

# FULL CIRCLE HAND THERAPY

YOU'RE IN GOOD HANDS



## TRIGGER FINGER

Trigger finger is inflammation of one of the tendons, or cord-like structures on the palm side of the hand, that allows the fingers and thumb to bend. The tendon is surrounded by a fluid-filled tube or sheath that allows the tendon to glide more easily. When the tendon is inflamed, it cannot slide easily, making it difficult to bend or straighten the finger or thumb. This is also known as tendonitis.

## CAUSES

Often the cause of trigger finger is unknown; however, trigger finger may occur with repeated gripping, or with the use of tools, such as a drill or wrench. It is also more common in people with diabetes, arthritis or when there has been an injury to the palm of the hand.

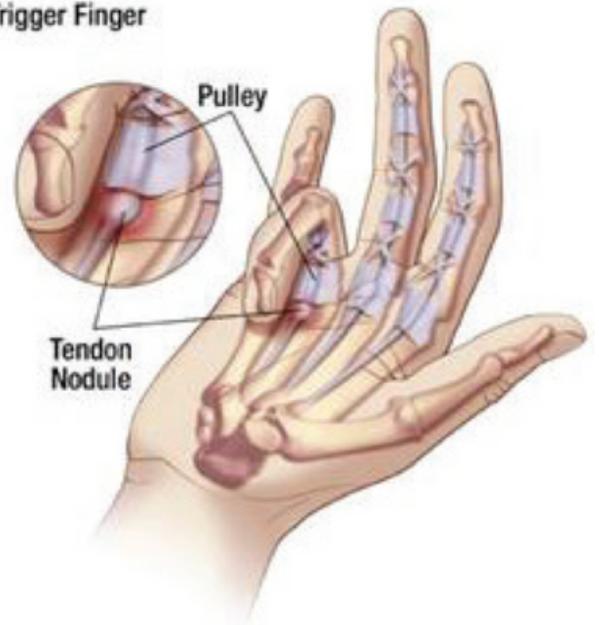
## SYMPTOMS

The first sign of trigger finger may be pain and a small nodule or bump in the palm of the hand or at the base of the finger or thumb. When a fist is made with the hand and then the fingers are straightened, the affected finger or thumb may stay curled and then suddenly pop to a straight position, as if releasing the trigger of a gun. This repeated catching and releasing continues to irritate the tendon. If the condition persists for several months, the finger may become stiff, and even 'locked' down.

## TREATMENT

A small custom made orthosis is designed to rest the finger, and this small unobtrusive splint can be worn day and night to rest the tendon and reduce the inflammation. This may also be prescribed in conjunction with anti-inflammatory medication from your doctor. If symptoms persist, then you may be referred to a surgeon to release the inflamed tendon.

Trigger Finger



## HOW CAN WE HELP?

We will fabricate the small splint mentioned above and provide you with a personalised rehabilitation program to balance immobilisation and exercises to prevent stiffness. As the tendon heals, the splint will be weaned and careful strengthening will be prescribed to assist in preventing re-occurrence. If you have had surgery to release the tendon, we will focus on regaining range of motion, managing scar and swelling and returning to your usual activities.