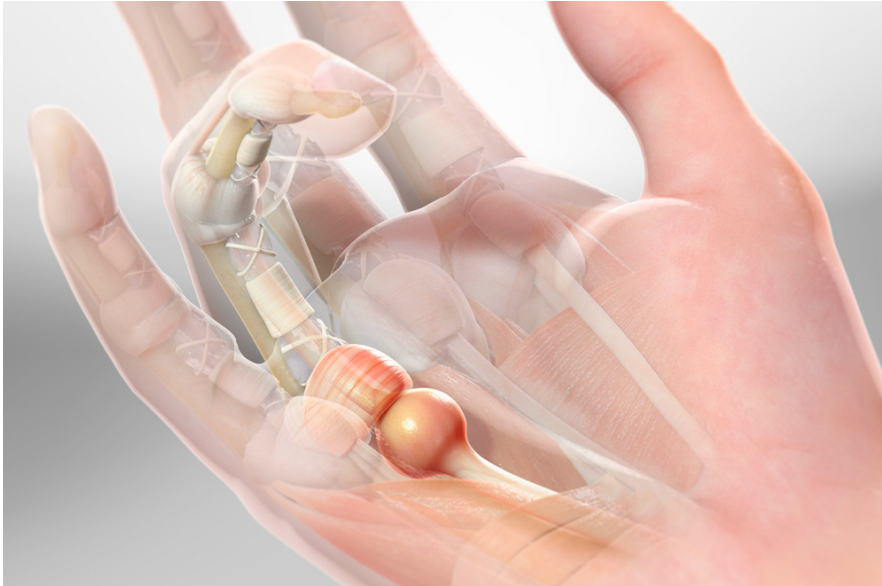




## Trigger Finger



### Overview

This is a problem with a tendon in your finger or thumb. It causes your finger or thumb to get caught in a bent position. Over time, it can become frozen this way. This interferes with the function of your hand.

### Causes

What causes trigger finger? It usually results from repetitive stress or overuse of the tendon that flexes your finger. Normally, as you bend and extend your finger, this tendon glides smoothly through a series of sheaths. But if tendon fibers become damaged, a nodule may form in the tendon. The nodule begins to catch on the sheath we call the "A1 pulley."

### Risk factors

Trigger finger tends to affect people between the ages of 40 and 60. Your risk is higher if you perform repetitive tasks that stress the tendons in your fingers. Working with your hands, playing racket sports or playing a musical instrument can increase your risk. And, your risk is higher if you have diabetes, arthritis, thyroid disease, gout or other conditions.

### Symptoms

What are the symptoms? Trigger finger develops over time. At first, you may feel a mild grating or crackling sensation as you bend and extend your finger. A bump may form on the palm side of your finger near your hand. Eventually, your finger begins to click or catch as you try to extend it. This may be painful. Without proper treatment, your finger may become locked in the bent position.

### Treatment

How do we treat it? Your treatment depends on how far your symptoms have progressed. If we catch it early, things like resting, wearing a splint or doing physical therapy may help. You may benefit from medications. But if these don't relieve your symptoms, you may need surgery. Your doctor will create a plan that's right for you.