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- Carpal Tunnel Syndrome and  
Trigger Fingers

### **Disclaimer**

*\*This is guide is for informational purposes only and is not intended as a guide to self treatment. Seek the advice of a qualified physician before initiating any treatment on your own.*



## **Highland Center For Orthopaedics**



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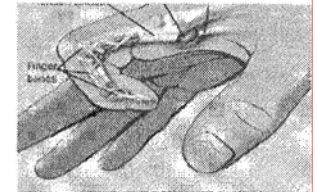
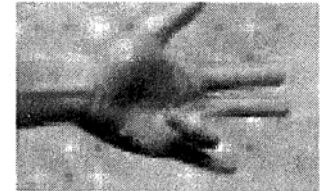
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# **Trigger Finger**

## **A Patients Guide**

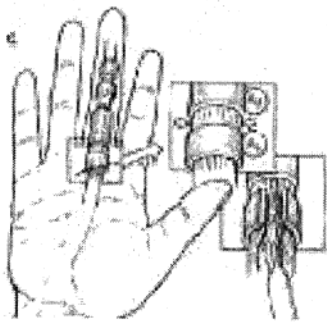


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## Trigger Finger/Thumb (Flexor Tendon Tenosynovitis)

A **trigger finger** is a common hand problem that causes pain, catching and/or locking of the finger/thumb when flexing it into the palm. Anyone can be affected but trigger finger is more common in diabetics and people with arthritis. It is also often associated with carpal tunnel syndrome. It is caused by inflammation/swelling of the flexor tendon (similar to a fat shoe string that bends the finger). As the finger flexes into the palm, the swollen tendon will catch or lock in a tunnel below the knuckle (Figure 1).



**Figure 1:** Pulley over tendon before and after release (inset pictures).

## Treatment

Anti-inflammatory medication, rest or a cortisone injection can cause temporary relief of the symptoms. No more than two injections are recommended because they can weaken the tendon. In long standing cases or those resistant to non-operative treatment, a 5 minute outpatient surgery, through a 1/4 inch incision in the palm (Figure 2) in which the tendon tunnel is opened or “let out” like a tight pair of pants will cure this condition. Most patients have use of the hand the same day of surgery.



**Figure 2 :** Skin Incisions for Trigger finger and thumb



## About the author:

Dr. Jurbala is a Fellowship Trained/[Board Certified Orthopaedic Surgeon](#) specializing in Hand and Upper Extremity Surgery, Arthroscopic and minimally invasive surgery of the Knee/Shoulder and [Joint Replacement](#). He holds privileges at Winter Haven Hospital and The Day Surgery Center in Winter Haven. Dr. Jurbala also served as President of the Polk County Medical Association for 2009 and is the President and founder of Highland Center for Orthopaedics.



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