Javad Shariyate, MD*Hand Surg Am. r Vol. 49, January 2024

Soejima O, Iida H, Naito M. Flexor carpi radialis tendinitis caused by malunited trapezoidal ridge fracture in a professional baseball player. J Orthop Sci. 2002;7(1):151e153.

ETIOLOGÍA

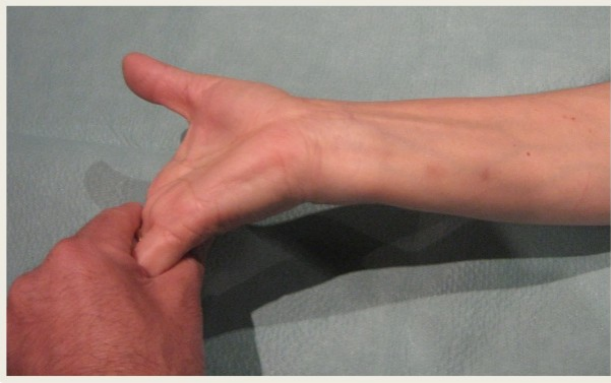
- Flexor Carpi Radialis Brevis sintomático



Peers SC, Kaplan FT. Flexor carpi radialis brevis muscle presenting as a painful forearm mass: case report. J Hand Surg Am. 2008

CLÍNICA

- Dolor cara volar radial con movimientos flexo-extensión
- Dolor región palma
- Clínica STC



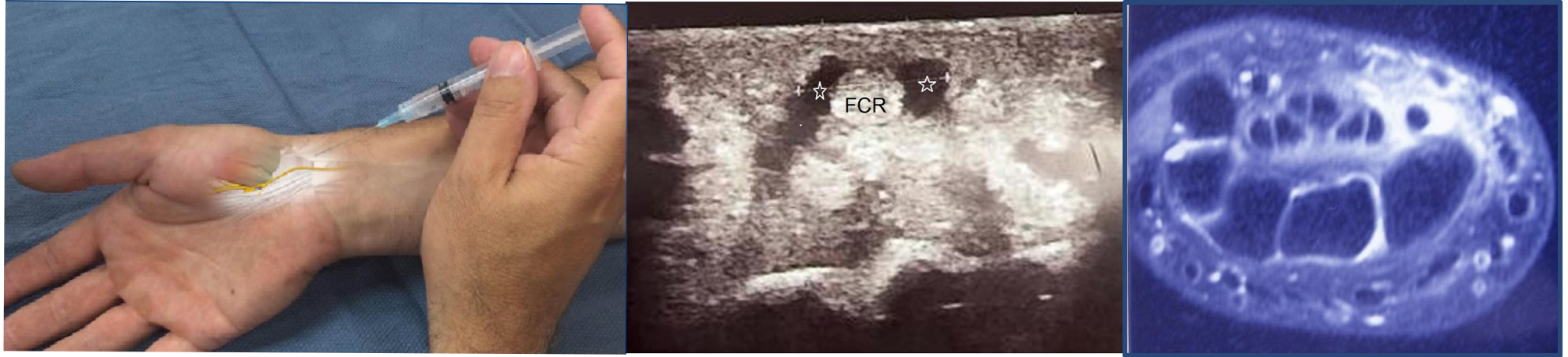
EXPLORACIÓN FÍSICA

- Dolor muñeca a los movimientos de flexión y desviación radial contra resistencia o extensión pasiva
- Debilidad + crepitación



