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Title

Surgical fixation of metacarpophalangeal collateral ligament rupture of long fingers

Purpose

Collateral ligament injury of the metacarpophalangeal (MCP) joint of the fingers is underreported in the literature and widely underestimated by medical community. Here we present results from a large series of patients and review factors influencing success of surgery.

Methods

We performed a retrospective study of 46 patients who underwent surgical fixation of the MCP collateral ligament using bone anchor in an acute or chronic setting. The diagnosis was predominantly clinical based on laxity testing of the joint. We collected demographic data as well as preoperative findings and postoperative results.

Results

Post-surgery, with a median follow-up of 17 months, all patients presented with a stable joint and a complete resolution of pain. The mean flexion of the MCP joint was 77.91° , and extension was a mean of 0.84° . We measured the injured grip strength at a mean of 88.52% of the opposite hand, and the mean Quick-DASH score used to evaluate disability was 9.56 on a scale of 100 (with 100 complete disability). Importantly, time from injury to surgery did not influence postoperative results.

Conclusion

Surgical treatment of MCP collateral ligament rupture with bone anchors is a safe technique that gives reproducible positive results that are not influenced by demographic data, or time to treatment. This pathology is not rare, and a better diagnosis would increase the incidence in future reports.