Anomalous FDS muscle in the Palm

Case Presentation

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Introduction
Anomalous or accessory FDS muscles in the palm are rare, but when present they can be painful and interfere significantly with hand function.

Case Report
A 28 year old male mechanic noticed a swelling in his right palm over the first web space which increased in size with finger flexion. His grip strength was compromised and had reduced abduction of his index finger.

Ultrasound and MRI scans were inconclusive. No intrinsic muscle injury and no mass lesion were detected. Hypertrophy of the index intrinsic muscles was suggested.

The swelling increased in size and his overall hand function decreased, so surgical exploration was planned. At operation, the FDP tendon to the index finger and the intrinsic muscles were intact and of normal appearance. However, an accessory muscle was seen attached to the index finger FDS tendon in zone 3. A tendon ran proximally from this accessory muscle belly into the forearm.

The accessory muscle was excised from the FDS tendon and the accessory tendon was sutured end to side on the existing FDS tendon. Postoperatively, the patient made a full recovery with reduced pain and significantly improved hand function.

Discussion
- Anomalous and accessory muscles in the palm are anatomical curiosities until they become symptomatic.
- Accessory FDS muscles presenting in the palm are rare and only a few cases have been reported in the literature since they were first described in 1970 by Vichare.
- Significant functional problems have been reported in conjunction with these anatomical variations, including pain, compression neuropathy, digital triggering and stiffness.
- Because of their rarity, their diagnosis is often delayed or initially missed.