



Dr Stuart Myers

Orthopaedic Hand Surgeon,
Sydney Orthopaedic Specialists

www.myhand.com.au

KAREENA
PRIVATE HOSPITAL



Prince of Wales
PRIVATE HOSPITAL

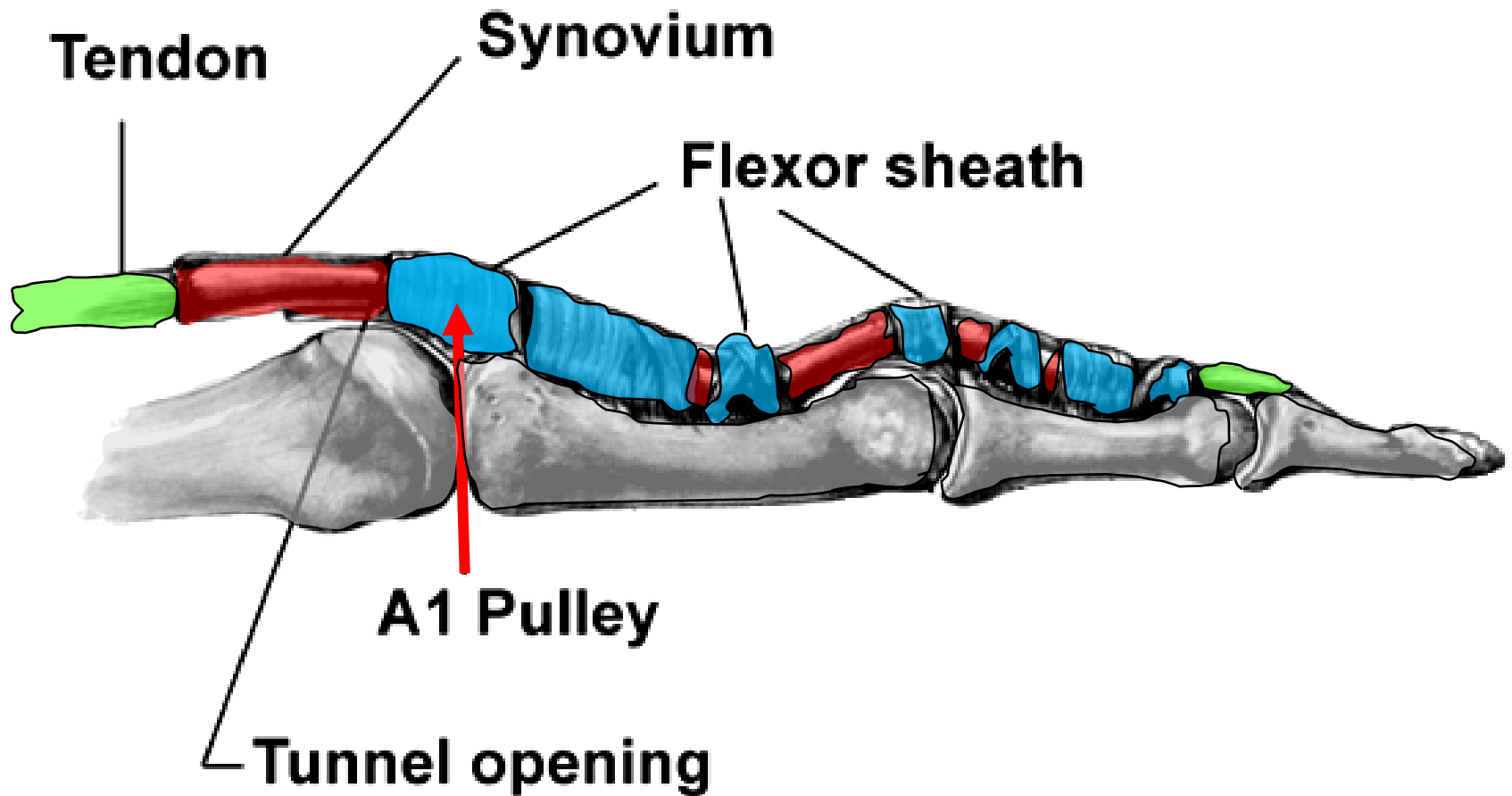


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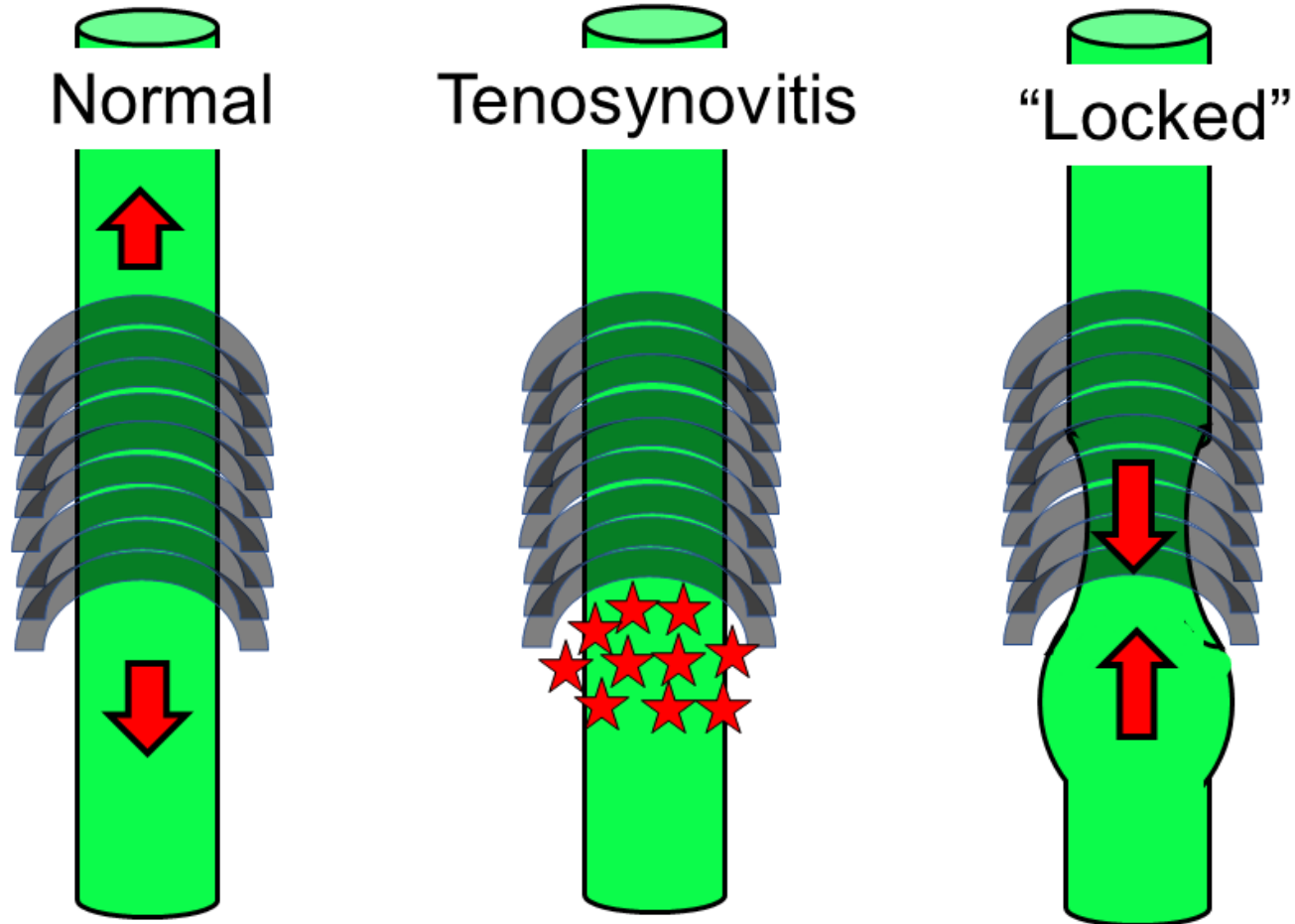
TRIGGER FINGERS