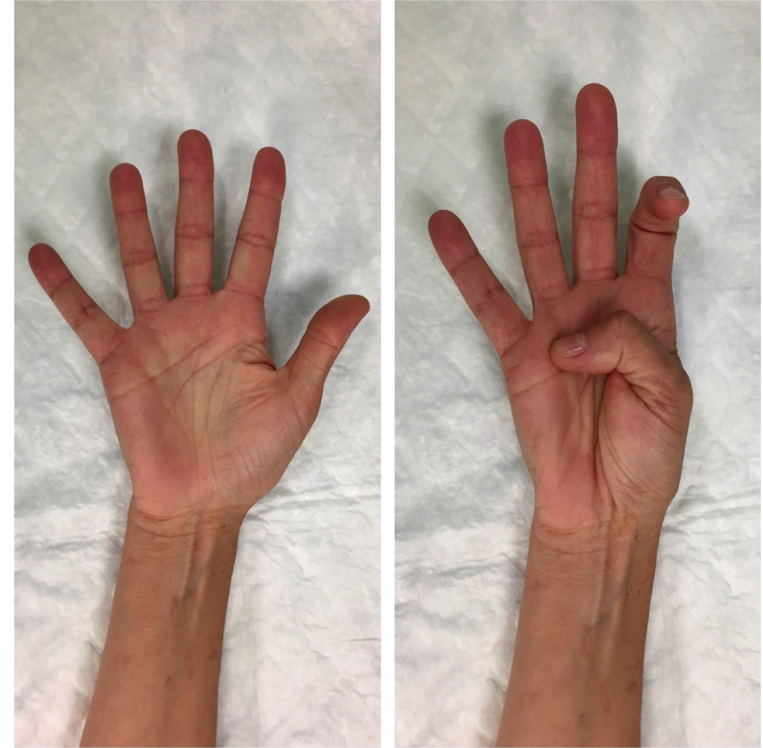
DIAGNÓSTICO

- Confirmación Inyección corticoesteroide
- ECO / RMN



DIAGNÓSTICO DIFERENCIAL

- DEQUERVAIN
- PATOLOGÍA ESCAFOIDES/TRAPECIO
- FRACTURAS DE ESTILOIDES
- ANOMALÍA LINBURG COMSTOCK



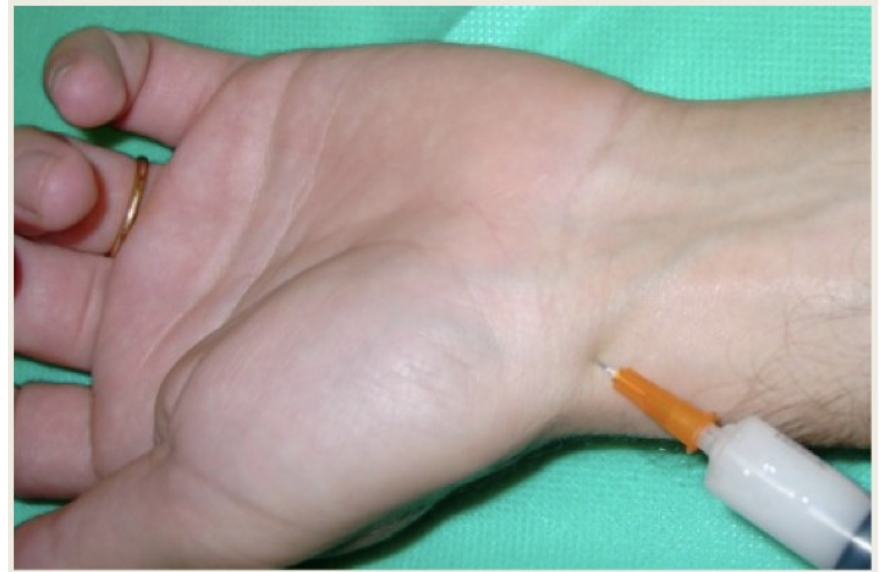
TRATAMIENTO

- CONSERVADOR
 - ORTESIS + AINES



