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My experience with trigger finger release

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I decided to have the release done to both my hands at the same time in 2018 after receiving at least three injections with cortisol bilaterally. When my hand continued to trigger, I was ready to try something else. A physical therapy colleague of mine told me that it was a very basic easy procedure so I went ahead and scheduled it. When the surgeon incised the first hand, I felt an extremely sharp nerve pain as he must’ve missed the mark on the anesthesia. The reason I mention that is because I was now dreading that first incision in the other hand but fortunately, it did not end up resulting in any pain. However, speaking of scarring, I have scarring on both hands, which the surgeon wanted to call Dupuytren’s but I definitely disagree with that!

Ever since the right hand, (which was the first hand done) has started acting up and does not have flexibility or mobility or coordination it had before the surgery. As a PT and a psychologist, I have to wonder if having that Fight flight reaction from the first hand incision and pain could have increased my cortisol level to the extent where that could’ve been possibly part of the reason for the trauma that ultimately occurred. Regardless, I now would say I would avoid having that surgery and just continue to work with, non-invasive intervention, should my hand become inflamed at a later date. The surgery was just not worth it for me and has been disappointing.

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