Osteogenic exostosis of the capitate. Fifth case reported

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INTRODUCTION
Exostosis is the formation of new bone on the surface of a bone. It usually points away from the adjacent joint and one of the most common types is osteochondroma. A solitary osteochondroma in the carpus is extremely rare, with only 15 cases reported and only four affecting the capitate.

CASE REPORT
45-year-old woman presented with pain and mass in the dorsal aspect of her right wrist. A 1-cm, solid and immobile prominence was noted on the dorsal side of the carpal bones with a palpable bump during the finger extension. X-rays showed a well-defined mass of bone density in the dorsal aspect of the capitate and attached to it by a 3mm pedicle.

Surgical treatment was carried out under regional anesthesia and arm tourniquet. Dorsal approach, and extensor tendon synovectomy was performed and a slightly mobile bone fragment partially covered by cartilage was identified and excised. A skin closure was performed using resorbable suture and no splint was used allowing the immediate mobilization.

Histopathologic study was reported as osteochondroma.
Postoperative outcome was excellent, full range of motion, DASH questionnaire = 0, and Mayo Wrist Score = 100

CONCLUSIONS
Osteochondromas usually present as painless and slow-growing masses but nearby structures can become secondarily involved either through direct compression, displacement or inflammation and subsequent attrition. Compression of the superficial radial nerve or median nerve has been described. Tendons in proximity can become inflamed secondary to mechanical wear as in this case or even an attritional rupture may occur.