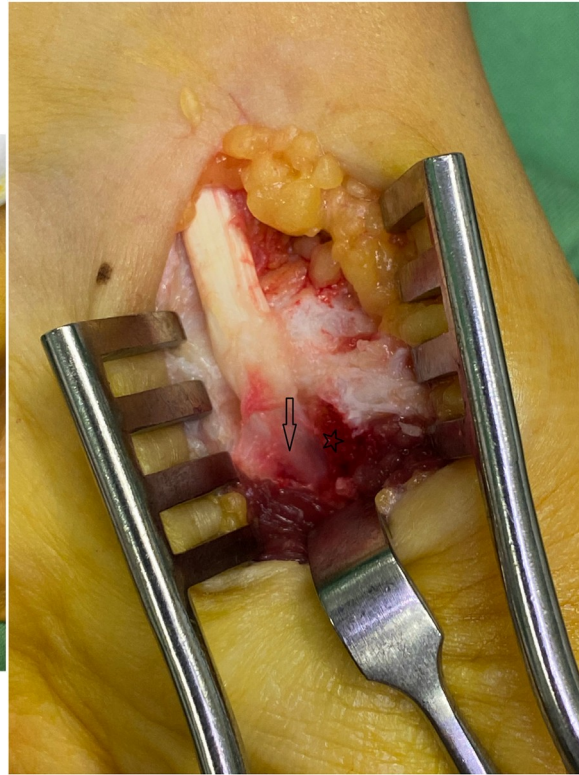
FISIOTERAPIA

INFILTRACIÓN ESTEROIDES



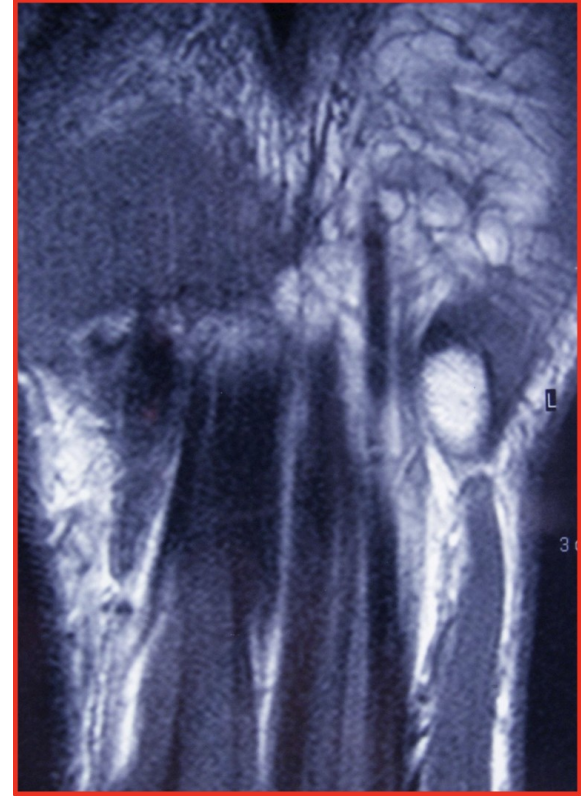
TRATAMIENTO

- QUIRÚRGICO



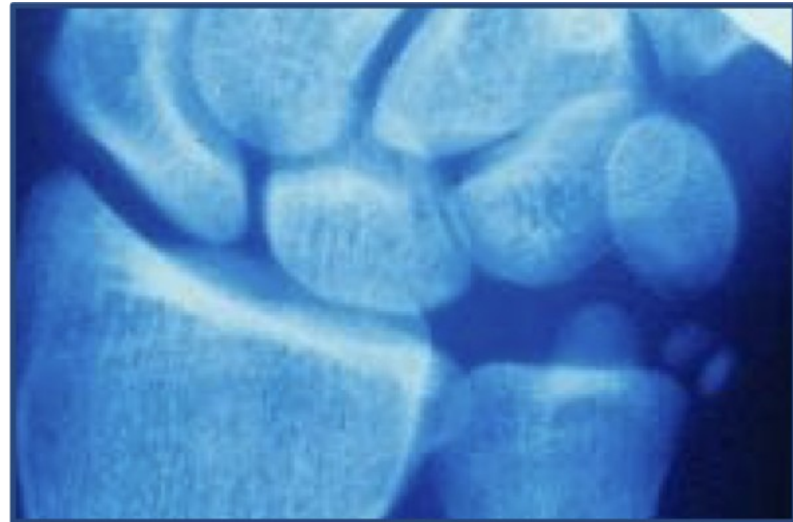
LESIONES FCU

- POCO FRECUENTES



ETIOLOGÍA

- TENDINOSIS/TENDINOPATÍA CALCIFICANTE
 - Es un tendón sin vaina, no tenosinovitis
 - Cambios angiofibroblásticos



