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## Trigger Finger

What is a trigger finger?

- Trigger finger is a condition in which it is difficult to straighten a finger (or fingers) once bent. The medical term for trigger finger is stenosing tenosynovitis.

How does trigger finger occur?

- Trigger finger results from inflammation or swelling of the fibrous sheath that encloses the tendons. A tendon is a band of strong fibrous tissue that connects a muscle to a bone. The straightening mechanism hesitates for a few moments before the tendon suddenly overcomes the resistance. The finger then straightens with a sudden jerk or triggering motion.

What are the symptoms of a trigger finger?

Symptoms of a trigger finger include:

- Snapping sensation (triggering) in the affected fingers
- Tenderness to touch over the tendon, usually at base of finger or palm
- Inability to extend the finger smoothly or at all
- Soreness in the affected finger or fingers

How is trigger finger diagnosed?

- Your doctor will review your symptoms with you and examine your hand and fingers. An x-ray will be ordered to evaluate the bones of your hand and fingers.

How is a trigger finger treated?

- Your symptoms may be relieved with use of ice and anti-inflammatory medications. Your doctor may recommend a cortisone injection to reduce the inflammation of the tendon sheath.