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SPECIALIZING IN

CARPAL TUNNEL SYNDROME
TRIGGER FINGER
DEQUERVAIN TENOSYNOVITIS
WRIST GANGLION
THUMB ARTHRITIS
TENNIS ELBOW
CUBITAL TUNNEL SYNDROME
FLEXOR TENDON INJURY
FRACTURES
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WRIST ARTHROSCOPY
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KEINBOCK DISEASE
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TRIGGER FINGER

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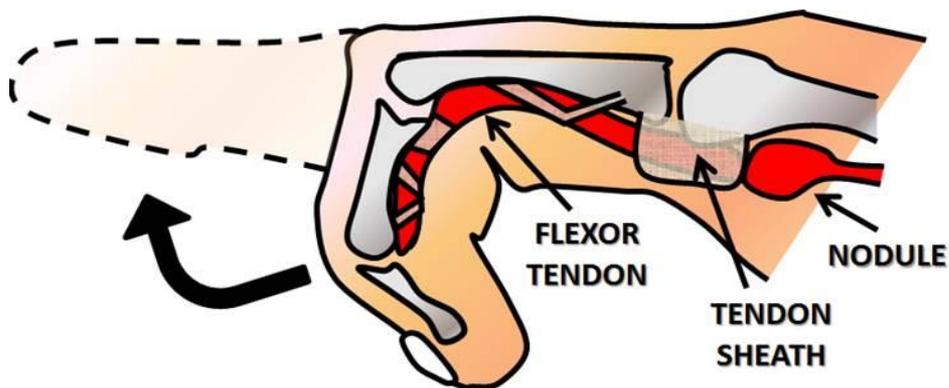
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What is trigger finger?

The muscles of the fingers and thumb have tendons, like rubber bands, that allow movement. When you bend or straighten your finger, the tendon slides through a tunnel, that keeps the tendon in place. In trigger finger, the tendon becomes swollen as it slides through the tunnel, and it may form a bump, causing it to become stuck in the tunnel. The tunnel itself may also thicken, causing the tunnel to become smaller and trap the tendon. Trigger finger is very common, and it happens more in people more who have diabetes and rheumatoid arthritis. It can happen in multiple fingers and on both hands.



Reproduced from Griffin: Essentials of Musculoskeletal Care. 3rd Ed. AAOS, 2005

What are the symptoms?

- A tender lump or swelling in the palm
- Catching or popping in your finger or thumb joint that is usually worse in the morning
- Pain when bending or straightening your finger
- If the lump is forced through the tunnel, it may feel like your finger is dislocating
- In severe cases, the finger is locked in the bent position

What tests will I need?

- **X-Rays:** to rule out any abnormal bone structures that might be causing your symptoms.

How is it treated?

- **Heat:** using a hot compress can decrease swelling.
- **Splinting:** taping your finger to a popsicle stick keeps it from getting stuck in the bent position.
- **Anti-inflammatory Medicine:** decreases swelling. These include naproxen, ibuprofen, and meloxicam.
- **Steroid injections:** anti-inflammatories injected into the tendon sheath. This can be repeated every 3 months, but is less likely to work after 2 rounds of injections.
- **Surgical Release:** releasing the tight tendon sheath to allow then tendon to move and not become stuck.

What do I need to know about surgery?

- You will be contacted within 2 weeks after your pre-op appointment for pricing and scheduling.
- The surgery will last 30 minutes and you will go home the same day.
- There are no restrictions on movement or lifting things.
- Your surgeon will make incision in the palm under the affected finger and release the first tendon tunnel.
- The bandage over the incision should be kept clean and dry.
- At your 2 week follow up visit, the sutures and bandage will be removed, and you will begin scar massage.
- If you have limited range of motion after the surgery, you may need occupational therapy.