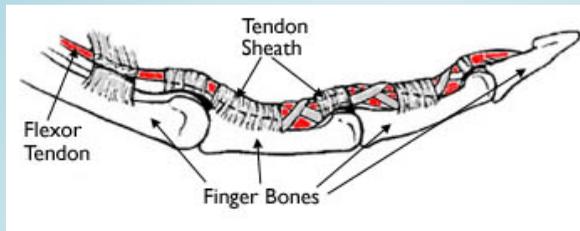


Trigger finger

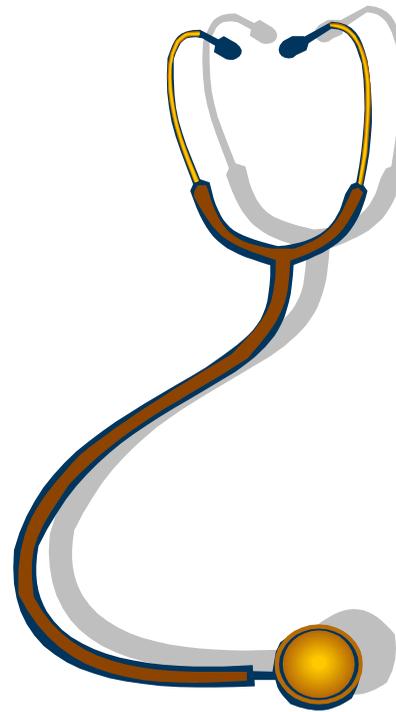
What is it?

Trigger finger is also called stenosing tenosynovitis, (STEN-O-SING TEN-O-SIN-OV-EYE-TIS). It is a common hand condition that restricts finger movement and can be quite painful. When you try to straighten you finger, it can catch, lock or get stuck before popping out straight. It is often worse in the morning.



Tendons are tissues that connect muscles to bone. Tendons pull on bones when muscles contract. This allows parts of the body to move. The tendons slide through a snug tunnel, called a tendon sheath, which keeps the tendon in place.

The tendon can become irritated as it moves through the snug tendon sheath tunnel. As the tendon becomes more irritated it can thicken and form a nodule, making it even harder to pass through the tunnel.



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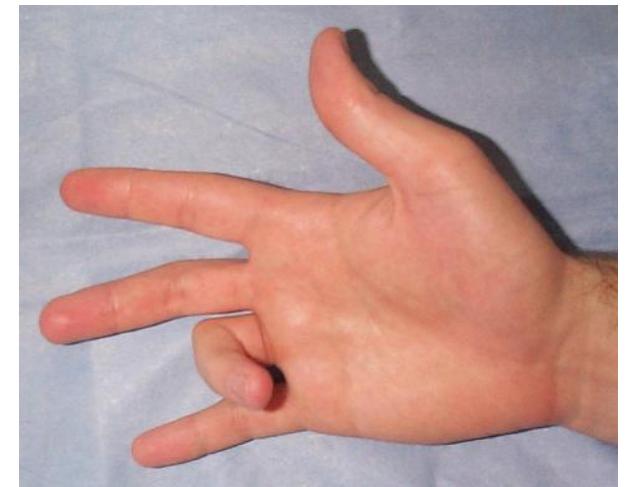
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Trigger Finger

Understanding your condition
and treatment options



What causes it?

It can be caused by repetitive movement, but most of the time the cause is unknown. It tends to be more common in women than men. It commonly affects adults between the ages 40-60. It is also more common in people with rheumatoid arthritis and diabetes.

How is it diagnosed?

Trigger finger is diagnosed by examining your hand and by the type of symptoms you are having. You don't need MRI or x-ray to diagnose it.

What are my treatment options?

The main goals of treatment for trigger finger are to decrease the swelling in the tendons of the hand so the tendon slides easily in its sheath.

❖ Rest

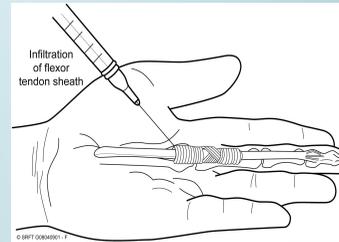
Resting your finger may be enough to resolve the problem if your symptoms are mild. Your finger can also be put in a splint to keep you from moving it and allow it to heal.

❖ Medication

Over-the-counter pain medications such as acetaminophen or non-steroidal anti-inflammatory medications can be used to relieve the pain.

❖ Steroid Injection

A steroid and a numbing medication are injected into your hand. This decreases the swelling in the tendon so it can move smoothly. For some people this only works temporarily and another injection is needed.



❖ Surgery

Surgery of the hand is another option if your symptoms are not improving with other treatments. This involves making a cut over the swollen area of the hand and cutting the tendon sheath to make the tunnel bigger so the tendon has more room to move. It can take up to 6 weeks for full recovery from surgery.

What's the best treatment for me?

The answer is different for each person depending on how long the finger has been causing pain and how much you are able to use the hand. Talk to your doctor about helping to make the right choice for you.



For More Information on Trigger Finger

MAYO CLINIC

<http://www.mayoclinic.com/health/trigger-finger/DS00155>

WEB MD

<http://www.webmd.com/osteoarthritis/guide/trigger-finger>