

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

09 Jun 2026

### Treatment of trigger finger: a randomized clinical trial comparing the methods of corticosteroid injection and percutaneous release

#### Protocol summary

##### Study aim

Comparison of treatment results of trigger finger by Corticosteroid injection and Percutaneous release

##### Design

Clinical trial with randomized parallel groups

##### Settings and conduct

Patients with trigger finger referred to Baghaei poor polyClinic and Khatam al anbia Yazd, entered the study according to inclusion criteria and after obtaining informed consent randomly assigned to one of the groups injection of steroid or Percutaneous release And are evaluated at specified intervals after the intervention.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: Age over 18 years, Patients with informed consent, Patients with trigger finger symptoms based on the QUINNELL scale and Patients with no history of any previous finger surgery. Exclusion criteria: Patients with hand tendon disorders.

##### Intervention groups

Intervention group: First with lidocaine 2% local anesthesia is performed and then the needle of the gage 18 is inserted through the anatomical site and attempts to release percutaneously by vertical movements over the A1 pulley. Control group: Patients in this group will receive xylocaine 0.9 cc, bicarbonate 0.1 cc and 1 cc methylprednisolone.

##### Main outcome variables

Primary outcomes: Assessing the finger movement  
Secondary outcomes: Pain after intervention

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20180627040252N1**

Registration date: **2019-12-19, 1398/09/28**

Registration timing: **retrospective**

Last update: **2019-12-19, 1398/09/28**

Update count: **0**

##### Registration date

2019-12-19, 1398/09/28

##### Registrant information

###### Name

Abbas Abdoli Tafti

###### Name of organization / entity

###### Country

Iran (Islamic Republic of)

###### Phone

+98 35 3522 2304

###### Email address

aabdoli2000@mail.ssu.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2018-07-11, 1397/04/20

##### Expected recruitment end date

2019-06-22, 1398/04/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Treatment of trigger finger: a randomized clinical trial comparing the methods of corticosteroid injection and percutaneous release

##### Public title

Treatment of trigger finger

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

**Inclusion criteria:**

Age over 18 years Patients with informed consent  
Patients with trigger finger symptoms based on the  
QUINNELL scale. Patients with no history of any previous  
finger surgery

**Exclusion criteria:**

Patients with hand tendon disorders

**Age**

From **18 years** old

**Gender**

Both

**Phase**

2

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **80**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

The patients will be randomly assigned to intervention  
and control groups using table of random numbers

**Blinding (investigator's opinion)**

Not blinded

**Blinding description**

**Placebo**

Not used

**Assignment**

Parallel

**Other design features**

**Secondary Ids**

empty

**Ethics committees**

1

**Ethics committee**

**Name of ethics committee**

Ethics committee of Yazd Shahid Sadoughi University  
of Medical Sciences

**Street address**

Bahonar Square

**City**

Yazd

**Province**

Yazd

**Postal code**

8916978477

**Approval date**

2018-06-26, 1397/04/05

**Ethics committee reference number**

IR.SSU.MEDICINE.REC.1397.051

**Health conditions studied**

1

**Description of health condition studied**

Trigger finger

**ICD-10 code**

M65.3

**ICD-10 code description**

Trigger finger

**Primary outcomes**

1

**Description**

Assessing the finger movement

**Timepoint**

Weeks 1, 3 and 6 and then 3 and 6 months after  
intervention.

**Method of measurement**

Physical examination

**Secondary outcomes**

1

**Description**

Pain after surgery

**Timepoint**

1, 3 and 6 weeks and then 3 to 6 months after  
intervention

**Method of measurement**

Visual Analogue Scale (VAS)

**Intervention groups**

1

**Description**

Intervention group: First with lidocaine 2% local  
anesthesia is performed and then the needle of the gage  
18 is inserted through the anatomical site and attempts  
to release percutaneously by vertical movements over  
the A1 pulley.

**Category**

Treatment - Surgery

2

**Description**

Control group: Patients in this group will receive  
xylocaine 0.9 cc, bicarbonate 0.1 cc and 1 cc  
methylprednisolone.

**Category**

Treatment - Drugs

**Recruitment centers**

1

**Recruitment center**

**Name of recruitment center**

Baghaei poor Polyclinic

**Full name of responsible person**

Dr Abbas Abdoli

**Street address**

Baghaei poor Polyclinic, Shahid Sadoughi Hospital,  
Ebne Sina Street, Shahid Ghandi Blvd

**City**

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**Province**

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8915887856

**Phone**

+98 35 3822 9205

**Email**

baghaei@ssu.ac.ir

**Web page address**

http://baghaei.ssu.ac.ir

**2**

**Recruitment center**

**Name of recruitment center**

Khatam Al-Anbia Super Speciality Clinic

**Full name of responsible person**

Dr Abbas Abdoli

**Street address**

Taleghani Blvd

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**Province**

Yazd

**Postal code**

8913814396

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**Email**

clinic@ssu.ac.ir

**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

Yazd University of Medical Sciences

**Full name of responsible person**

Masoud Mirzaei

**Street address**

Bahonar Square

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mmirzaei@ssu.ac.ir

**Grant name**

**Grant code / Reference number**

**Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Yazd University of Medical Sciences

**Proportion provided by this source**

100

**Public or private sector**

Public

**Domestic or foreign origin**

Domestic

**Category of foreign source of funding**

empty

**Country of origin**

**Type of organization providing the funding**

Academic

**Person responsible for general inquiries**

**Contact**

**Name of organization / entity**

Yazd University of Medical Sciences

**Full name of responsible person**

Abbas Abdoli Tafti

**Position**

Assistant professor

**Latest degree**

Subspecialist

**Other areas of specialty/work**

Hand Surgery

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Shahid Sadougi hospital, Ebne Sina street, Shahid  
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**Person responsible for scientific inquiries**

**Contact**

**Name of organization / entity**

Yazd University of Medical Sciences

**Full name of responsible person**

Masoud Hashemizadeh

**Position**

Resident

**Latest degree**

Specialist

**Other areas of specialty/work**

Orthopedics

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**Person responsible for updating data**

**Contact**

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**Full name of responsible person**

Masoud Hashemi Zadeh

**Position**

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**Latest degree**

Specialist

**Other areas of specialty/work**

Orthopedics

**Street address**

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**City**

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**Province**

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**Postal code**

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**Email**

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**Sharing plan**

**Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to make this available

**Study Protocol**

Undecided - It is not yet known if there will be a plan to make this available

**Statistical Analysis Plan**

No - There is not a plan to make this available

**Informed Consent Form**

Undecided - It is not yet known if there will be a plan to make this available

**Clinical Study Report**

Undecided - It is not yet known if there will be a plan to make this available

**Analytic Code**

No - There is not a plan to make this available

**Data Dictionary**

No - There is not a plan to make this available