



Atypical Case of Wrist Rice-Body Bursitis in the Absence of Rheumatism and Tuberculosis

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This report presents an atypical case of wrist rice-body bursitis in a patient with no prior history of rheumatism or tuberculosis. The patient, a 38-year-old female, presented with swelling and pain in the wrist, prompting imaging studies. Comprehensive diagnostic testing, which ruled out underlying conditions, was performed in a patient without the common associations of rheumatism or tuberculosis, challenging conventional understanding of the condition. Rice bodies are typically indicative of chronic inflammation and are often seen in patients with established autoimmune or infectious diseases. However, this case illustrates that rice-body bursitis can

occur in isolation, suggesting that other factors, such as mechanical stress or idiopathic origins, may contribute to its development. The successful conservative management of this patient underscores the importance of individualized treatment approaches. While surgical intervention is sometimes necessary for persistent symptoms, in this case, corticosteroid injections and physical therapy proved effective.

This report emphasizes the need for increased awareness of atypical presentations of rice-body bursitis, particularly in patients with no known risk factors [10]. Future research should focus on the pathophysiology of this condition in otherwise healthy individuals to better understand its etiology and optimal management strategies.

Conclusion

This case of wrist rice-body bursitis in a patient with no history of rheumatism or tuberculosis underscores the potential for atypical presentations of this condition. It highlights that rice bodies can occur in the absence of common underlying inflammatory or infectious diseases. The successful conservative management with corticosteroid injections and physical therapy emphasizes the importance of individualized treatment strategies. Clinicians should maintain a high index of suspicion for rice-body bursitis in patients presenting with unexplained wrist symptoms, even when typical risk factors are absent. Increased awareness and understanding of this condition can lead to timely diagnosis and effective management, ultimately improving patient outcomes. Further studies are needed to explore the pathophysiology and risk factors associated with rice-body bursitis in otherwise healthy individuals.

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