

Clinical Results of Trigger Finger Release Using Ultrasound Guidance (TFR-US) in Multiple Practice Settings

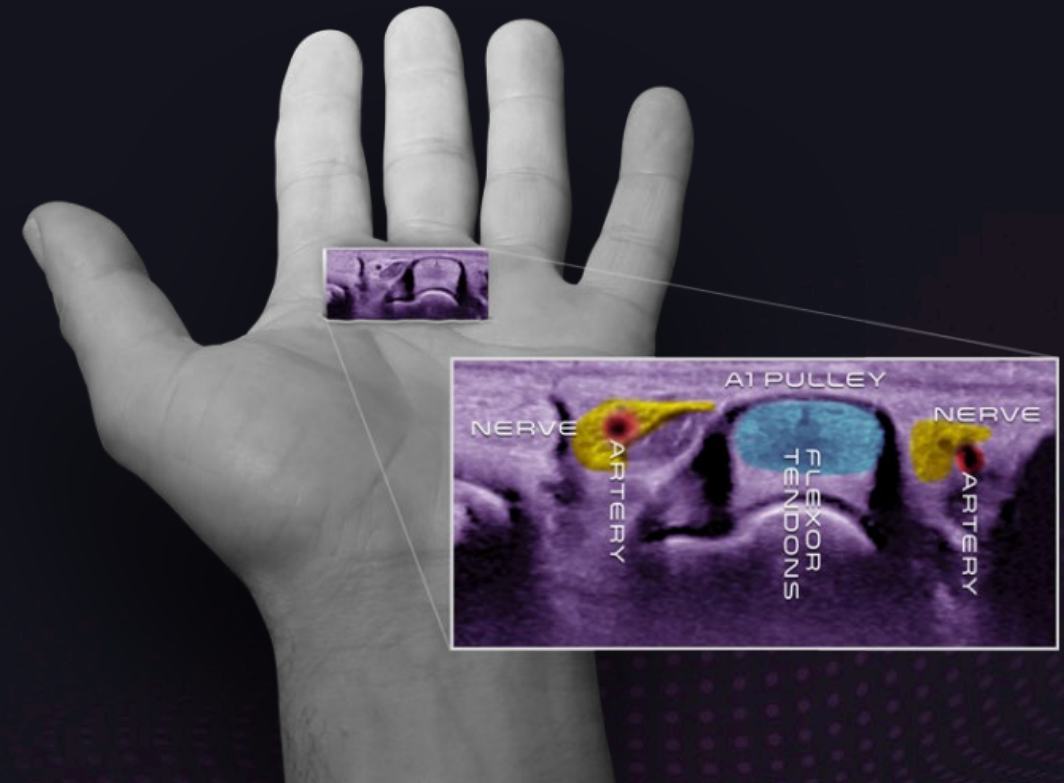
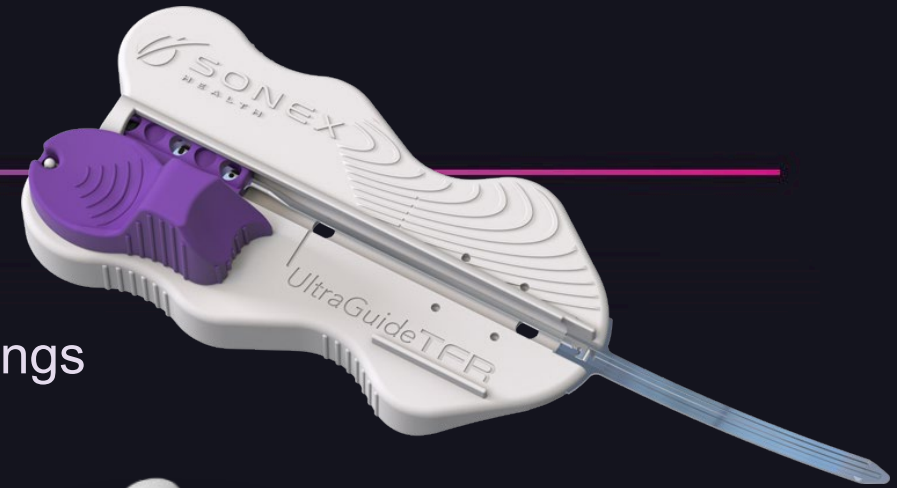
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AAHS 2023 Annual Meeting

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TFR-US: Purpose and Methods

- Purpose
 - To report outcomes of TFR-US in diverse practice settings
- Methods
 - Prospectively collected data
 - TFR-US performed Jan - Dec 2022
 - Pre-op and ≥ 1 post-op follow-up to 6 mo
 - 13 physicians from different practices
 - Local anesthesia, UltraGuideTFR™
 - Electronic data collection
 - Daily text messages up to 2 wk
 - Electronic questionnaires 2 wk - 6 mo



TFR-US: Results – Demographics, Pain, & Complications

Updated from time of abstract submission

- 164 fingers in 150 patients
- Typical community TFR population
 - Age 27 - 87 yr (mean 64.3 yr)
 - 55% female, 59% dominant hands
 - 19% with 2+ comorbidity (23% w/ diabetes)
- Intra-operative
 - Well-tolerated, no conversions
 - Pain (0-10): mean = 1.73, median = 1
- No infections or neurovascular injuries
- 2 revisions



