




SEVERITY AND DURATION OF TRIGGER FINGER AND SUITABLE TREATMENT OPTIONS

| D U R A T I O N |  < 6 months < 1 month | 5 Chronic stage (> 6 months) | | | | | S | | S | | S | |
|--|--|---|-----------------------|---------------------------|-------------------------|--|----|--|----|---|----|---|
| | | C | | | CO | | CO | | CO | | | |
| | | 4 Chronic stage (3-6 months) | | | | | S | | S | | S | |
| | | C | | C | CO | C | CO | C | CO | | | |
| | | 3 Subacute stage (2-3 months) | O | | O | | O | S | | S | | S |
| | | | | C | CO | C | CO | C | CO | | CO | |
| 2 Subacute stage (1-2 months) | O | | O | | O | S | | S | | S | | |
| | | C | CO | C | CO | C | CO | C | CO | | | |
| 1 Acute stage (<1 Month) | O | | O | | O | | | | | | | |
| | | | | C | CO | C | CO | C | CO | C | CO | |
|  REHAND | | 1 Very mild symptoms | 2 Mild symptoms | 3 Moderate symptoms | 4 Severe symptoms | 5 Very severe symptoms | | | | | | |
| | | Very mild pain (No snapping or locking) | | | |  | | Unbearable pain / can not be unlocked | | | | |
| | | SEVERITY | | | | | | | | | | |
| 0 = Orthoses; C= Corticosteroid injection; CO= Corticosteroid injection + Orthoses; S= Surgery | | | | | | | | | | | | |

MULTIDISCIPLINARY CONSENSUS GUIDELINE OF HAND THERAPISTS AND HAND SURGEONS "HAND GUIDE 2014" FOR MANAGING TRIGGER FINGER

Bionka M.A. Huisstede, Peter Hoogvliet, J. Henk Coert, Jan Fridén, for the European HANDGUIDE Group, Multidisciplinary Consensus Guideline for Managing Trigger Finger: Results From the European HANDGUIDE Study, *Physical Therapy*, Volume 94, Issue 10, 1 October 2014, Pages 1421-1433, <https://doi.org/10.2522/ptj.20130135>