

my diagnosis

TRIGGER FINGER

*Understand your condition.
Know your next steps.*

What is Trigger Finger?

Finger movement is achieved by a complex system of tendons and pulleys. The tendons connect muscles of the forearm to the fingers, while pulleys keep the tendons properly aligned and in place. This allows muscles and tendons to achieve a great deal of strength and control when flexing the fingers.

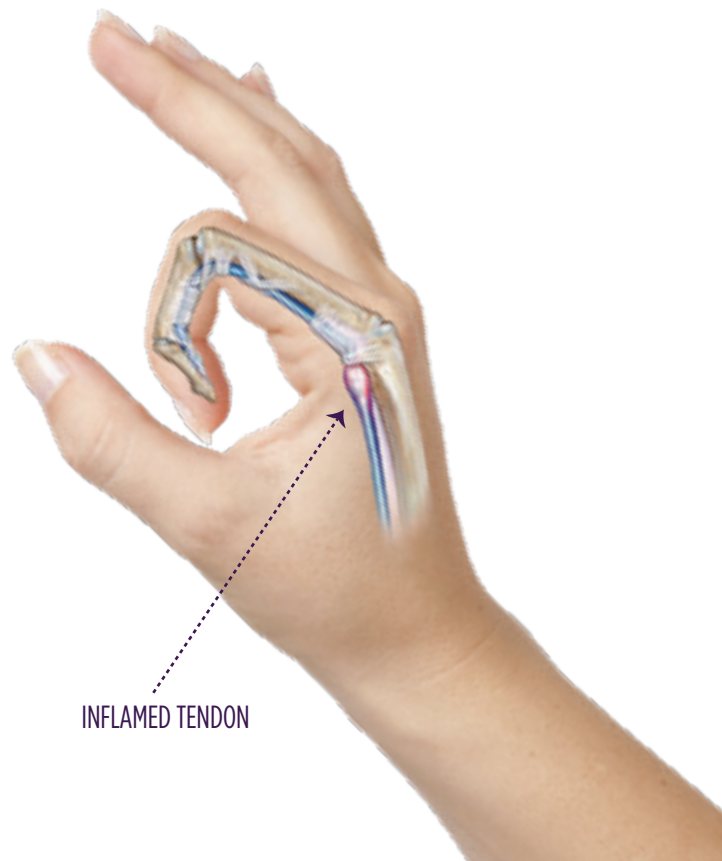
A trigger finger develops when either the pulleys thicken and tighten, or when the tendon becomes inflamed and enlarged. This larger tendon has a difficult time passing through the narrow pulley and may catch as it passes through. Trigger finger can be caused by gout, trauma, diabetes, and rheumatoid arthritis. However, in many cases a specific cause cannot be identified. It can occur at any time of life.

What are the symptoms?

Patients with trigger finger may notice a discomfort and tenderness at the base of the fingers or thumb. Over time the finger may begin to catch and snap when it is flexed and a bump may develop at the base of the affected finger. This may worsen and in time become painful. Eventually the finger will become locked in a flexed position.

How did my specialist diagnose it?

A diagnosis is typically made by a physical exam and assessing your symptoms.



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APPOINTMENTS (651) 968-5201

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What are the treatment options? What does my specialist recommend?

Your hand specialist has developed a treatment plan based on your specific situation. His or her recommendation for you has been selected from the treatment options below.

	TREATMENT	DESCRIPTION	MY NEXT STEP
<input type="checkbox"/>	OBSERVATION/ACTIVITY MODIFICATION	Avoid movements and actions that cause pain.	Contact the patient coordinator if symptoms do not improve: (651) 968-5201
<input type="checkbox"/>	INJECTIONS	A cost-effective alternative to surgery. In the specialist's office, a medication is injected directly around the inflamed tendon.	Set up injection appointment with the patient coordinator: (651) 968-5201
<input type="checkbox"/>	SURGERY	If you fail to improve after nonsurgical care, your specialist may wish to intervene surgically. In this procedure your hand specialist will release the sheath that is irritating the tendons. Your specialist can discuss the details of the surgery with you should it become necessary.	Set up surgery appointment with the patient coordinator: (651) 968-5201
<input type="checkbox"/>	THERAPY	A therapist can work with you to strengthen your hand and calm the irritated tendons. This can be accomplished through the use of modalities such as ultrasound and directed exercises.	Set up therapy with the patient coordinator: (651) 968-5201

NOTES

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