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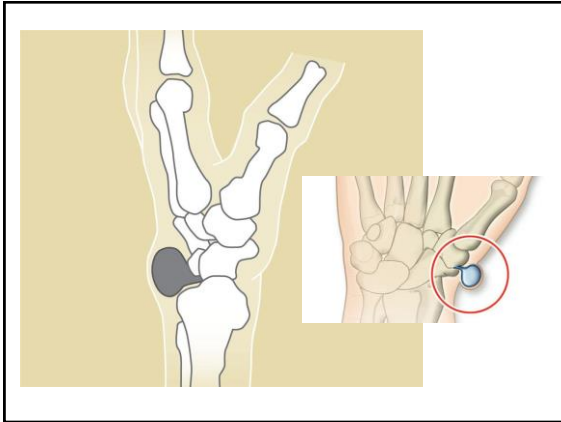
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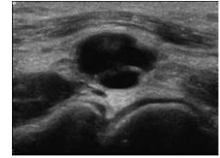
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## Ontstaan

- oorzaak onduidelijk
- icm artrose
- beschadiging van banden rond de pols
- hypermobiliteit
- na fractuur
- Geen samenhang tussen ontstaan van ganglion en werk of hobby's.



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## Behandeling

- Niets doen
- Aspiratie - leegzuigen
- Kapotdrukken (crushen)
- 'doorprikken' van het ganglion



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## “Niet traumatische “ behandeling



AMC/ Videler  
protocol

The Birmingham  
Wrist Instability  
Programme

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## Behandeling

leegzuigen, heldere, stroperige vloeistof verwijderd

Operatie  
Eventuele onderliggende gewrichtsafwijkingen moeten natuurlijk in voorkomend geval tegelijkertijd behandeld worden.

De nabehandeling bestaat uit 1-2 weken gips, waarna de hand weer gewoon ingeschakeld kan worden.



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Full length article

**Ganglions of the hand and wrist: determinants of treatment choice**

**F. Peters**  
Department of Orthopaedic Surgery, Massachusetts General Hospital, Boston, MA, USA

**A.-M. Francannu**  
Department of Behavioral Medicine, Massachusetts General Hospital, Boston, MA, USA

**M. Elton and D. Ring**  
Department of Orthopaedic Surgery, Massachusetts General Hospital, Boston, MA, USA

**Abstract**  
The aim of this study was to determine whether psychological factors (depression, catastrophic thinking, and pain anxiety) and pain intensity are associated with choice of operative treatment. Newly new patients with a ganglion cyst on their hand or wrist completed psychological questionnaires (Pain Catastrophizing Scale, Pain Anxiety Symptom Scale, and Center for the Epidemiological Study of Depression) pre-treatment and an ordinal measure of pain intensity. After a maximum of 4 months, patients were contacted to determine if they chose operative treatment, to rate their pain intensity, and to complete the Disabilities of the Arm, Shoulder, and Hand questionnaire. Younger patients were more likely to choose operative treatment. Psychological factors were associated with pain intensity at enrollment, but not with treatment choice. Operative treatment did not result in less pain intensity or disability, or higher satisfaction compared with non-operative treatment.

**Operative treatment did not result in less pain intensity or disability, or higher satisfaction compared with non-operative treatment.**

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**Recurrence - terugkeerpatroon**

review 2023

literature on the recurrence rate among patients with primary dorsal wrist ganglions undergoing either aspiration (with or without the injection of an additive), open or arthroscopic surgery varies considerably.

**recurrence rate**

- aspiration ranged between 7 and 72%
- open excision ranges were 6 to 41%
- arthroscopic resection 0 to 16%

Treatment of Primary Dorsal Wrist Ganglion—A Systematic Review  
Horvath et al, J Wrist Surg 2023;12:177-190.

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Evaluatie via email (noodzakelijk voor accreditatie)

Hand-out van presentaties via HandWeb pagina (link wordt verstuurd)

Video's via HandWeb YouTube kanaal

**Module 2 basis**  
**Trauma's van de hand en pols**  
**donderdag 11 april 2024**



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