

Swan-Neck Deformity in a Case of Rheumatoid Arthritis

Sujit K Bhattacharya*

Glocal Hospital, Krishnanagore, West Bengal, India

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Case History

A female patient aged about 27 years attended the Outpatients' Department (OPD) of Glocal hospital, Krishnanagore, West Bengal, India complaining of severe pain in the joints mostly small joints but big joints were not spared. The deformity of the hands was typical of Swan-neck deformity of RA. A diagnosis of RA was made. Rheumatoid Arthritis (RA) is an auto-immune disease involving mostly the small joints (the large joints may also be involved). Typically, the proximal

inter phalangeal joints of the hands is affected. Subsequently, the hands become deformed and are known as Swan-neck deformity (Figure 1). The joints swell and are very painful and finally deformed. Serological markers like Rheumatoid factor, antibodies to CCP (Cyclic citrullinated polypeptide, anti-CCP are tests important in the diagnosis of RA. The aim of treatment is to relieve pain and prevents deformity. Drugs which suppress inflammation are often used. However, physiotherapy, regular exercise and warm water compress and wax bath should not be forgotten.



Figure 1: Swan-neck deformity.

***Corresponding author:** Sujit K Bhattacharya, Glocal Hospital, Krishnanagore, West Bengal, India, Tel: 8697462003; E-mail: sujitkbhattacharya@yahoo.com

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