

Trigger Finger Pathway

Start here

Primary Care

Mild

- Catching/click
- Pain
- Tender A1 pulley



Reassurance

[Patient information](#)

Analgesia

Primary Care

Moderate

- Triggering
- Difficulty extending finger
- Need for passive finger extension
- Loss of complete flexion



Above plus:

- Steroid injection (consider using triamcinolone in view of evidence for more rapid effect)
- Review at 6 weeks



Persistent symptoms:

- Repeat steroid injection
- Review at 6 weeks



Symptoms improve:
Discharge



Persistent symptoms after 12 weeks and 2x injections



Refer to MSK Sheffield (Orthopaedic - Hand and Wrist)

Severe

- Fixed contracture

