

Tendon disorders Trigger digit

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Triggering occurs in the fingers or in the thumb as a result of a size mismatch between the flexor tendon and the sheath (usually at the A1 pulley) in which it glides. The patient complains of painful locking or snapping of the finger, usually when attempting to straighten a bent finger. Occasionally, it may present as a finger that is too painful to bend, associated with pain and tenderness at the A1 pulley. There is often a palpable nodule in the tendon. Management is a steroid injection into the sheath; if this fails surgical tendon sheath (A1 pulley) release should be performed under local anaesthesia, taking care not to cut too much of the pulley and create bowstringing of the flexor tendon. Trigger digits, especially the thumb, can occur in infants and in such cases usually resolve spontaneously. Tendon disorders Trigger digit

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