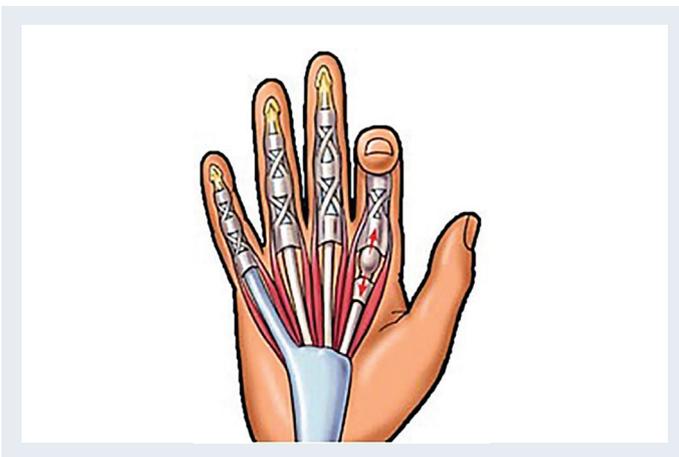


Trigger Finger Injury

WHAT IS A TRIGGER FINGER INJURY AND HOW DOES IT HAPPEN?

Trigger finger is a condition that causes the finger to catch or lock after it has been bent. In your hand there are bands of tissues called tendons that connect the muscles in your arm to your finger bones. Together the muscles and tendons bend and straighten your fingers. The tendons normally move through a protective covering (called a tendon sheath). If a part of the tendon becomes swollen it may easily glide through the tendon sheath when bending the finger but become stuck or caught at the opening of the sheath when straightening the finger. This can make the finger click or pop as it straightens and is sometimes painful.



HOW IS TRIGGER FINGER TREATED?

Hand Therapy

Your hand therapist will assess your finger and treatment may include

- A splint to wear for 3-6 weeks which allows the tendon to move but not trigger.
- Exercises to help the tendon move without triggering.
- Icing the area to help reduce swelling.
- Discussing ways to change activities that involve a lot of gripping or gripping for long periods of time.
- A referral for a cortisone injection if the triggering keeps happening. The injection is done either under ultrasound guidance or by a hand surgeon.

Surgery

Surgery is considered when the problem does not get better using the splint or if you have severe locking of the finger (you are unable to straighten it at all). The surgeon makes a small incision in your palm under a local anaesthetic. The tendon sheath is released to allow the tendon to glide freely.

WHAT CAN I EXPECT FROM MY REHABILITATION?

You should wear your splint for 4-6 weeks and avoid everyday tasks that you know make your symptoms worse. If the problem improves you will begin to spend less time in your splint. At first you can spend time out of your splint when you are resting, then gradually spend more time out of the splint doing lighter tasks around the house. And lastly for all your normal activities without your splint. This can take up to 6 weeks.

If you have had no change in your symptoms with use of the splint and changing the way you use your hand, your hand therapist may offer you a referral to a hand surgeon.

If you do have surgery you can expect to use your hand normally again within 6 weeks after the surgery. Your hand therapist can guide you in rehabilitation of your finger and hand after surgery.

Do

- Remember to wear your splint.
- Avoid or modify the activities that bring on your symptoms.
- Rest your arm between activities, especially if you are doing anything heavy or repetitive.

Do Not

- Do lots of forceful gripping at one time.



Trigger Finger Injury

WHAT SHOULD I LOOK OUT FOR?

- Look for activity that causes pain or swelling in your hand, try to avoid it and tell your hand therapist.
- If your splint is uncomfortable or rubbing, book an appointment to see your hand therapist.
- If your symptoms are getting worse book an appointment to see your hand therapist.

WHAT WILL HAPPEN IF I DO NOT HAVE TREATMENT?

In most cases the pain and swelling will get worse with time and become much harder to treat. This will affect you in everyday tasks. Your finger could become permanently stuck in a bent position. Treatment is more effective if started within the first few months of noticing symptoms.

CONTACT DETAILS AND REFERENCES

Your hand therapist is _____

Merivale Hand Clinic (03) 3559775

<https://www.handwristdoc.com/trigger-finger/>

http://www.cks.nhs.uk/patient_information_leaflet/trigger_finger#

<http://www.patient.co.uk/health/Trigger-Finger.htm>

<http://www.eatonhand.com/hw/hw022.htm>

<http://www.webmd.com/osteoarthritis/guide/trigger-finger>