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The crowded wrist-a case with accessory carpal bones

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ditional soft tissue stripping for the placement of large implants. The mechanism of action of Ilizarov's circular external fixator in olecranon fractures is similar to that of tension-band osteosynthesis since there are two groups of wires perpendicular to each other, compressing the fracture site during active elbow motion. The use of three 1.5 mm K-wires has the advantage of being the least invasive osteosynthesis method. Another advantage of this method is that the wires can be removed under local anesthesia, with minimal soft tissue injury. With this technique, we had a good outcome in our 3 patients.

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The crowded wrist—a case with accessory carpal bones

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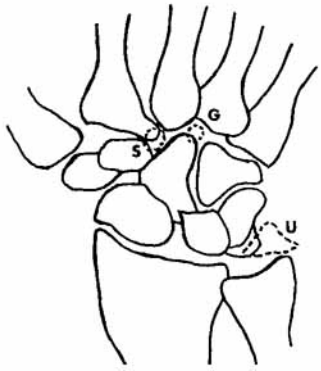
An 18-year-old student had felt pain for 3 weeks in her dominant right wrist, localized to the midcarpal area. The onset was gradual and she reported no previous injury.

The right wrist had 20 degrees less flexion-extension movements than the left side (Günal et al. 1996). The patient had some pain at the extremes of range of motion and tenderness over the dorsal midcarpal area.

Anteroposterior radiographs of both wrists showed bilaterally separated ulnar styloid processes (accessory os ulnostyloideum). Careful examination of the radiographs revealed two other accessory carpal bones: os Gruber, between the capitate, hamate, and the third and fourth metacarpals, and os styloideum, which is associated with a well developed third metacarpal styloid process, between the trapezoid, capitate, and the



Figure 1.
A. Three congenital accessory bones.



B. Line drawing of the left wrist. U os ulnostyloideum, G os Gruber, S os styloideum.



Figure 2. On the lateral radiograph of the flexed wrist, a dorsally subluxated lunate can be seen.

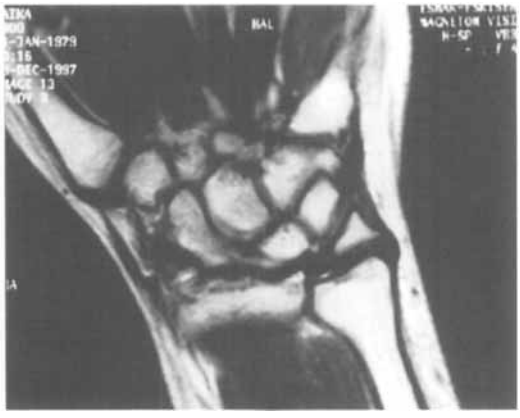


Figure 3. MRI arthrogram shows no radioopaque dye between accessory bones, lunate, and ulna, which indicates intact ligaments between them.

second and third metacarpals (Figure 1). The scaphoid appeared shortened, there was a mild increase in the scapho-lunate gap and no parallelism between the opposing articular surfaces of the scaphoid and lunate on the anteroposterior radiographic views. On the lateral view of the flexed wrist, the lunate was dorsally subluxated (Figure 2). There were no signs of arthritis in the wrist. MRI showed no evidence of carpal ligament injury and no radioopaque dye between the accessory ulnostyloid bone, lunate, and ulna, which indicates intact ligaments between them (Figure 3). No other abnormalities were noted. The pain decreased with a removable splint.

Discussion

Accessory carpal bones are of diagnostic interest, since they may be misinterpreted as fractures, or soft tissue calcifications. They are found in various congenital malformation syndromes (Kelikian 1974, Resnick 1988, Yang et al. 1994). Real accessory carpal bones are rare, with an incidence of 0.3%–1.6% (Lane et al. 1990). O'Rahilly in 1953, in a comprehensive study of accessory carpal bones, suggested that they should be called by names related to their position or shape.

The presence of accessory bones can be overlooked on radiographs because of overlap by adjacent bones. In previously published cases, accessory carpal bones usually appeared as round small bony fragments situated palmarly or dorsally. They were not seen as a functioning part of the wrist joint and were usually incidental findings of no clinical significance (Gerscovich and Greenspan 1990, Lane et al 1990).

In our patient, the accessory carpal bones were an isolated anomaly with no associated syndrome. The patient was symptomatic and had three accessory carpal bones bilaterally, one of which was an os ulnostyloideum, which appeared as a well demarcated inde-

pendent functional part of the wrist joint. The ulnar styloid was not present. The patient had a mildly increased scapho-lunate gap with no parallelism between the opposing articular surfaces, a shortened appearance of the scaphoid on the anteroposterior view and an abnormal carpal alignment on the lateral radiographs which are considered characteristics of carpal instability (Green 1993). The "crowding" of the wrist may disturb coordinated movements of the carpal bones and, when moving from flexion to extension, the lunate is forced to displace dorsally, which results in carpal instability and wrist pain. The differential diagnosis of subtle carpal instability and wrist pain should include accessory carpal bones.

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