



Trigger finger

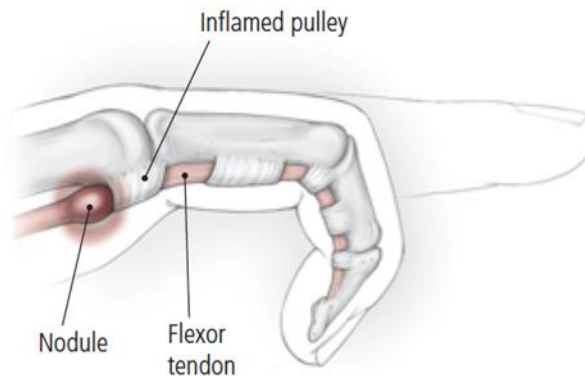
What is it?

Trigger finger is a common condition that involves catching, snapping, or locking of a finger or thumb. It is often painful and the finger can become locked in a flexed position. Sometimes it's worse in the morning or while gripping an object.

What causes it?

It's caused by *inflammation and/or scarring of a pulley (A1 pulley) and a tendon* on the palm of the hand that prevents the flexor tendons from smoothly passing through it. It most commonly affects the ring finger and thumb. Most of the time we don't know why a person gets trigger finger.

Trigger finger



How do you treat it?

- NSAIDs
- Splinting – w/ finger in extension
- Cortisone injection – injecting the sheath surrounding the tendon with cortisone usually works well. Often, the cortisone injection can cure the condition, but some people require more than one injection.
- Surgery – surgical release may be required if the patient continues to have symptoms despite conservative treatment