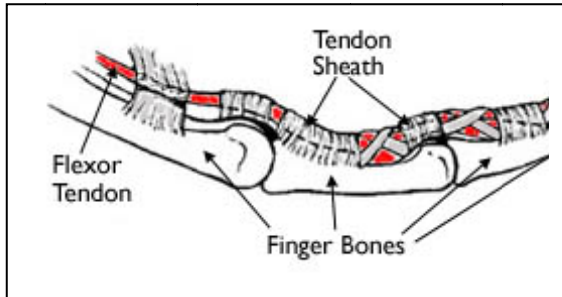
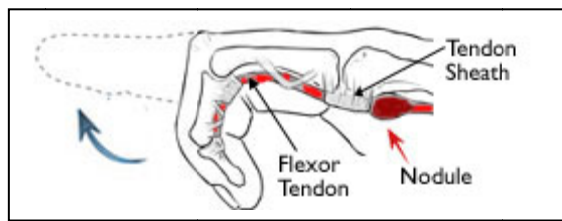


Trigger Finger



Long tendons run along our finger bones to bend and straighten our digits. These tendons are attached to muscles in our FA.

The tendons that bend our fingers are called flexor tendons. It is the flexor tendons that are involved in “Trigger Finger”.



As shown in this diagram, the tendons run under tight Sheaths. If there is any irritation or injury, the tendon can develop an area of scarring or a nodule and it gets caught at the edge of the sheath causing the tendon to stop its glide within the sheath. When enough force is applied; the tendon will snap through known as “triggering”.

This is often painful but for some, more of an irritation in the early stages.

This is a condition that is best treated as early as possible. If caught early, will respond to conservative treatment.

Symptoms typically are: A tender lump in your palm; Swelling; Catching or popping sensation in your finger or thumb joints; Pain when bending or straightening your finger

Treatment: For this condition, the triggering has to be eliminated. Rest, ice, anti-inflammatory agents, modified activity will help the reduce the nodule over time. It is important to learn how to do range of motion with the digit to both reinstate normal tendon glide and avoid *triggering*.

A certified hand therapist can get you started in treating this condition conservatively.

If you are experiencing this condition, you will want to contact a professional, certified hand therapist to help guide you. Your primary care physician may refer you to a hand specialist/surgeon if it is very severe, painful and debilitating.

Your hands are critical for function; we want to help you care for them and do what you love to do!