

TRIGGER FINGER

WHAT IS TRIGGER FINGER?

Trigger finger is a degenerative condition that affects the joints of the hand. Early symptoms include pain and soreness at the base of the finger or thumb, which can progress to catching or locking of the fingers on movement. In the later stages, the main indicator is fixed flexion deformity of the fingers.



WHAT CAUSES TRIGGER FINGER?

It is usually caused by degeneration and frequent use of the hands. Certain occupations can place you more at risk of trigger finger. For example, musicians or industrial workers with frequent use of power tools.

Other conditions that may cause trigger finger include gout and rheumatoid arthritis.

TREATMENT

1. Medications

Painkillers and anti-inflammatories are used to treat the pain and reduce inflammation for mild cases.

2. Steroid Injection

For more severe cases, intra-articular steroid injection can help delay surgery. Treatment typically can last up to 3-6 months. It can resolve the pain and locking of the fingers in most cases.

3. Surgery

For late stages, surgery is recommended.



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