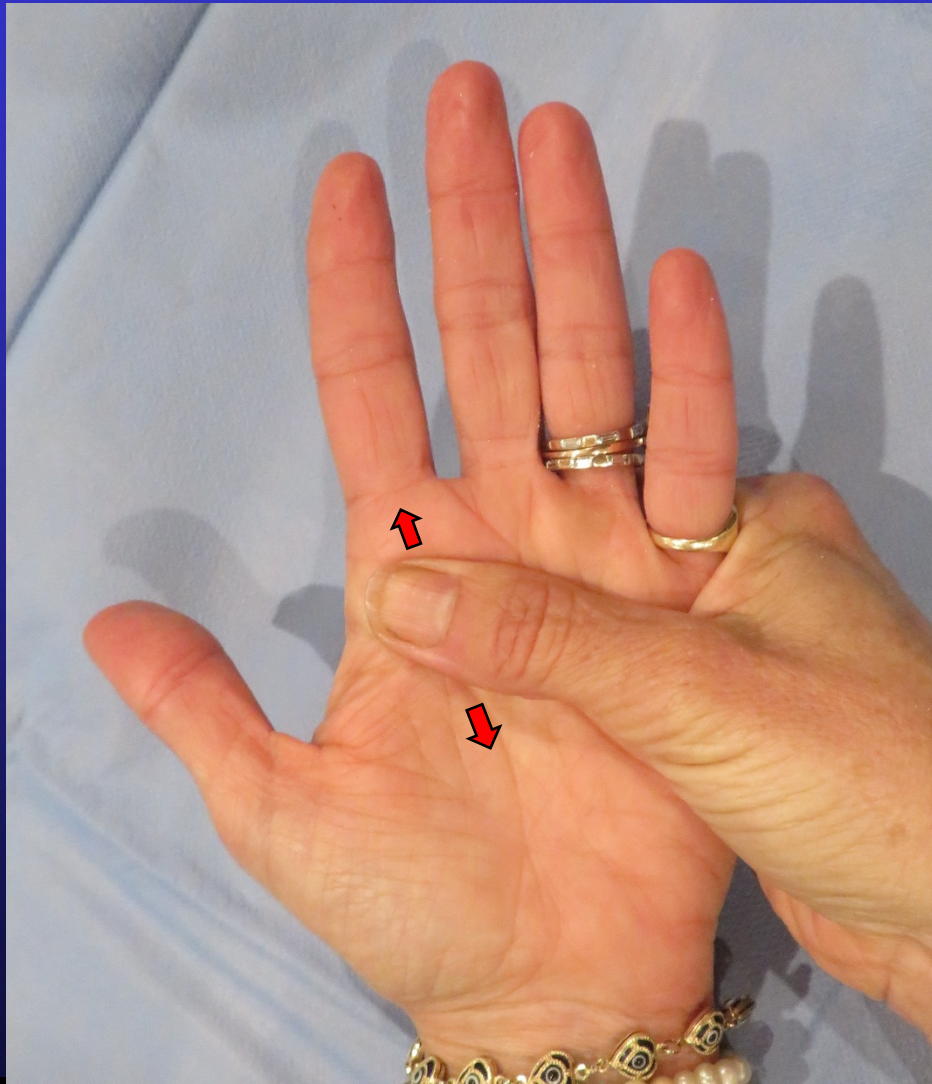
Flexor sheath



Trigger Fingers



Palpate A1 pulley



Flex IP jts NOT MCP joints



Examine ALL fingers

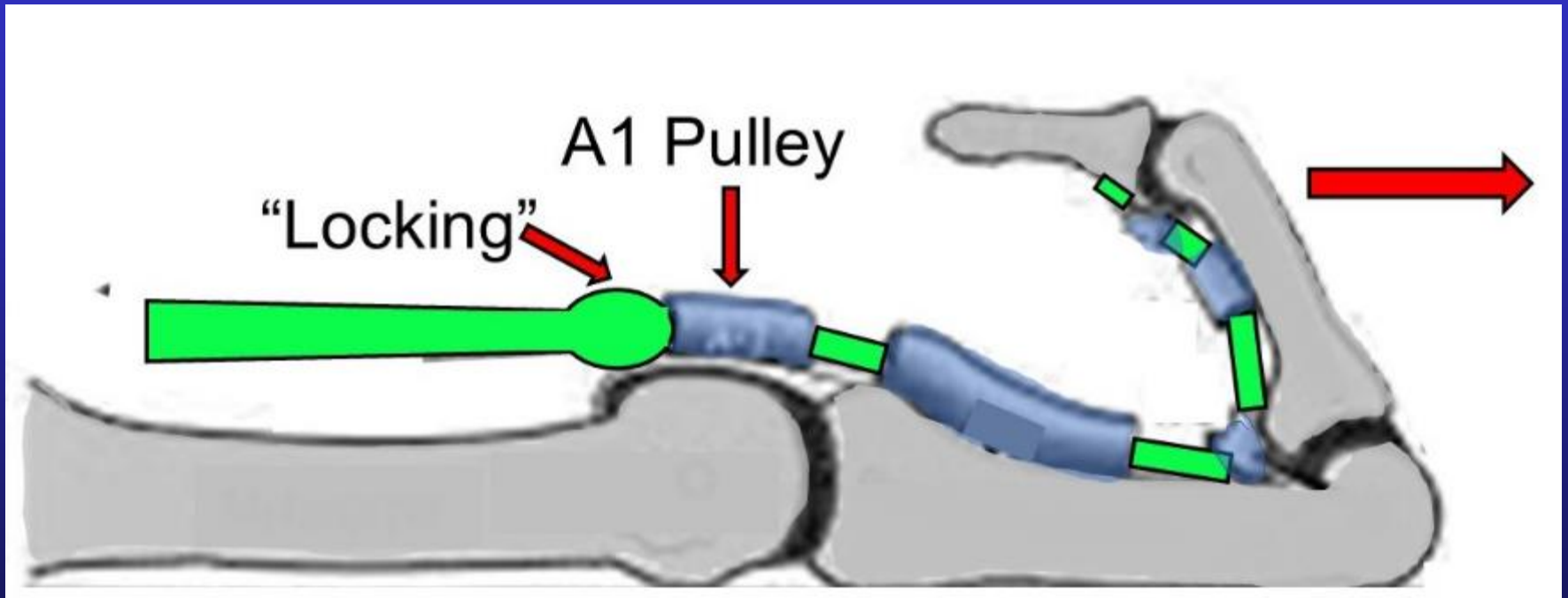


- Trigger fingers
- Locked Trigger fingers
- “Pre-triggers”

Investigations

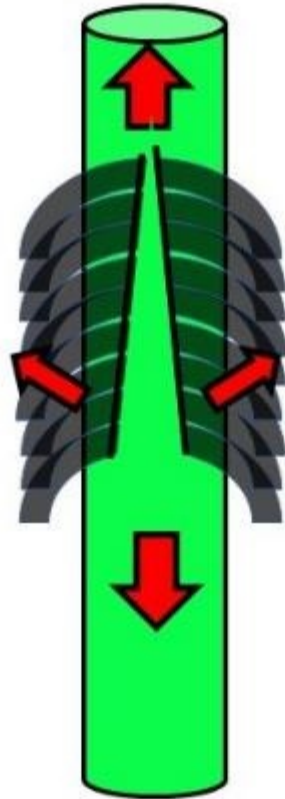
- Blood tests if Multiple trigger fingers and No obvious precipitant

Release A1 Pulley



Surgery

Release



Lump remains



Likelihood of Surgery

- Locking
- No obvious precipitant
- Long duration Symptoms
- Failed conservative

Finger Ring Blocks

- Hands up if you do them in your rooms??



