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J Hand Surg Eur Vol. 2012 Mar;37(3):233-6. doi: 10.1177/1753193411421853. Epub 2011 Oct 10.

## Trigger finger and tendinosis.

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### Abstract

The pathogenesis of trigger finger has generally been ascribed to primary changes in the pulley. Histological examination of the affected tendons has rarely been done. We studied biopsies from tendons of trigger fingers from 29 patients and compared these to biopsies from six intact tendons. We used a modified Movin score, which describes the tendinosis of the Achilles tendon. Trigger finger tendons had a high score (14.2; SD, 2.2) consistent with tendinosis, while the controls were almost normal (2.5; SD, 1.9). This suggests that the tendon is also affected, and that trigger finger is a form of tendinosis.

PMID: 21987275 [PubMed - indexed for MEDLINE]

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