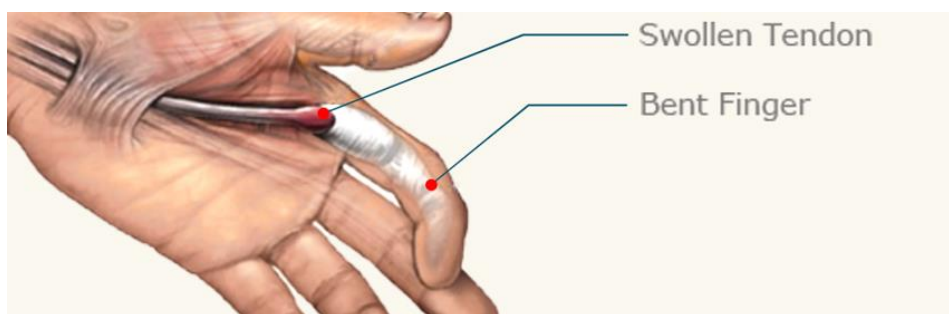


## **Trigger Finger**



Trigger finger is a common condition that causes the finger or thumb to get stuck in a bent position.

The tendon which bends your finger runs through a series of pulleys along the length of the finger. In trigger finger, this area becomes thickened and prevents the smooth glide of the tendon. You can usually feel a thickened lump in the palm of the hand by the finger. The finger gets stuck in a bent position after making a fist as the lump catches. When you straighten it will often do this with a pop or crack. Usually this is worse first thing in the morning when you wake.

No one knows why you get trigger finger but some conditions mean you are more likely to develop this, such as rheumatoid arthritis smoking and diabetes.

### **Treatment**

#### **Splinting.**

Often the finger can become stuck in a bent position at night and therefore a simple splint designed to keep the fingers out straight can prevent this. You can often make one using a "lolly stick" placed between two fingers and using medical tape around the both fingers will hold them straight over night. Make sure this is not too tight and does not cut off the circulation in your fingers.

#### **Injection of steroid**

This stops the swelling around the tendon. This treatment usually works and will often take between 1-2 weeks and occasionally longer.

Sometimes you need two injections. a second is sometimes needed. Side effects of the injection treatment are minimal. There is a slight risk of thinning of the skin and the tendon and very mild risk of infection.

#### **Surgery**

Uncommon and high risk. Only if all the other treatments fail.