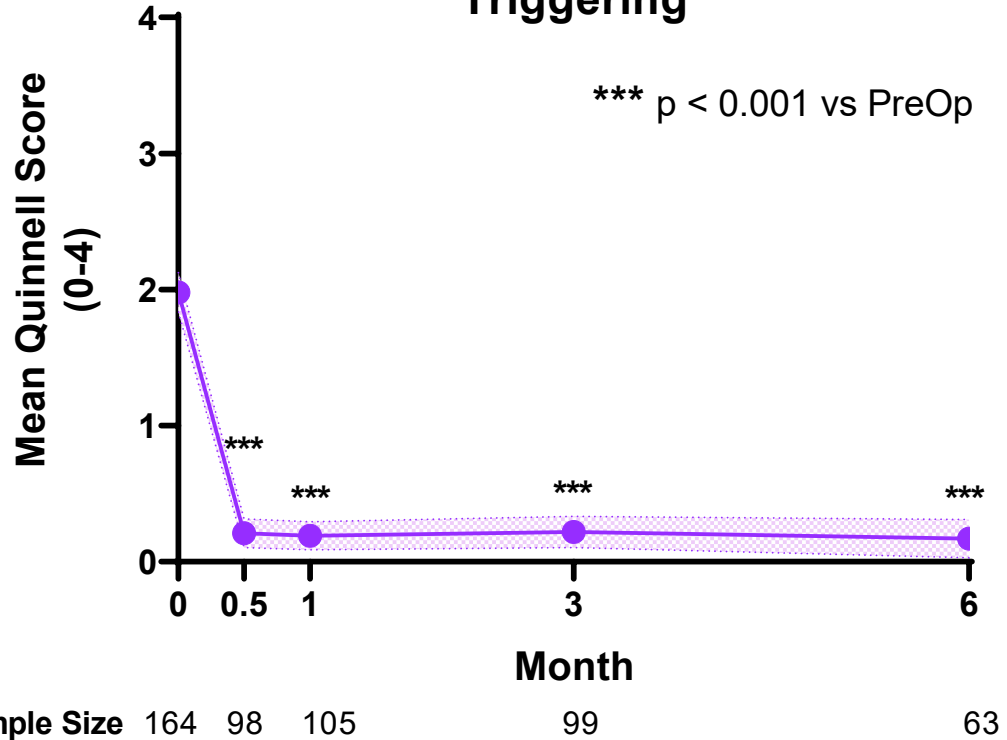
TFR-US: Results – Return to Work & Activities

- Return to Normal Activities (133 provided RTA data)
 - 95% 1-3 days
 - 98% 7 days
- 71 patients employed pre-op (FT, PT, or self-employed)
- Return to Work (51 provided RTW data)
 - 86% 1-3 days
 - 98% 7 days
- Return to Work – Light & Heavy Manual (15 of 51)
 - 87% 1-3 days
 - 100% 7 days

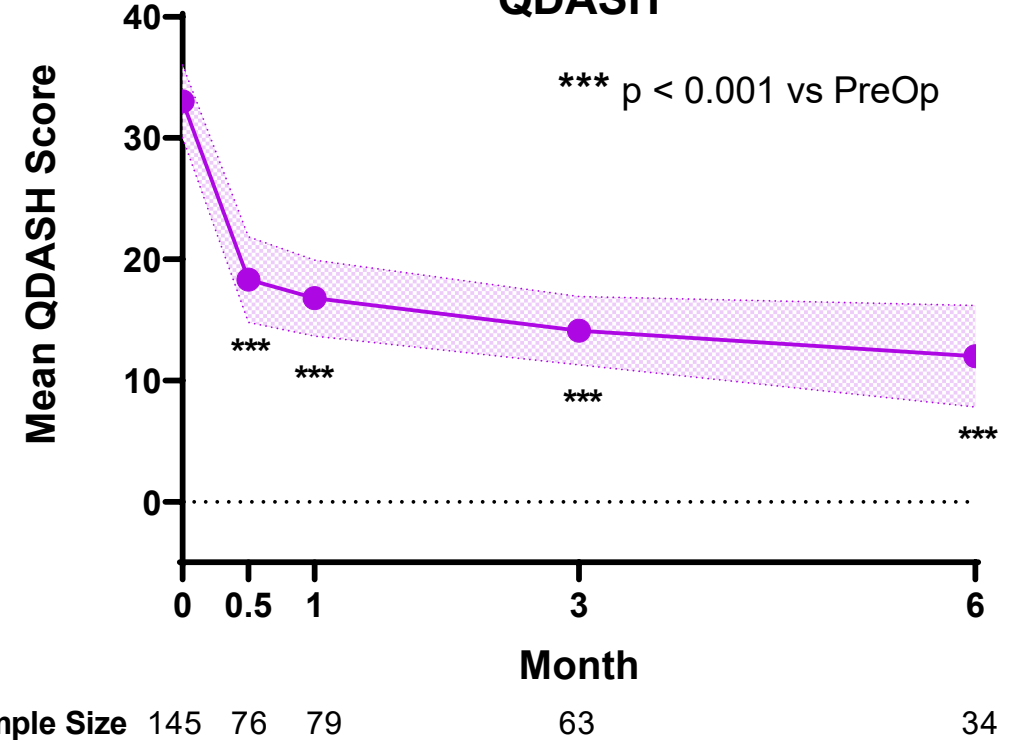


TFR-US: Results – Quinnell and QDASH Scores

Triggering



QDASH



Quinnell and QDASH scores were significantly reduced at all time points compared to pre-TFR ($p < 0.001$).

TFR-US: Results – Wound Appearance and Satisfaction

- Wounds/Scars were graded as excellent (indistinguishable from surrounding skin) or very good (barely noticeable) by >90% of patients at all time points
- Global Satisfaction (4 = satisfied, 5 = very satisfied)
 - Median 5 at all time points 2 wk - 6 mo
 - Mean \geq 4 at all time points

CONCLUSIONS

- TFR-US is safe, effective, generalizable, and provides patients the opportunity to quickly return to normal activities
- Most patients RTW within 1 week, including manual laborers