

Sesamoid Bones of the Hand

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General Features

- Small nodular bones embedded within tendons.
- Function ? reduce friction, modify pressure, and increase mechanical efficiency of muscles.
- Most common in **flexor tendons of thumb**.

Clinical Anatomy of Sesamoid Bones

- **Normal sites**

- Two sesamoid bones usually present at the head of **1st metacarpal (thumb)** in flexor pollicis brevis tendon.
- One may be present in tendon of **adductor pollicis**.
- May also occur at metacarpophalangeal joints of fingers, pisiform is a constant sesamoid in tendon of flexor carpi ulnaris.

- **Radiological importance**

- Sesamoid bones may be mistaken for fracture fragments.

- **Fractures of sesamoid**

- Painful, especially in thumb (may impair opposition and grip).

- **Accessory sesamoids**

- Presence of additional sesamoids is a normal anatomical variation.

Mnemonics for Sesamoid Bones of Hand

“Two in the thumb, one may come”

- Always two at head of 1st metacarpal.
- Sometimes additional one at adductor pollicis tendon.

Facts to Remember

- **Pisiform** is a constant sesamoid bone.
- Sesamoids are usually located in **flexor tendons** where pressure is maximum.
- They ossify late, generally around **puberty**.
- Can help in **age estimation** if present.
- Important surgically ? fractures, sesamoiditis, arthritis of MCP joint of thumb.