

Cycle 1 – Hand and Wrist
2101 - Trigger Finger
SCRIPT

(1)

NEIL HARNESS, MD:

Trigger finger is a tendonitis of the tendons that bend your fingers. People typically will have catching or triggering of the fingers in the morning when they wake up.

(2)

NEIL HARNESS, MD:

Eventually, it can get to the point where your fingers actually lock and can't be moved and you have to pry the fingers outta the palm to get them to extend.

(3)

BARBARA:

I just noticed that when I would - there was a little catch in it. And sometimes, it gets so folded down, that then I can't get it back up until I take this hand and release it.

(4)

EUGENE FARNG, MD:

So, you know, your muscles are here and the tendon is a rope that connects your muscle down to your bone here. And when you want your finger to move, your muscle will contract and it'll pull your finger down.

(5)

EUGENE FARNG, MD:

Sometimes that rope will have a knot in the rope. The tendon is sort of getting caught just a little bit as you try to pull it through and it gets caught and it hurts.

(6)

NEIL HARNESS, MD:

If your pain is localized to the palm and it's associated with pain with pressure on the palm and or stiffness of the fingers and catching and popping of the fingers with motion, this could be trigger finger.

(7)

EUGENE FARNG, MD:

The first thing to do is always the simplest and then usually that's give it some time, take it easy, take some anti-inflammatories. If the problem won't go away, and it's really stiff and it's getting in your way, you can try a cortisone injection.

(8)

BRIAN HILD, MD:

Two-thirds of people with a single cortisone respond to it.

(9)

EUGENE FARNG, MD:

Finally, if the injections aren't working, you can consider surgery.

(10)

BRIAN HILD, MD:

Surgery is curative. The success rate is very high. The complication rate's very low.

(11)

BARBARA:

I'd highly recommend getting it repaired. It was an easy fix and I'm very thankful because we need our fingers.

###