

# Trigger finger

**Trigger finger** (*endovaginitis stenosans*) is a common source of pain and dysfunction of a finger. It is a condition in which one of your fingers gets stuck in a bent position due to inflammation that narrows the space within the sheath that surrounds the tendon in the affected finger. Your finger may bend or straighten with a snap — like a trigger being pulled (jumping finger) and released. If trigger finger is severe, your finger may become locked in a bent position. It usually affects IV., III. finger and thumb. The condition is common in **middle aged women** more than men and also diabetic, rheumatic and dialyzed patients are in greater risk.

## Clinical presentation

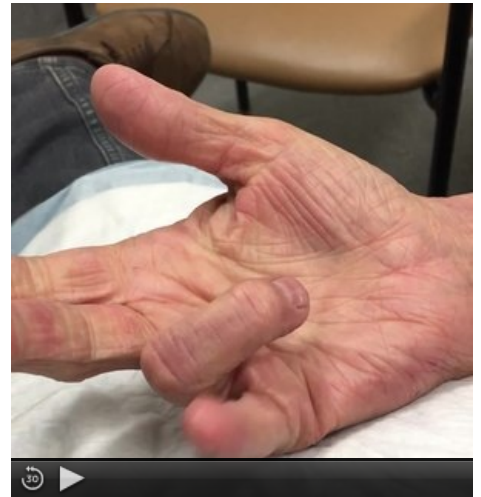
The patient comes with peeling (tendon skipping) or finger blockage during flexion or extension. In the initial stages, there is **pain** when reaching full flexion + crepitation, later "finger snapping". Although the patient often locates difficulties in the interphalangeal joint, palpation sensitivity and skipping (movement of the thickened tendon) is on the palm above the A1 pulley.

## Symptoms

Patient comes with snapping („jumping tendon") or blockage while the finger is flexed or extended. In the early stages the condition the finger is **painful** while fully extended. Despite the patient localizing the pain near the interphalangeal joint palpation sensitivity and jumping is localized more proximally.

## Therapy

First method is **conservative approach**. That means we let the trigger finger disappear. Second possibility is to stretch the finger and put extension splint on for a night. Next method is injection of corticoids with local anesthetic. Last option is **surgery**. This is only used when all listed above is unsuccessful. During the surgery the tendon's sheath is opened so the tendon of the flexor can move freely.



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