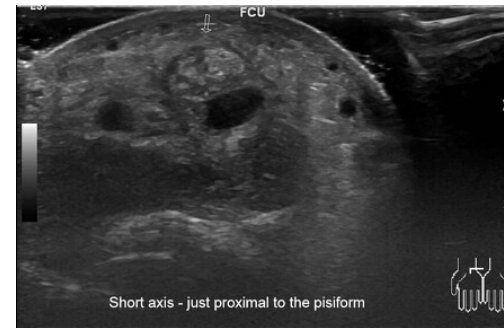
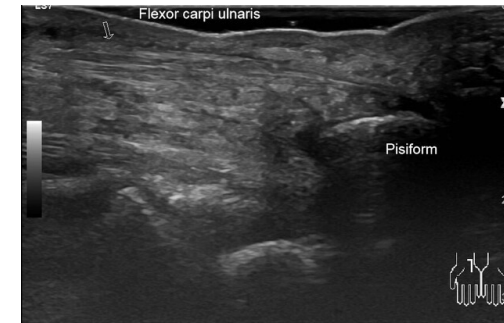
Cohen I: Calcareous deposits at the insertion of flexor carpi ulnaris tendon following trauma. American Journal of Surgery 1924, 38:172-3
Budoff JE, Kraushaar BS, Ayala D: Flexor carpi ulnaris tendinopathy. J Hand Surg [Am] 2005;30:125–129.

