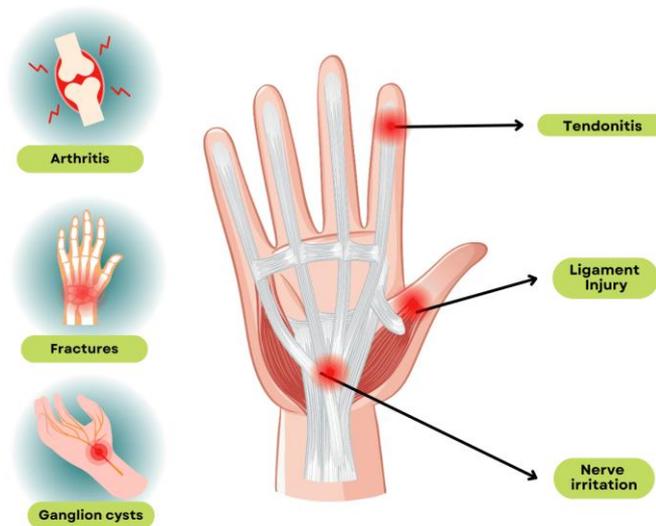


Pain in the Palm of the Hand (Adult)

HAND AND WRIST PAIN

Common hand injuries



What is palm pain?

Pain in the palm of the hand is a common problem in adults and can range from mild discomfort to significant pain that affects daily activities such as gripping, writing, or lifting. It may come on suddenly or develop gradually over time.

Common causes

Palm pain can be caused by several conditions, including:

1. Overuse or strain

- Repetitive gripping, typing, or manual work
- Sports activities (e.g. racket sports, weightlifting)

- Prolonged use of tools or vibrating equipment

2. Tendon and soft tissue conditions

- **Flexor tendon strain or tendinitis**
- **Trigger finger** – finger locking or catching with pain in the palm
- **Tenosynovitis** – inflammation around tendons

3. Nerve-related causes

- **Carpal tunnel syndrome** – pain, tingling, or numbness that may start in the palm and fingers
- **Ulnar nerve irritation** – pain affecting the ring and little finger side of the palm

4. Joint and bone problems

- Arthritis at the base of the thumb or finger joints
- Previous injury or fracture
- Small cysts (ganglion cysts)

5. Skin and tissue conditions

- Calluses or thickened skin
- Infection (rare, but important)
- Dupuytren's disease – thickening or tightening of tissue in the palm

Symptoms you may notice

- Ache or sharp pain in the palm
- Pain when gripping or squeezing objects
- Stiffness or swelling
- Tingling or numbness in fingers
- Weakness in the hand
- Clicking or locking of fingers

Self-care and management

Most palm pain improves with simple measures:

Rest and activity modification

- Avoid activities that worsen the pain

- Take regular breaks from repetitive hand tasks

Pain relief

- Over-the-counter pain relief such as paracetamol or ibuprofen (if suitable for you)
- Applying ice for 10–15 minutes, 2–3 times a day (especially for recent pain)

Exercises and movement

- Gentle finger and hand movements to prevent stiffness
- Stretching exercises as advised by a healthcare professional

Support

- Wrist or hand splints may help in some conditions (e.g. carpal tunnel syndrome)
- Padding gloves for manual work

When to seek medical advice

You should seek medical help if:

- Pain is severe or worsening
- Symptoms last longer than 4–6 weeks
- There is numbness, tingling, or weakness
- The hand becomes red, hot, or swollen
- You cannot fully move your fingers
- There is a history of injury or infection

Treatment options

Depending on the cause, treatment may include:

- Physiotherapy or hand therapy
- Steroid injections
- Splints or braces
- Further investigations (e.g. ultrasound or nerve tests)
- Referral to a specialist if needed

Outlook

Most causes of palm pain improve with appropriate treatment and self-care. Early management helps prevent long-term problems and supports a quicker return to normal hand function.