Trigger finger Injections

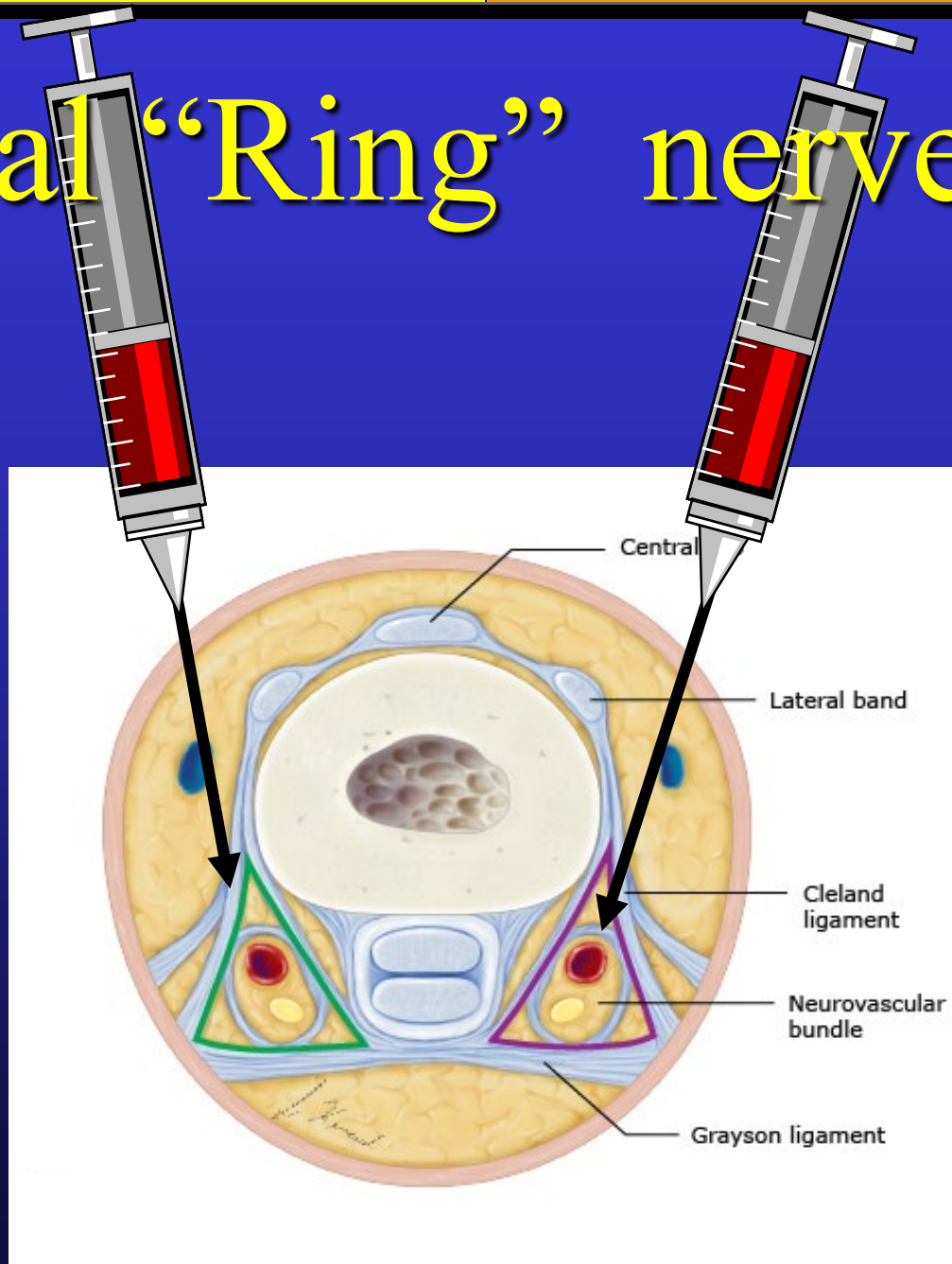
- Hands up if you do them in your rooms??