DIAGNÓSTICO

EXPLORACIÓN FÍSICA



ECO



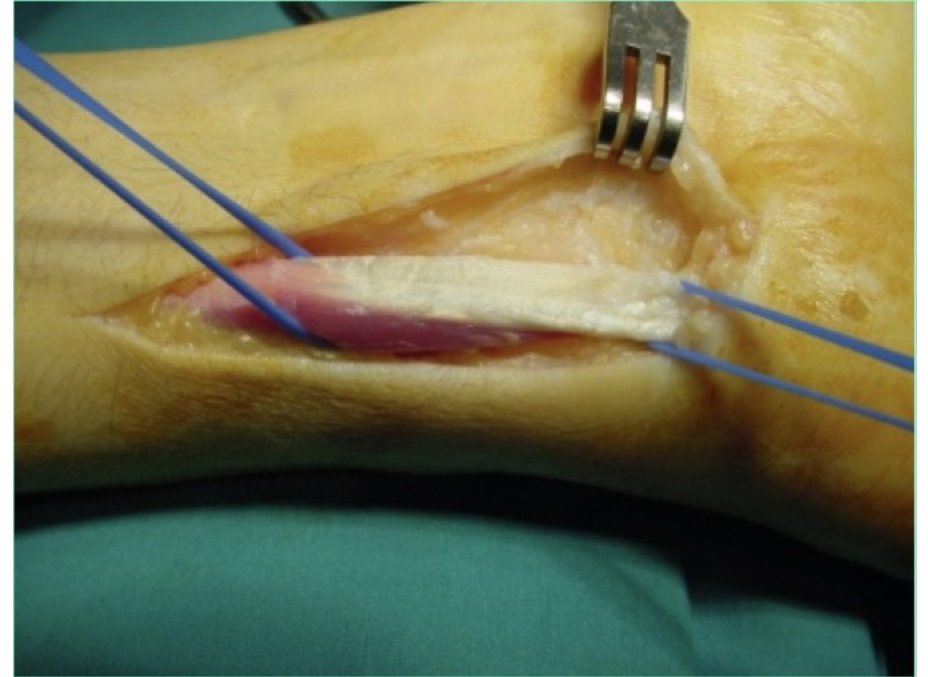
DIAGNÓSTICO DIFERENCIAL PATOLOGÍA PISOPIRAMIDAL

TRATAMIENTO

CONSERVADOR



LIMPIEZA QUIRÚRGICA

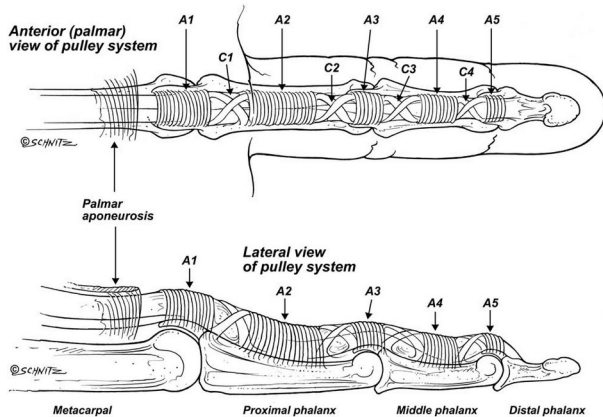


TRIGGER FINGERS

LAS POLEAS SON VAINAS FIBROSAS

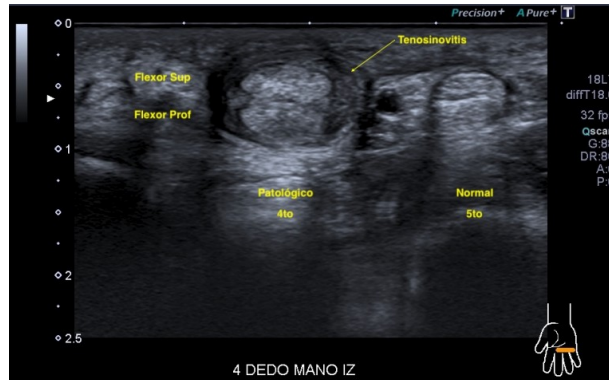
MÁS FRECUENTE AFECTACIÓN A1

METAPLASIA CARTILAGINOSA (Lundin AC, Eliasson P, Aspenberg P.
Trigger finger and tendinosis. J Hand Surg Eur Vol. 2012 Mar;37(3):233-6)

