



ALASKA NATIVE MEDICAL CENTER



HAND-TRIGGER FINGER

Diagnostic

Treatment Recommendations:

- Trigger finger is caused by catching of the flexor tendon in the pulley at the base of the finger.
- Treatment is steroid injection into the tendon sheath at the base of the pulley system.

Patient Handouts:

- Trigger Finger
- Hand Fact Sheets, Booklets and Brochures

Referral Guidelines:

- Refer if patient has failed injection and is interested in surgical release.