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**TRIGGER FINGER RELEASE BY “N” PLASTY: A FUNCTION PRESERVING
APPROACH**

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OBJECTIVES

To accomplish release of trigger finger using a minimally invasive surgical technique which will allow pulley function to be retained , thereby having no discernable disadvantage on digit movement or power.

METHODOLOGY

All patients with triggering of digits were enrolled in the study and demographic data included along with contact phone no and addresses. Each had pre, intra and post op details noted in a standard format. Patients were operated on OPD basis except children requiring GA.

RESULTS

A total of 43 patients underwent trigger finger release. There were 12 patients in group I with standard A1 pulley release on 12 digits. 31 patients underwent N plasty in 35 digits. Statistical analysis was done using SPSS 17. Group statistics were tabulated for hand grip, pinch grip and flexion deficit and change in parameters calculated. Paired sample correlations of all 3 parameters were calculated . There was no significant difference among the 2 groups.

CONCLUSION

N plasty is based on sound physiology and anatomical premises. The technique does not adversely affect surgical time or effort and does not result in added complications or recurrences.