

IMAGES IN CLINICAL MEDICINE

## Knuckle Pads



**A** HEALTHY 10-YEAR-OLD GIRL PRESENTED TO HER PHYSICIAN WITH NON-tender, well-circumscribed, mobile, slightly hyperkeratotic, erythematous plaques on the dorsal aspect of the interphalangeal joints of both thumbs. The plaques had developed over several months. These lesions were diagnosed as knuckle pads, a type of benign fibroma that typically occurs over the small joints of the hands and feet. Also known as Garrod's pads, these lesions have been associated with repetitive friction or pressure, as may occur with habitual chewing or sucking of the fingers, with repetitive occupational activities, with athletic activities (e.g., boxing and surfing), and with bulimia nervosa with self-induced vomiting. Knuckle pads have also been associated with a number of fibrosing disorders (such as Dupuytren's contracture, Ledderhose's syndrome, and Peyronie's disease), the autosomal dominant Bart-Pumphrey syndrome, and a variety of other medical conditions. As in this patient, knuckle pads in the pediatric population are often idiopathic. The patient was reassured regarding the benign nature of the condition, and no further treatment was recommended.

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