

Hand Deformities

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Hand problems can be a result of injury, aging or disease. Symptoms vary and can affect one or many of the fingers.

Boutonniere Finger – deformity in which the finger is fully bent at the first knuckle (knuckle closest to the hand) and straight at the last knuckle (near the tip of the finger); may be caused by rheumatoid arthritis, or damage to the tendon that straightens the first knuckle

Heberden Nodules – enlargement of bone and cartilage of the knuckles, can be a symptom of osteoarthritis

Ganglion Cyst – fluid filled bump, located on the hand or wrist, usually painless, unless it interferes with function and movement

Trigger Finger – a condition in which the sheath the tendon of a finger runs through becomes inflamed and thick, causing the tendon to have difficulty sliding, finger locks up or does not move smoothly

Mallet Finger – bending at the last knuckle so that the tip of the finger can not be straightened

Swan-Neck Deformity – common with rheumatoid arthritis, hyperextension or (beyond straight) first knuckle and flexion of the last knuckle, this position can not be overcome, and is usually treated surgically

Dupuytren's Contracture – a progressive deformity of the hand, in which the band of tissue in the palm tightens and bends the fingers, the exact cause for this is unknown, treatment involves cortisone injection, stretching, and possible surgery

The above is intended as general information only. Be sure to contact your physician for advice or your own specific medical problems.