SCAN ME

Wrist Ganglions- How annoying are they?

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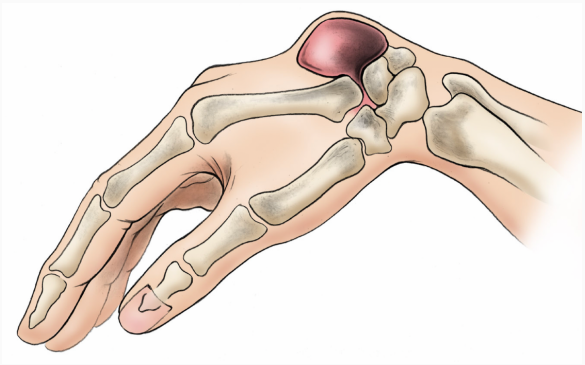
Wrist ganglions are one of the most common reasons for patients to visit Hand & Wrist Surgeon. These ganglions represent almost 60% of hand and wrist lumps.

Wrist ganglions are non-cancerous lumps which are typically round or oval. They are filled with a jellylike fluid. They can be pea-sized, while larger ones, can be around 2.5cm in diameter.

Although the cause of the wrist ganglion is unknown, women are three times more likely to be affected than men.

Wrist ganglions are usually located adjacent to joints and tendons. Occasionally, they can be intimately located next to nerves or blood vessels. The common sites for ganglions include the back of the wrist (dorsal wrist ganglion) and front of the wrist (volar carpal ganglion).



Many patients often describe painless lump that has been present for months or years. However, they can be annoyingly painful if they press on a nearby nerve and they can sometimes interfere with wrist movement.

Many patients need only reassurance as to the harmless nature of the lump. The treatment options include:

- Monitoring the ganglion (50% of time, the ganglion resolves).
- Direct blow (spontaneous rupture) has high recurrence rate of 60%.
- Aspiration (high recurrence rate)
- Surgical removal of ganglion can be done either via open procedure or key-hole procedure. Surgical excision reduces the risk of recurrence to 10-20%.

Mr Andy SG Ang is an Upper Limb Orthopaedic Surgeon sub specialising in treating lumps of the wrist and hands.

Speak to us at **Apley Orthopaedics** if you are experiencing a noticeable lump or pain in your wrist or hand. Our surgeon will make a diagnosis and determine whether you need treatment. Please call our Melbourne Clinic (03)- 70 234 234 or visit www.apley.com.au