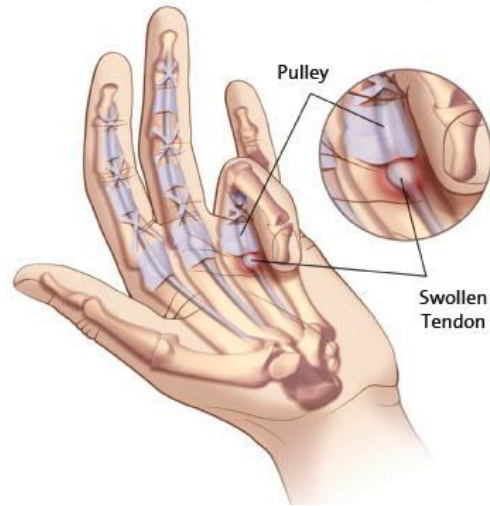


Trigger Finger

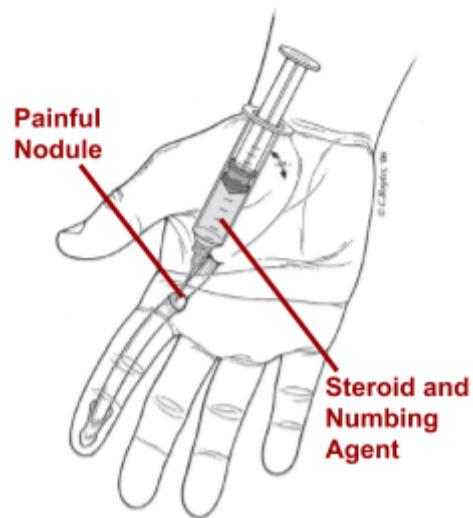
The tendons that control the movement of your fingers glide underneath a tunnel, called a **pulley**, at the base of your fingers. Sometimes, things such as overuse can cause the tendon to swell, called **tendonitis**. When the tendon gets bigger, it can rub against the pulley and actually form a **nodule**. The tendon can get stuck at the base of the pulley or inside the pulley. This is what we call a **trigger finger**.



It is often caused by repeatedly grasping an object. When a swollen tendon can't slide through its tendon sheath, the tendon "locks," often in the bent (trigger) position. When the finger is moved, you may feel a pop or catching sensation.

Nonsurgical Treatment

Nonsurgical treatment typically includes a **steroid injection** at the base of the trigger finger(s). Corticosteroids are powerful anti-inflammatory medications that are injected into a painful nodule. Steroid injections can provide relief for months, years, or may even seemingly resolve the symptoms of affected finger(s). However, the effectiveness of a steroid injection varies from patient to patient.



If a steroid injection fails to relieve pain and triggering, an outpatient procedure can be performed to release the tendon. Please call the office if you are having problems, would like to discuss another injection, or would like to discuss surgery.