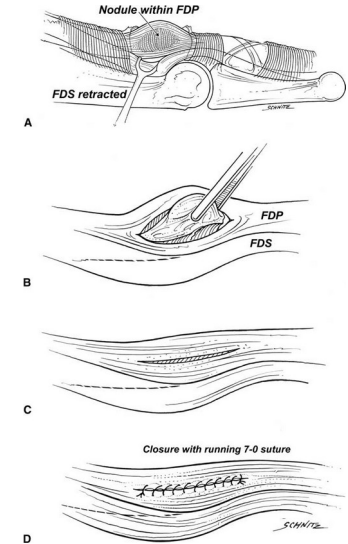


DIAGNÓSTICO

- CLÍNICO (EF)/ECO/RMN



FORMAS ATÍPICAS



BLOQUEO A2/A3

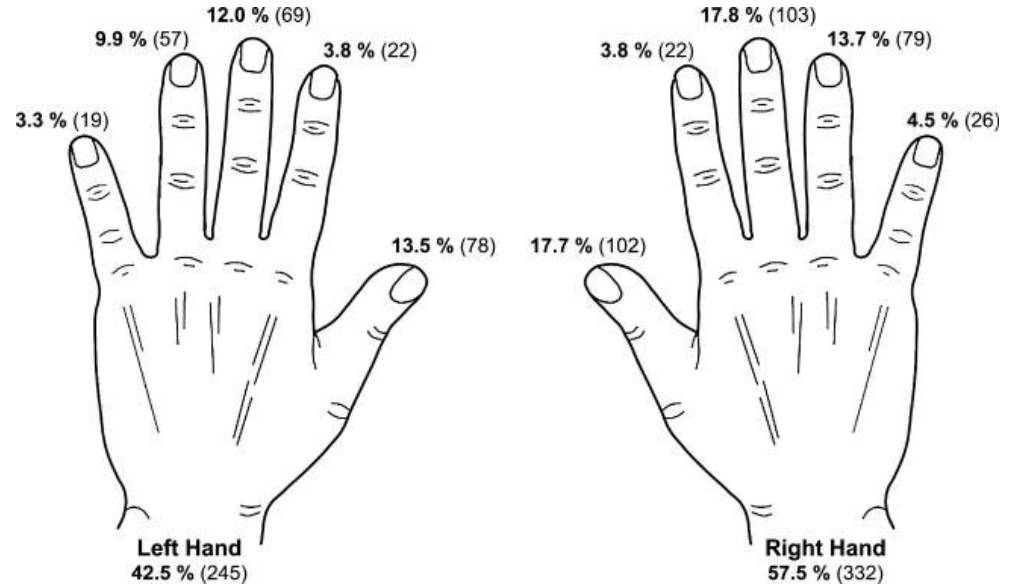
Nagaoka M, Yamaguchi T, Nagao S. Triggering at the distal A2 pulley. J Hand Surg Eur Vol. 2007
Ryzewicz M, Wolf JM. Trigger digits: principles, management, and complications. J Hand Surg Am. 2006

TRIGGER FINGERS

- CLASIFICACIÓN QUINNELL

Table 1 Quinnell grading system	
Grade 0	Pain with flexion, no mechanical symptoms
Grade 1	Uneven motion during flexion/clicking
Grade 2	Locked digit that is actively corrected
Grade 3	Locked digit that is passively corrected
Grade 4	Locked digit, uncorrectable/fixed flexion contracture

Data from Quinnell R. Conservative management of trigger finger. Practitioner 1980;224:187-90.



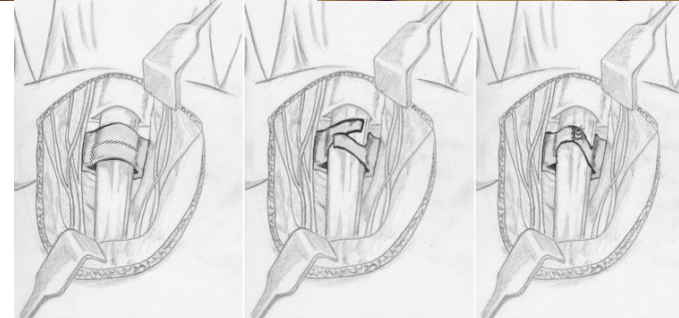
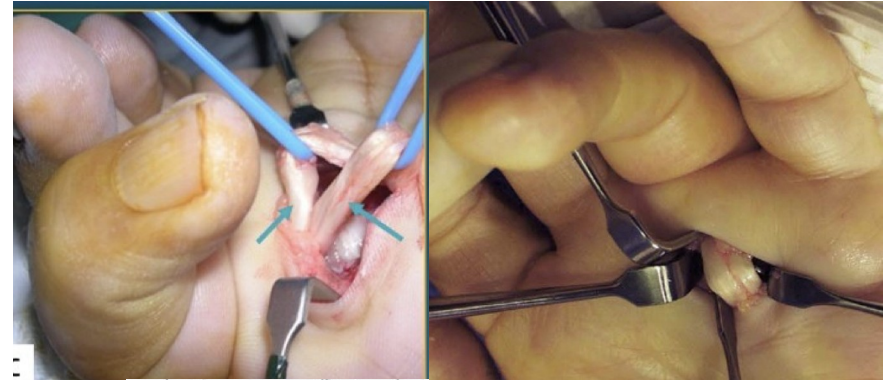
Cornelius Schubert, Hand 2013

