

Effectiveness of Early Intervention in Managing Trigger Finger Conditions



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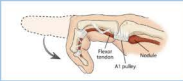
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Introduction

Family Medicine and Orthopedics & Traumatology Collaborative Triage Program (FMOT) has been launched in HKEC since August 2022. New physiotherapy clinic specializing in hand conditions was established at Sai Wan Ho GOPC, which provides early intervention for trigger finger.



Objective

To evaluate the effectiveness of early intervention for trigger fingers.

Methodology

19 patients (31 trigger fingers) in conventional group (CM) and FMOT group were randomly selected from August 2022 to February 2023 with clinical outcomes evaluated.

CM: 10 patients (16 trigger fingers)

FMOT: 9 patients (15 trigger fingers)

Female: 11 patients (57.9%)

Male: 8 patients (42.1%)

Mean age: 61.3 ± 8.17

Figure 1. Patients' Journey for Trigger Finger Conditions

Referrals for Orthopedic SOPC

Triage to FMOT clinic
Exclude: Suspected tendon rupture, trigger fingers with irreducible locking or contracture

Physicians in FMOT clinic recruit patients with trigger fingers for early physiotherapy interventions

Education content

- Etiology of disease
- Care advice
- Home exercise
 - Tendon gliding exercise with putty
 - Stretching exercise
 - Deep friction massage
- Shockwave therapy

CM



Results

Table 1 Clinical Outcomes on Pain and Disability

Pain	
Pre-NPRS	3.33
Post-NPRS	1.63
Disability	
Pre-QuickDASH	18.7
Post-QuickDASH	7.57

↓ 51% pain score
↓ 60% QuickDASH

Table 2 Clinical Outcomes on Trigger Finger Grading

	FMOT	CM
Pre	2.33	2.06
Post	0.8*	0.87
Percentage of grade 0	46.7%	18.8%

Table 3 Accessibility and Outcomes

	FMOT	CM
Waiting time	2.92*	14.53
Treatment period	7.55	8.25

*statistically significant, p<0.05

Reduced waiting time (14.53 to 2.92 weeks) with higher percentage of complete recovery (18.8% to 46.7%) were found in FMOT, within similar treatment period.

Early intervention is superior to conventional model, with higher percentage of full recovery, reduction in waiting time and duration of patients' journey. Further studies are needed in evaluating the effect of early intervention on recurrence rate.