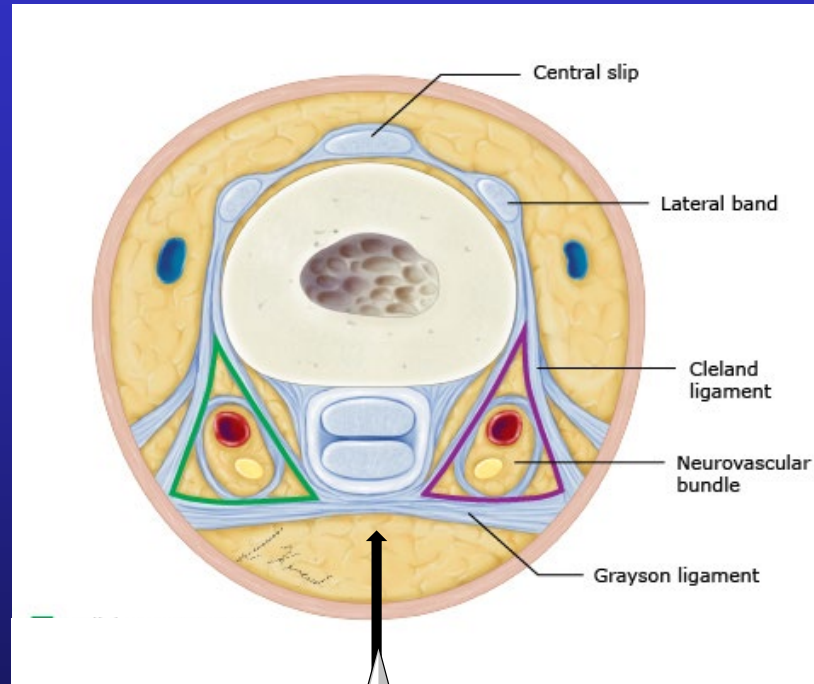
Which is safer ??

- Ring Block v Trigger finger injection

Digital "Ring" nerve block



Intermetacarpal block



Palpate sheath



Mark it with thumb Nail

Ultrasound v Non Ultrasound Guided Hand Injections

Research Study
NSW Hand Surgery Society AGM 2014

Dr. Xuan Ye

Dr. Stuart Myers

Prince of Wales Hospital, Sydney



Study

	TOTAL	US	BLIND
Trigger	156	29	127
DeQ	65	23	42
OA thumb	47	28	19
TOTAL	268	81	187

Trigger finger – 6 week

No difference at 6 weeks

	US	BLIND	P value
Pain	1.5	1.6	<u>p = 0.73</u>
Locking	39%	44%	
DASH	15.4	16.2	<u>p = 0.75</u>
Satisfaction	8.0	7.1	<u>p = 0.20</u>
Self rated improvement	4.3	4.3	<u>p = 0.90</u>

Trigger finger – 6 month

No difference at 6 months

	US	BLIND	P value
Pain	1.7	2.2	<u>p = 0.92</u>
Locking	61.5%	41.9%	
DASH	16.4	17.6	<u>p = 0.92</u>
Satisfaction	6.2	5.8	<u>p = 0.80</u>
Self rated improvement	3.8	3.7	<u>p = 0.58</u>

“Ultrasound Guided
Injection”

=

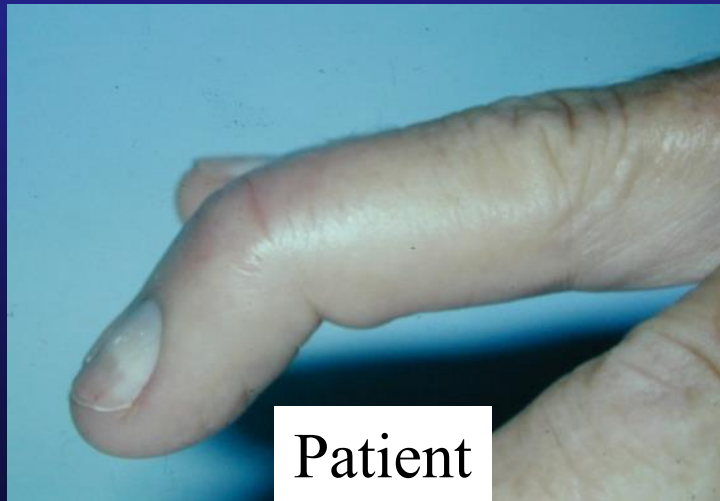
2 Ultrasounds!!!!
On Separate Days!!!!

Ultrasound PROBLEM!

