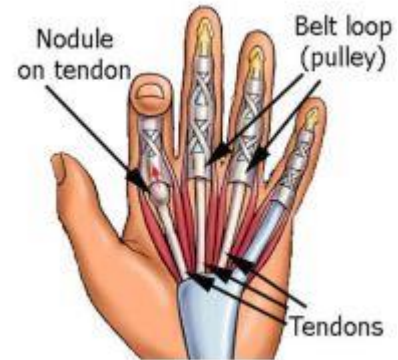


Trigger finger patient information sheet

What is trigger finger?

Trigger finger is a condition that affects one or more tendons in your hand making it difficult to bend finger or thumb.

The tendon can become swollen and catches in the tunnel (the tendon sheath) it runs through. This can make it difficult to move the affected finger or thumb and can result in a clicking or catching sensation with pain. If the condition gets worse, your finger may get stuck in a bent position.



What causes trigger finger?

Tendons are tough cords that join bone to muscle. They move the bone when the muscle contracts. The tendons on the palm side of the hand (flexor tendons) are held in place by strong bands of tissue, known as ligaments, which are shaped in arches over the tendon. The tendons are covered by a protective sheath which produces a small amount of fluid to keep the tendon lubricated. This allows them to move freely and smoothly within the sheath when the fingers are bent and straightened.

The exact reason for triggering is not known but can happen if there is a problem with the tendon or sheath, such as inflammation and swelling. The tendon can no longer slide easily through the sheath and can bunch up to form a small lump (nodule). This makes bending the affected finger or thumb difficult. If the nodule gets caught in the sheath, the finger can click painfully as it is straightened.

How trigger finger is treated?

In some people trigger finger may get better without treatment. However, if it is not treated then there is a chance that the affected finger or thumb could become permanently bent.

Trigger finger can be treated with rest, medication, splinting steroid injection, and surgery.

You have had a steroid injection for your trigger finger.

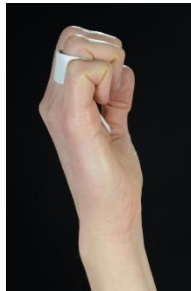
Care of the finger after steroid injection:

- 1) Rest: avoid certain repetitive activities that cause the finger to trigger for the next three weeks.
- 2) Splint: you have been provided with a splint to wear most of the time during the day and at night for the next three weeks to allow the triggering to settle down. You may take the splint off to wash your hand and for hygiene.

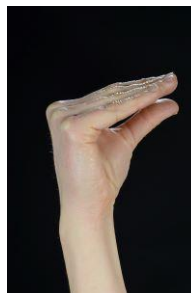


3) Exercises: The following exercises will make sure that your tendon remains gliding smoothly in its sheath and that the joints do not become stiff. Do not do these exercises if it makes your finger trigger.

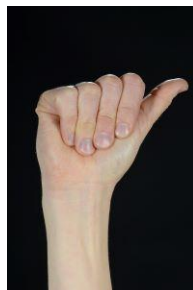
a) Claw your finger over the splint and then straighten fully. Repeat X _____ times.



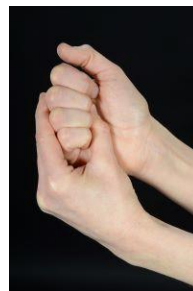
b) Remove your splint and then bend your fingers at the base of your finger keeping the middle and the tip knuckle straight. Repeat X _____ times.



c) Without your splint bend your fingers at the base and the joint above it keeping the tip knuckle straight. Repeat X _____ times.



d) With the help of your other hand gently bend the fingers into a fist. Do not make a full fist without this help. Otherwise, it may cause the finger to trigger. Repeat..... times.



Contact numbers:

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