


Trigger Finger and Thumb Pathway

Patient presents triggering in fingers or thumb



Confirm diagnosis clinically in particular:

- Fingers or thumb triggering or history of triggering or getting stuck flexed
  - Identification and palpation of painful tendon or nodule in palm or thenar eminence at level of MCPJ
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**PATIENT EDUCATION:**

See [Patient.co.uk](http://Patient.co.uk) PIL 'Trigger Finger'

- Advice re use of splints
- Activity modification and ergonomics
- Advice re exercises

Analgesia/NSAID – topical

Offer **steroid injection** if:

- Failure of conservative treatment
- Symptoms significantly affecting ADL's

Consider Chronic pain

Complete the [MSK Service](#) with the clinical details requested and refer to Community MSK if:

- No response to conservative treatment or recurrence within 6 months maybe worth second injection
- Significant interference with ADL's
- Patient would consider surgery