Sonographer



Radiologist



Patient

“Focused high resolution ultrasound of the affected digit reveals a slightly thickened intact extensor tendon “

Trigger finger injections

- All GPs who assist me do their own
- They Comment
 - “Its so easy!”
 - “Very satisfying!”
 - “The patients Love it!!”
- Website Instructions on Injections

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Dr Stuart Myers MBBS(Hons) FRACS FA(Orth)A
Orthopaedic Hand Surgeon www.MyHand.com.au

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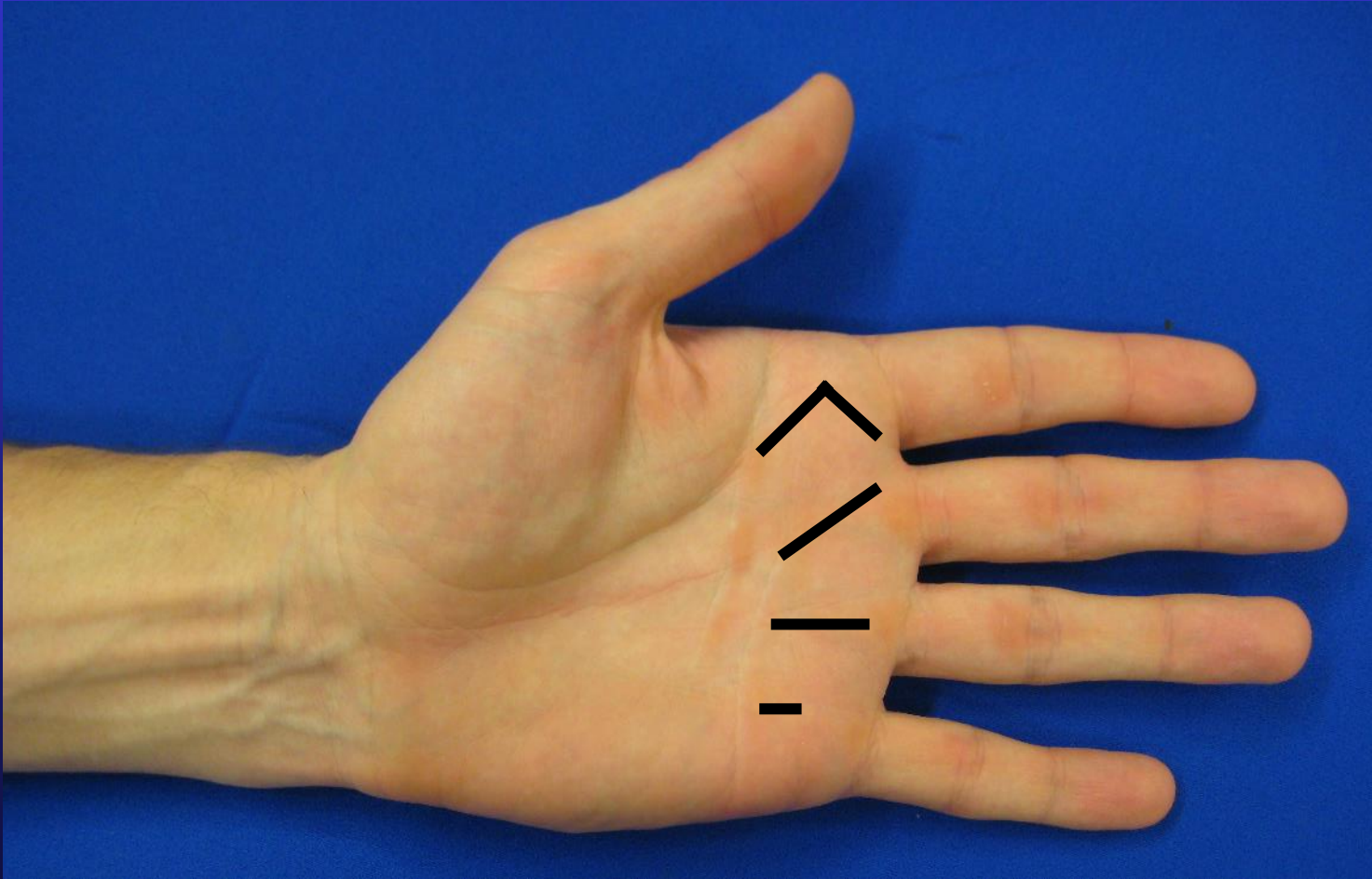


Trigger Finger inj

- Do not inject into sheath
 - flexor sheath ganglia
- If the needle moves with finger ROM it is in the tendon!!!



