Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 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
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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

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2

Recruitment center

Name of recruitment center
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Full name of responsible person
Dr Abbas Abdoli

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Yazd University of Medical Sciences

Full name of responsible person
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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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Person responsible for scientific inquiries

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Name of organization / entity
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Person responsible for updating data

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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