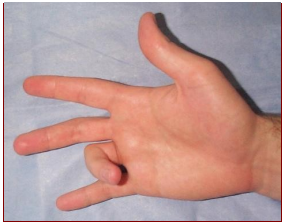


# Trigger Finger



- Adjust your workspace to minimize the strain on your joints.
- Alternate activities when possible.
- Take breaks

throughout the day and stretch

## Treatment

The goal of treatment is to reduce swelling and pain. This will allow the tendon to move freely in the sheath. Treatment options include the following:

### Rest:

Stopping any repetitive movement in the finger or thumb is often the best treatment for mild cases of trigger finger. An orthotic fabricated by your certified hand therapist to wear at night could be beneficial especially if you wake up with the finger in a locked position. Your therapist can teach you specific stretching exercise for the muscle tendon unit along with Ice Massage to the tender area in the palm also helps in reducing inflammation.



### Medications

Several medications are used to treat tenosynovitis. These include:

In mild cases **Iontophoresis** can help, it's a slow release of cortisone medicine over a long period of time, thus it has less side effects compared to the cortisone shot



- **Corticosteroids**—given as an injection in severe cases into the synovial tendon sheath to reduce swelling of the tendon sheath
- Nonsteroidal anti-inflammatory drugs (NSAIDs) to help reduce inflammation and pain

### Surgery

Severe cases of trigger finger may not respond to medications. In this case, surgery may be used to release the tendon from a locked position. This surgery is usually performed on an outpatient basis. It only requires a small incision in the palm of the hand. Therapy is indicated after the release for decreasing swelling, improving ROM, scar management and improving hand function and strength. Patient is referred to therapy 2 weeks after surgery to achieve the desired result.

# Hands-on-Care

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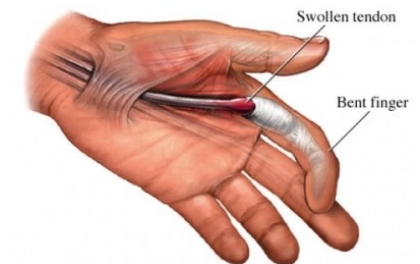
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# Hands-on-Care



Specializing in Shoulder, Elbow, Wrist and Hand Therapy

## Trigger Finger

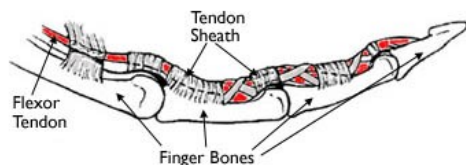


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# Trigger Finger

Tendons are tissues that connect muscles to bone. When muscles contract, tendons pull on bones. This is what causes some parts of the body to move.



These flexor tendons control the movements of the fingers and thumb. When you bend or straighten your finger, the flexor tendon slides through a snug tunnel, called the tendon sheath, that keeps the tendon in place next to the bones.

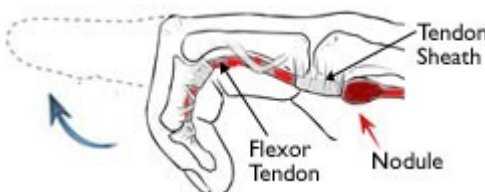
## Causes

Many cases of trigger finger are caused by one of the following:

- Overuse of the hand from repetitive motions
  - Computer operation
  - Machine operation
  - Repeated use of hand tools
  - Playing musical instruments
- Inflammation caused by a disease
  - Rheumatoid arthritis
  - Gout
  - Hypothyroidism
- Diabetes

The flexor tendon can become irritated

as it slides through the tendon sheath tunnel. As it becomes more and more irritated, the tendon may thicken and nodules may form, making its passage through the tunnel more difficult. The tendon sheath may also thicken, causing the opening of the tunnel to become smaller. If you have trigger finger, the tendon becomes momentarily stuck at the mouth of the tendon sheath tunnel when you try to straighten your finger. You might feel a pop as the tendon slips through the tight area and your finger will suddenly shoot straight out.



## Risk Factors

The following factors increase your chance of developing trigger finger:

- Age: 40 to 60
- History of repetitive hand motions for work or play
- Sex: female

History of diseases mentioned above

## Symptoms

If you experience any of these you may have a trigger finger. Some of these symptoms however, may be caused by other health conditions. If you experience any one of them for a period of time, see your physi-

cian.

- Pain in the finger, ring and thumb are most prone to developing trigger finger
- Swelling or a lump in the palm at the level of the finger joint
- Catching or popping when straightening the finger or thumb
- Finger or thumb stuck in bent position
- Finger or thumb stiffness
- Finger, thumb, or hand pain
- Tenderness at the level of the MCP joint on the palm of the hand, even though the locking is in the middle joint

## Prevention

Avoid overuse of your thumb and fingers. If you have a job or hobby that involves repetitive motions of the hand, you can take the following steps

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