

Pathway	
	Surgical release of trigger finger.
Exclusions	
	Children are excluded from this policy.
Commissioned	
	Surgical release of trigger finger will only be funded in severe cases <u>or</u> in moderate cases which have failed to respond to two injections of local steroid and there is no contraindication to this procedure.
Not Funded	
	Patients with moderate disease and no valid contraindication to steroid injection who decline the procedure.
Notes	
	<p>Assessment of Severity</p> <ul style="list-style-type: none"> a) Severe is defined as a digit which is locked b) Moderate is defined as a digit where active flexion/extension is difficult or requires passive assistance c) Mild is defined as a digit which is fully mobile but catches
Rationale	
	<ul style="list-style-type: none"> ▪ Evidence-Based Interventions: Response to the public consultation and next steps. Published by NHS England in partnership with NHS Clinical Commissioners, the Academy of Medical Royal Colleges, NHS Improvement and the National Institute for Health and Care Excellence November 2018. ▪ Trigger finger (stenosing tenosynovitis) is an acquired condition in which the flexor tendon sheath of a finger or thumb thickens and narrows such that the tendon can no longer move freely. ▪ Triggering may affect one or more digits and the diagnosis is clinical and based on <ul style="list-style-type: none"> a) a history of locking or stiffness of the finger b) a tender nodule in the palm of the hand at the finger base c) palpable clicking or locking during active movement ▪ Spontaneous recovery may occur with time but is less likely in the presence of multiple digit involvement and certain conditions such as diabetes and rheumatoid disease. ▪ Steroid injection is an effective therapy in adults with a success rate of more than 50% for first and second injections; this treatment is not appropriate in children.
Cohort	
	Adults.
Equality	
	Compliant with the Equality Act 2010.
Status	

RED as defined in the Prior Approval Scheme Policy.	
OPCS codes	
Primary tenolysis	T69.1
Revision of tenolysis	T69.2
Subcutaneous tenotomy	T70.1
Tenotomy NEC	T70.2
Release of constriction of sheath of tendon	T72.3
With location code:	
Hand NEC	Z89.4
Thumb NEC	Z89.5
Multiple digits of hand NEC	Z89.7
Version History	
No material changes from previous version.	
Authorised	
April 2019	
Review	
April 2024 Earlier if new evidence published by NICE or other authoritative body.	