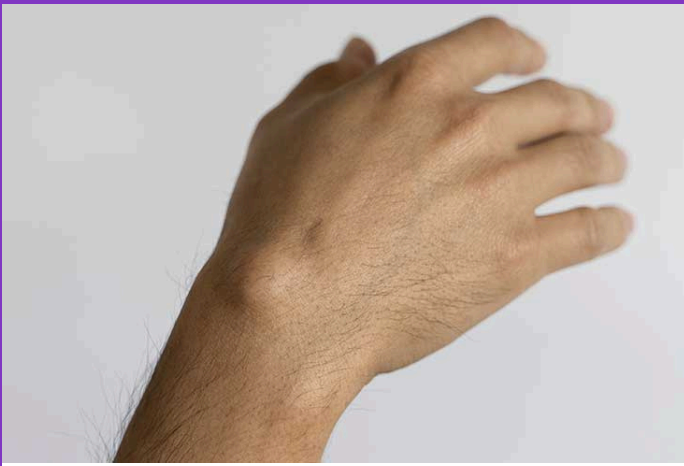


HAND LUMPS

Common lumps and swellings in the hand / wrist

Here's a summary of five common types of **discrete (localized, lump-like) swellings** in the hand, including a wrist ganglion. Each is described with what it is, distinguishing features, formal identification, and typical treatment. If a swelling in the hand is bleeding, rapidly growing or painful it is wise to see a doctor .



1. Wrist Ganglion Cyst

- **What it is:** A fluid-filled, non-cancerous lump that commonly arises from the joint capsules or tendon sheaths, most often on the back (dorsum) of the wrist.
- **Distinguishing features:** Smooth, round or oval, soft to firm, may fluctuate in size, often painless but can cause discomfort or limit movement.
- **Formal identification:** Physical exam (transilluminates with light), ultrasound or MRI if diagnosis is unclear.
- **Treatment:** Observation (many resolve on their own), aspiration (removal of fluid), or surgical removal if persistent or symptomatic.



2. Giant Cell Tumor of Tendon Sheath

- **What it is:** A benign, slow-growing tumor arising from the tendon sheath, usually on the fingers.
- **Distinguishing features:** Firm, non-tender, well-defined, usually less than 2 cm, often on the palmar side of fingers.
- **Formal identification:** Physical exam, ultrasound or MRI, confirmed by biopsy after removal.
- **Treatment:** Surgical excision; recurrence is possible.



3. Epidermoid (Inclusion) Cyst

- **What it is:** A benign cyst formed when skin cells become trapped under the skin, often after minor trauma.
- **Distinguishing features:** Small, round, firm, slow-growing, usually painless unless infected, often on the fingers.
- **Formal identification:** Physical exam, ultrasound if needed, confirmed by pathology after removal.
- **Treatment:** Surgical excision; antibiotics if infected.



4. Mucous Cyst (Digital Mucous Cyst)

- **What it is:** A fluid-filled cyst, usually at the base of the fingernail, associated with osteoarthritis.
- **Distinguishing features:** Translucent, dome-shaped swelling near the nail, may cause nail deformity, often in older adults.
- **Formal identification:** Physical exam, transillumination, X-ray to check for underlying arthritic joint changes.
- **Treatment:** Observation if asymptomatic, aspiration, steroid injection, or surgical removal if repeated infection or nail deformity.



5. Dupuytren's Nodule

- **What it is:** A firm lump in the palm, part of Dupuytren's contracture (thickening of the palmar fascia).
- **Distinguishing features:** Firm, painless nodule in the palm, may progress to cords and finger contractures, usually in ring and little fingers.
- **Formal identification:** Physical exam, no imaging usually needed unless diagnosis is unclear.
- **Treatment:** Observation if mild, steroid, radiotherapy, or surgical release if contracture develops.