



Trigger Finger

What is trigger finger?

Does your finger...

- Ache at the base of the finger
- Give a catching feeling when moving
- Get locked?

You may have a trigger finger. We all have tendons, which are structures important for moving our fingers. What happens is the lining of the tendon swells and the tendon is not able to glide smoothly. This results in pain or a catching feeling when you try to move your finger.

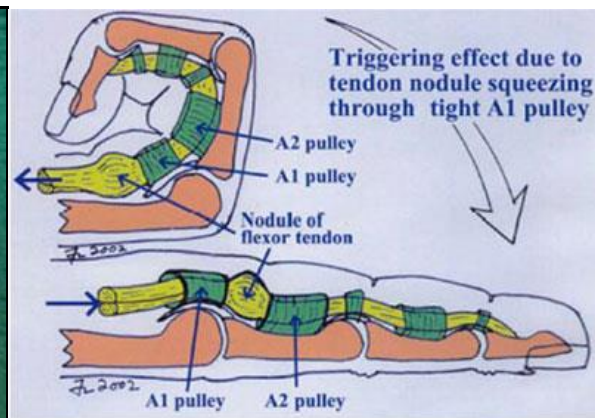


Figure 1 Mechanism of triggering in relation to the flexor pulley system⁵

Trigger Finger - Causes and Risk Factors

The cause has not been established. It may be associated with:

- Excessive grasping activities
- Changes in connective tissues in diseases like rheumatoid arthritis / gout / diabetes or post chemotherapy
- Hormonal changes in pregnancy/middle age

It is not hereditary but may affect more than one finger.

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Trigger Finger - Treatments

We will first try non-surgical methods, such as

- Wearing a splint



- Steroid injection to the finger

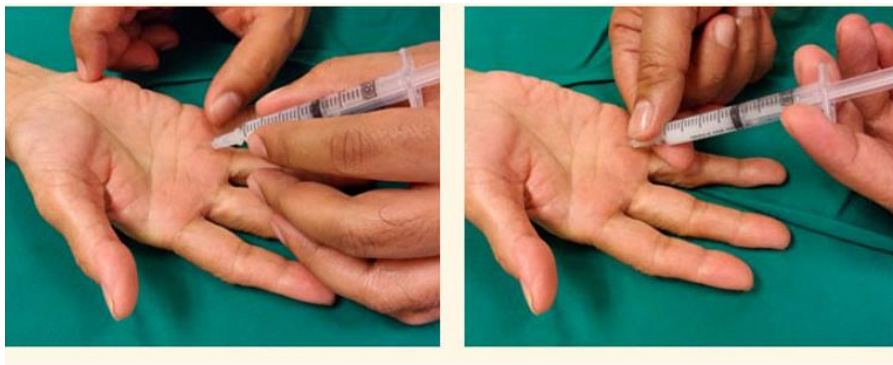


Figure 2 Corticosteroid injection

- Hand therapy
- Surgery: If symptoms persist, surgery is recommended. It is a minor procedure performed under local anesthesia, which involves the release of the tendon tunnel to create more space. There will only be a small scar.



Will it recur?

Sadly, it may, but at a low recurrence rate, especially with non-surgical methods. With surgery, recurrence rate can be as low as <5%.

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