

TRIGGER FINGER & TRIGGER THUMB

Trigger finger is a "snapping" or "locking" state of any of the fingers of the hand when opened or closed. Trigger finger is medically termed **stenosing tenosynovitis** and is like a trigger being pulled and released.

The condition is also more common in women and in anyone with diabetes. Gout and Rheumatoid arthritis can also cause it.

Associated with morning stiffness and moderate to severe pain

Trigger finger occurs when the affected finger's tendon sheath becomes irritated and inflamed. This interferes with the gliding motion of the tendon within the sheath.

Prolonged irritation of the tendon sheath can produce scarring, thickening and the formation of bumps (nodules) in the tendon that obstructs the tendon's motion even more.



Treatment of trigger finger varies depending on the severity - Pills, Physiotherapy, Local Steroid injections and Surgical Release in non-responders are options.

