



Post-operative physiotherapy management of Trigger finger in diabetic patient – A case report

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Abstract:

Background: Diabetic clinical spectrum may be associated with a condition known as ‘trigger finger’ caused by inflamed swelling or thickening of the tendon sheath and flexor tendons in fingers restricting its movement and keeping it in a bent position.

Aim: To present an interesting case of 18 years old male with type 1 Diabetic Mellitus with a right-hand trigger finger release surgery of ring finger and referred to the physiotherapy department after one month due to the immobilization of hand.

Materials and methods: Physical therapy management were applied. Physiotherapy tools used were therapeutic ultrasound, spongy ball, elastic band, and hand gripper. The case was rehabilitated for scar tissue mobilization, Maitland's joint mobilizations, and hand muscle strengthening.

Results: After ten sessions ring finger and little finger flexion/extension, range of motion (ROM) increased to optimal, and hand muscle strength also improved in grasping and gripping activities with decrease in pain visual analogue scale (VAS) score

Conclusion: Based on the analysis, we conclude and suggest that early post-operative physiotherapy management has a crucial role for the overall quality outcome of the diabetic hand pathology.