

Joint Examination and Injection Course

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HAND

Trigger Finger

- Nodular thickening of flexor tendons causing catching at fibrous stenosis at the level of MCP joint
- Common in adults of all ages
- Often caused by overuse
- Common in RA



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1ST CARPOMETACARPAL JOINT

- Affected by osteoarthritis
- Pain over base of thumb
- Worse with 'opening jars'
- Tendancy to drop things due to propioceptive dysfunction and pain

1ST CARPOMETACARPAL JOINT

- 40mg depomedrone with lidocaine
- Orange needle (25g)
- Pain from periarticular structures therefore intra-articular access not essential, inject close to capsule
- Lateral approach or palmar over tenderest point