Skin incision evolution



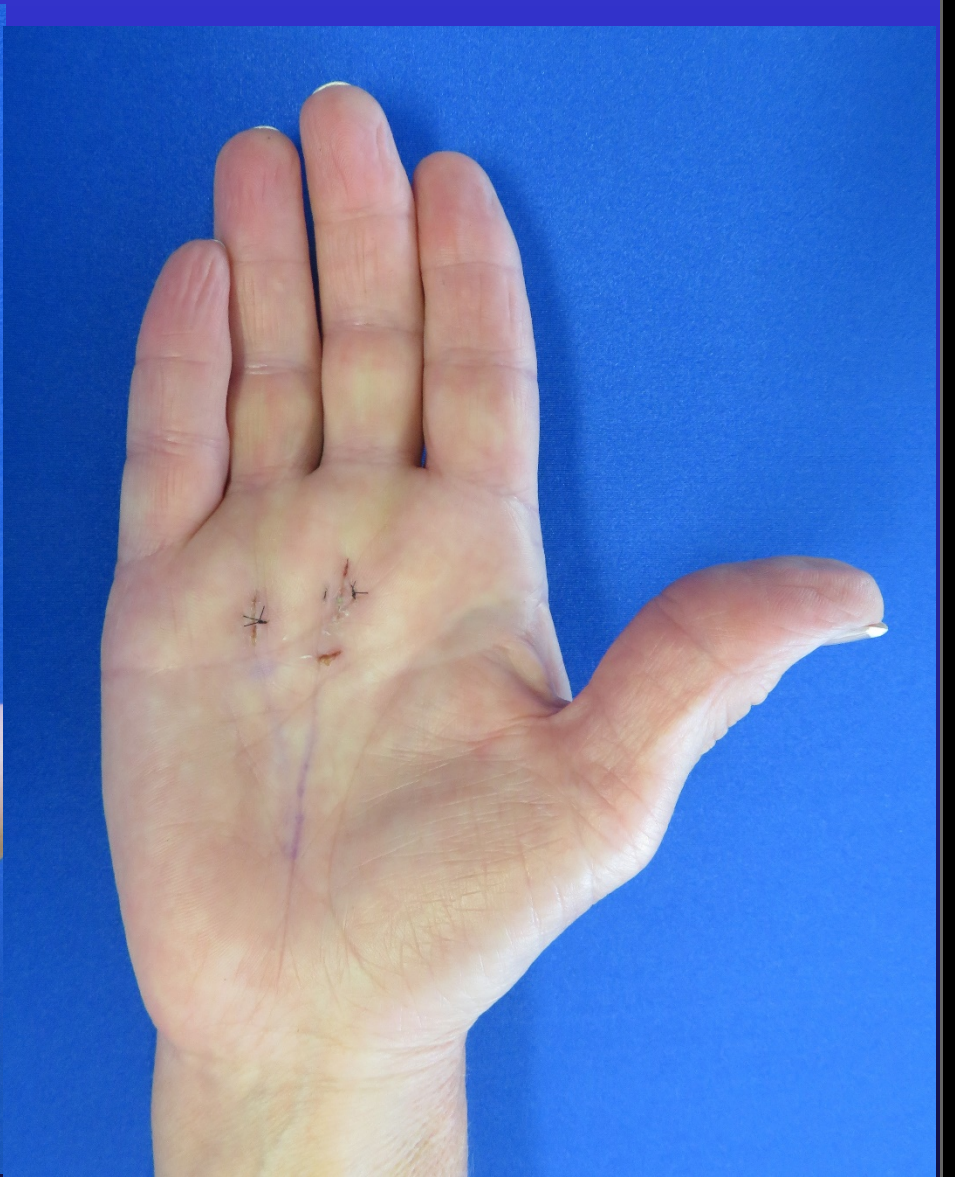


Synovium

Flexor tendon

A1 pulley release

Thickened Synovium removed from tendon



Crepe bandage for 2 days





The End

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