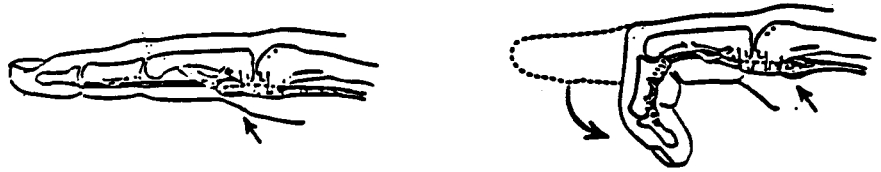


TRIGGER FINGER



WHAT WILL I FEEL?

Pain, clicking or popping when bending the finger or thumb. A finger may get “locked” in a bent position and be very painful to straighten out. Symptoms are often worse in the morning.

WHAT CAUSES IT?

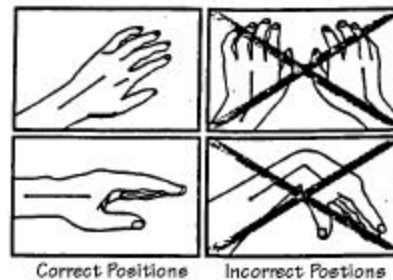
Trigger finger is caused by a swollen tendon. The tendon may become swollen due to overuse, repetitive or unaccustomed movements. When the fingers open and close, the swollen tendon acts like a knotted rope as it slides roughly through the tight fibrous tissue bands at the base of the finger.

WHAT MAY I EXPECT?

Your finger/thumb may feel much better after a period of rest but may require several weeks to months to fully heal.

WHAT CAN I DO TO HELP MYSELF?

- **Modify Your Activities** to be pain-free. Do not continue to stress the tendon.
Avoid all repetitive activities and tight gripping.
- **Contrast Baths:** alternate warm and cold soaks 3 to 4 times per day.
(30 seconds in each for four minutes)
- **Neutral Wrist Position:**
Minimize wrist bending and extending activities.
- **Stretch:** 3 times per day to start
Gradually increase to once an hour.



WHEN SHOULD I CALL MY HEALTH CARE PROVIDER?

If you have increasing pain, swelling, redness, or develop a fever or chills. If you develop pain radiating into the upper arm/neck or numbness in your thumb/fingers. If you have consistently followed the advice of this handout for 6 weeks and experience no further improvement.