TRATAMIENTO

CONSERVADOR



QUIRÚRGICO

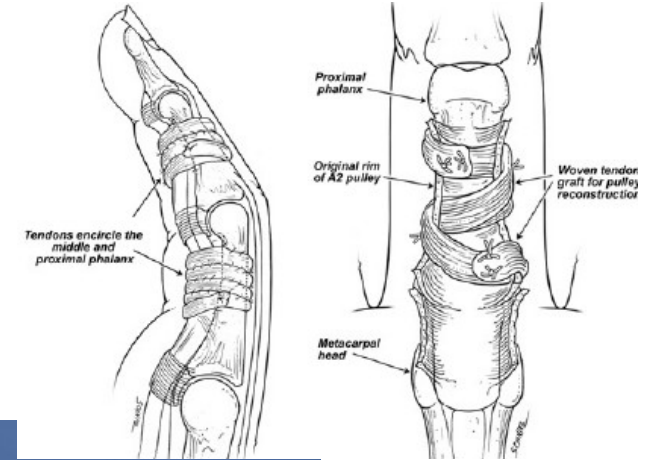
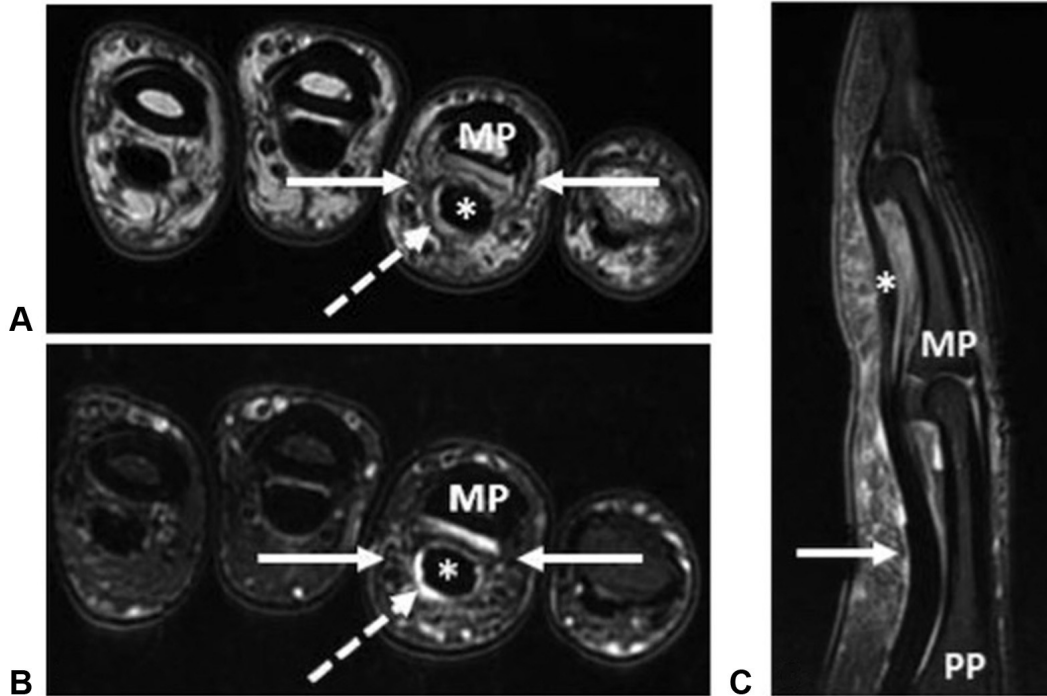


Niumsawatt V, Mao D, Salerno S, Rozen WM. Trigger finger release with stepwise preservation of the A1 pulley: a functional pulley-preserving technique. Int Surg. 2013

ROCK CLIMBER'S FINGERS



ROCK CLIMBER'S FINGERS



An aerial photograph of a tropical island. The island is covered in dense green vegetation. A prominent white sandy beach curves along the lower edge of the island, bordering a clear turquoise lagoon. The surrounding ocean is a deep blue. The word "GRACIAS" is written in white capital letters across the center of the image.

GRACIAS