ABSTRACT

BACKGROUND: Trigger finger is one of the most common pathologic conditions in hand surgery, with incidence rates of 2.2% throughout life time. There are various conservative and surgical methods for the treatment of trigger finger. If conservative managements fail, the A1 pulley can be surgically released either open or percutaneous release.

AIM: Aim of the study is to analysis of functional outcome of percutaneous release in trigger finger under ultrasound guidance.

STUDY AND DESIGN: Prospective study in Government Rajaji Hospital.

MATERIALS AND METHODS: A total of 25 patients of trigger finger from August 2016 to September 2018 were included in the study and were treated with percutaneous release under ultrasound guidance. These patients were followed at 3, 6, 12, 18 and 24 months of follow up and assessment done using DASH scoring and Quinnell’s grading for outcome.

RESULTS: Totally 25 patients were treated with Percutaneous release of first annular pulley (A1 pulley) under ultrasound-guidance with 2 years follow up. At final follow up the pre operative mean DASH score of 24.09 dropped to mean post op DASH score of 3.99 and with Quinnell’s grading score, 23 patients had excellent outcome and 2 patients had good outcome.
CONCLUSION: Trigger finger Percutaneous release of first annular pulley (A1 pulley) under ultrasound-guidance is a safe, pain free, effective and outpatient procedure for patients with Trigger finger. It is a better alternative to open surgical procedure and can be considered as primary definitive treatment option for trigger finger.

KEY WORDS: ultrasound, trigger digit, percutaneous, A1 pulley.